



# St Mary's Primary

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January 2017

Dear Parents,

## **RE: NUT ALLERGY - ANAPHYLAXIS**

We have a number of children in our school who are at risk of suffering a severe allergic reaction (Anaphylactic Shock) if exposed to nuts, especially PEANUTS, PEANUT BUTTER and NUTELLA. This has necessitated the formulation of a policy for staff to manage such a reaction if it occurs at school.

Anaphylaxis is a severe and sudden allergic reaction that occurs soon after exposure to a trigger, either ingesting or by touching. In this case the trigger is nuts, especially peanuts, peanut butter and nutella.

A child suffering an anaphylactic attack will show such symptoms as welts, itchy palms and soles, faintness, tingling in the mouth, throat or chest, discomfort and breathing difficulties.

As the reaction progresses breathing difficulty increases due to swelling of the child's airways. If adrenaline is not administered and an intensive care ambulance sought to take the child to hospital, there is a danger that the child may become unconscious and die.

In order to help the school manage such allergies and to ensure that we provide our best duty of care, we are requesting your assistance. Whilst we do not encourage the sharing of food, we would appreciate your co-operation in not sending peanut butter and nut products, including nutella to school.

We acknowledge that this may present some difficulties and it is not easy to enforce, however we appeal for your help in this matter so that we can provide a safer environment for children who suffer from severe allergies.

We aim to make our school a "**NUT ALLERGY AWARE ZONE**" for the safety of the children who have an allergy to nuts.

If you have any questions or concerns, please do not hesitate to contact me.

Further information regarding Anaphylaxis is overleaf.

Yours sincerely,

Rosemarie Gosper  
**ASSISTANT PRINCIPAL**