



RIPPLE PRIMARY SCHOOL

High aspirations and a shared passion for learning

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Dear Parents and Carers

In line with our Healthy Schools Gold award, we need to raise awareness of what foods are classed as part of a healthy diet. There is an increasing concern about rising rates of obesity and related health problems in children. As a school, it is our responsibility to help children learn how to eat healthily so our school meals contain more vegetables, fruit and drinking water, therefore packed lunches should be equally healthy. As a school this is a priority for us, so we will be monitoring lunches and if a lunch is deemed not suitable you will be informed.

Although nuts are classed as a healthy snack, the number of children and adults who are allergic to nuts is increasing and to reflect this we ask that you assist us in providing a **“Nut Free Zone”** within our school.

The risks, when coming into contact with those adults and children who are allergic to nuts is tremendous and, in many cases they can prove to be life threatening or at the very least require immediate intervention with medication or the need for hospital treatment.

We, at Ripple Primary School, want to do all we can to eliminate such an occurrence in the future and therefore need your help to accomplish this.

We request that you do not provide your child with food items to bring into the school that contain nuts. We ask that you bear this in mind when making packed lunches for your child.

We also request that this is kept in mind when sending food items into school for events such as birthdays or class parties.

Your understanding and support as always is greatly appreciated and we thank you for helping Ripple Primary School to become a **“Nut Free Zone.”**

Yours sincerely

R Mitchell
Headteacher

