



Houlton School
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Paul Brockwell
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Lorna Pountney
Head of School

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Dear Parents and Carers,

Reminder: Nut Free School

We would like to remind all parents and carers that Houlton School is a **Nut free school**.

We have several students with severe nut allergies. For some of these students, exposure through direct contact or airborne particles could cause a serious and potentially life-threatening allergic reaction.

Please do not send your child into school with any food containing nuts. This includes, but is not limited to:

- Peanuts or other nuts
- Peanut butter or other nut spreads
- Chocolate spreads containing nuts, such as Nutella
- Cereal, granola or protein bars containing nuts
- Cakes, biscuits or confectionery containing nuts
- Pesto made with nuts
- Nut based milks or drinks

Please check food labels carefully when preparing packed lunches and snacks. Students should also be reminded not to share or swap food with others.

We understand that it can be difficult to guarantee that every product is completely free from traces of nuts. However, we ask that products which list nuts as an ingredient are not brought onto the school site.

Your support is extremely important in helping us protect students with severe allergies and ensuring that our school remains a safe environment for everyone.

Thank you for your understanding and cooperation.

Mrs Lorna Pountney
Head of School