



# Cecil Road Primary & Nursery School

Cecil Road, Gravesend  
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**Headteacher: Mrs C. Old**

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## NUT FREE SCHOOL ZONE

We are a NUT FREE SCHOOL ZONE. We have several children in school who have severe nut allergies and we are asking your help in providing these children with a safe school environment. It is important that there is strict avoidance to this food in order to prevent a life-threatening allergic reaction.

To reduce the chance of this occurring, we are asking that you do not send any peanut or nut containing products to school with your child. So please can we ask that you have no nut products in lunch boxes or brought into the school as treats.

For example:

- o Peanut butter sandwiches
- o Chocolate/Nutella spreads
- o Cereal Bars
- o Some Granola Bars
- o Cakes that contain nuts
- o Biscuits/Cookies that contain nuts
- o Peanut butter cakes
- o Some Asian food, including satay
- o Sauces that contain nuts



*This list is not exhaustive, so please check the packaging of products closely.*

*Although we strive to be a nut-free school, it is impossible to provide an absolute guarantee that no nuts will be brought onto the premises.*

We appreciate that this is an additional thing to check but appreciate your support in this matter.

If you have any questions, please do not hesitate to speak the school office.

Yours sincerely

Mrs C. Old  
Headteacher