



plains.farm@inspiremultiacademytrust.co.uk
www.plainsfarmacademy.co.uk

16th September 2026

Dear Parents and Carers,

Nut-Free School and Allergy Awareness

At Plains Farm Academy, the safety and wellbeing of every child are extremely important to us. Some children in school have serious food allergies, including allergies to nuts. Even a very small amount of an allergen can cause a severe and potentially life-threatening reaction.

We therefore ask that **no nuts or products containing nuts are brought into school**. This includes items such as:

- * Peanut butter and other nut spreads
- * Nut-based snack bars
- * Packets of nuts or trail mix
- * Cakes, biscuits or chocolates containing nuts
- * Nut-based sauces or pesto
- * Products clearly labelled as containing nuts

Please check food labels carefully when preparing packed lunches, snacks or treats. **If an item containing nuts is found in a child's packed lunch, it will be removed and exchanged for a suitable nut-free alternative. The original item will be returned home with the child.**

Although we cannot guarantee a completely allergen-free environment, everyone's cooperation helps us to reduce the risk significantly.

We also ask parents and carers to **inform the school immediately if their child has an allergy or receives a new allergy diagnosis**. Please provide full details of:

- * **The allergen and the symptoms your child may experience**
- * **Any medication required, such as antihistamine, epi-pen**
- * **The action that should be taken in an emergency**
- * **Any changes to your child's allergy or medical treatment**

All prescribed emergency medication must be in date, clearly labelled and provided in its original packaging. The school will work with families to ensure that an appropriate healthcare plan is in place where necessary.

Please also remind your child that they must not share or swap food with other children.



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Thank you for helping us to keep all members of our school community safe.

Kind Regards

Miss Cassidy
Headteacher