



Hazel Cottage is a Nut Free School

Hazel Cottage has a member of staff who has very serious nut allergies that can develop into a potentially life-threatening allergic reaction.

An allergic reaction (anaphylactic shock) can occur through ingestion of nut products, cross contamination and breathing nut dust in the air.

For this reason, all nut-based products are not allowed on the school grounds and we are asking all members of the school community for their help in minimizing the risk of an allergic reaction by:

- Avoiding giving children nuts or nut products in their packed lunches
- Avoiding giving nuts or nut products or snacks/chocolate bars containing nuts for break time snacks
- Avoiding supplying the school with cakes or food items containing nuts for birthday celebrations, sales or event.

Tree nuts and peanuts can also be found in toiletries and skin care products such as sun cream, moisturizers and hair products. They can also appear on product labels with a Latin name. Please see table below to clarify the different names:

- Sweet/bitter almond – *Prunus dulcis/Prunus amara*
- Brazil – *Bertholletia excelsa*
- Cashew – *Anacardium occidentale*
- Hazelnut – *Corylus rostrate*
- Macadamia – *Macadamia ternifolia*
- Pecan – *Carya Illinoensis*
- Pistachio – *Pistacia vera*
- Walnut – *Juglans regia / nigra*
- Shea nut – *Butyrospermum Parkii*

Nut oils like peanut or almond oil are also commonly used in toiletries/skin care products and can cause a reaction for those with a nut allergy.



Hazel Cottage
School

OptionsAutism



Part of Outcomes First Group

We would ask that you do your best to not to send any of these products in to school with your child. We appreciate that this is an additional thing to check but we know that you recognise the importance of keeping everyone safe.

The school will provide a Garnier hypoallergenic, SPF50 sun cream on site that is nut free and safe to use.

We thank you in advance for your co-operation and support regarding this matter. If you have any questions or concerns, please feel free to contact school.