



## Ecclesfield Primary School

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Executive Head: L Chadwick

7th May 2026

### [Nut-Free School Policy: Important Information for Parents and Carers](#)

Dear Parents and Carers,

At Coit and Ecclesfield Primary Schools, the safety and wellbeing of all our pupils is our highest priority. We have several children in our school community who suffer from severe nut allergies, which can be life-threatening even with the smallest exposure to nuts.

Why are we a nut-free school?

Exposure to nuts or products containing nuts can cause very serious allergic reactions for some children. To create a safe environment for everyone, we are a completely nut-free school.

What does this mean for you?

We kindly request that you do not include any items containing nuts in your child's lunchbox or as snacks. This applies to all food brought into school, including for trips, events or after-school clubs.

Please avoid the following:

- Peanut butter and other nut butters (e.g., almond butter, hazelnut spread e.g. Nutella)
- Cereal bars or snack bars that contain nuts
- Cakes, biscuits, or treats that contain nuts or are labelled 'may contain traces of nuts'
- Mixed nuts, trail mix, or nut-based snacks
- Any other food with nuts in the ingredients

Important:

Some products are labelled 'may contain traces of nuts' due to manufacturing processes. Please try to avoid sending these items to school as well.

What should I do?

- Check ingredient labels carefully on all pre-packaged snacks and foods before sending them to school.
- If you are unsure whether a food is safe, please err on the side of caution and choose an alternative.



Nut-free snack suggestions:

- Fresh fruit or dried fruit
- Yogurt pots (check for nut-free labelling)
- Vegetable sticks with hummus or cheese
- Sandwiches with cheese, ham, chicken, jam or other non-nut fillings
- Plain crackers, breadsticks or rice cakes

Thank you for your cooperation

We appreciate your understanding and support in helping us keep all our children safe. If you have any questions, or if you need advice about suitable snacks or lunches, please don't hesitate to contact the school office.

Thank you for working with us to maintain a safe, inclusive environment for every child in our school.

Best wishes,

Mrs Louise Chadwick  
Executive Headteacher

