

Dear Parent,

I am writing to clarify for all parents Leicester High School's position regarding the measures that we take to ensure to the best of our ability the safety of all girls who have a nut allergy whilst they are on the school site and on school trips.

Our school chef states that he does not use any nuts in his cooking. However he would like to remind parents that on a Friday he does cook with frozen foods which come with the standard warning that the food 'may contain traces of nuts' due to the potential presence of nut products in the factories which produce them. In Food Studies nuts are not used in recipes, and a warning poster in the room reinforces this policy, which is explained fully to the girls at the start of every year.

We cannot vouchsafe that whilst on school trips and visits students will never come into contact with nuts or nut traces, but we can assure parents that staff who escort students with nut allergies on trips will have with them all of the relevant emergency medication, and they will have been shown by the school nurse how to administer the medication in advance of the trip. In addition all staff are receiving update training on the issue of nut allergies, how to avoid the problem and how to deal with a reaction should they be faced with such a situation. We also have a first aid rota at school which ensures that there is a qualified first aider on site at all times during the school day should assistance be needed in the absence of the nurse.

At this point I would like to remind all parents that we do have several girls at Leicester High School with nut allergies. In order to maximise the safety of these students we would very much appreciate it if parents would avoid as far as possible sending their daughters in to school with nuts or products which may contain nuts. It is not only eating nuts which may trigger an allergic reaction, but sometimes simply the vapour from the nuts which can lead to a serious reaction. If parents would avoid providing their daughters with nut products this would help enormously. It may also be worth considering avoiding nut products at birthday parties etc if you know that any of your daughter's friends have an allergy.

We appreciate parental support in this matter, and hope that this information will add to the safety and health of all of our students.