



Great Coates Primary Academy

Principal: Emma Emson

Cromwell Road,

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7th September 2026

Dear Parents/Guardians,

This letter is to inform you that we have students within the school who have life-threatening allergies to nut and egg. The food allergies are severe and contact with these substances could result in anaphylaxis, a potentially fatal condition that requires immediate medical attention.

Since this condition can be life threatening, we are asking all members of the school community for their help in minimising the risk to these children by avoiding giving children nuts or nut products in their packed lunches

We do acknowledge that many foods are labelled as 'may have been produced in a factory handling nuts and cannot be guaranteed to be nut free' or that contain egg. Such items will be allowed as it would be unreasonable to expect these to be kept out of school, however we are asking parents/guardians to be conscientious in the selection of foods for their child's lunch boxes.

Potential allergens could include the following:

- Spreads, e.g. hazelnut chocolate spread
- Cereal bars
- Some types of biscuit containing nuts
- Condiments, e.g. satay sauce
- Cakes containing nuts
- Some snack pots containing nuts
- Whole eggs
- Egg Salad
- Egg Mayonnaise sandwiches

We are aware that Good Lookin' Cookin' have added egg sandwiches to their menu items. We have asked for these to be removed in future. Good Lookin' Cookin' (i.e. school dinners) meals are all nut free.

Please note where a member of staff notices a pupil eating a nut product, the product may be removed politely and the member of staff will explain why this has to be done.

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Due to the severity of the problem, it is important that all parents carry out the suggested measures to reduce the risk of an allergic reaction to our pupils.

We know that many parents like to celebrate birthdays and other occasions with special treats. We encourage parents to celebrate with non-food items such as stickers, pencils or erasers rather than food. If food is sent in to celebrate birthdays, these should be pre-packaged in individual packs such as Haribo, and contain an ingredient label. Please give these items to your child's teacher for distribution. We will no longer accept whole cakes into school for celebrations.

Please instruct your child to not share food with other classmates. We also insist that pupils do not share food when in the lunch hall and throwing food is not allowed.

Thank you for your support in this matter and for making the school environment a safe and healthy place for all students.

Regards
Lynn Deans
Vice Principal

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Success and happiness for all

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