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Dear families

I am writing to remind you that St Joseph's is a 'nut free' school. In the interests of protecting pupils with nut allergies, we request that you do not send your children to school with any of the following:

- Packaged nuts
- Peanut butter or chocolate spreads containing nuts
- Cereal, granola or chocolate bars containing nuts
- Cake or biscuits containing nuts
- Peanut-based sauces like satay
- Any food made with sesame seeds (which can cause a similar allergic reaction)

The above list is not exhaustive. Please check the ingredient lists carefully as we have a number of pupils with very severe allergies.

Both children and adults with severe nut allergies can suffer from life-threatening reactions if they eat, smell, or touch any foods containing nuts. We are therefore grateful for your cooperation in helping to keep our pupils and staff safe.

For more information, please see our nut free policy. If you have any questions, please feel free to contact me,

Thank you for your continued support



Mrs E McCullagh

Headteacher