



BRINKWORTH EARL DANBY'S CE PRIMARY SCHOOL

Serving the communities of Brinkworth and Dauntsey

Headteacher: Mrs L Hilliard

14th September 2017

Dear Parent(s)/Carer(s)

Nut Allergies

We have children in school who have an allergic reaction to nuts. As you are aware, this could be potentially very serious indeed for the child if he/she came into contact with nuts or was touched by anybody who had held a nut or been in contact with any nut products. Below is information from the Anaphylaxis Campaign which explains the reaction that can happen.

As a precaution, we are therefore requesting you DO NOT send your child to school with any nut or sesame based foods in order to avoid a possibly dangerous situation. We do realise that many foods contain traces of nuts and we are not asking that you stop using these.

Thank you for your continued co-operation.

Yours sincerely

Laura Hilliard

Laura Hilliard
Headteacher

'Anaphylaxis: the facts': 'Anaphylaxis is a severe and potentially life-threatening allergic reaction characteristically affecting more than one body system such as the airways, heart, circulation, gut and skin. Symptoms can start within seconds or minutes of exposure to the food or substance that someone is allergic to and usually will progress rapidly. On rare occasions there may be a delay in the onset of a few hours'.

Common causes of anaphylaxis also include foods such as peanuts, tree nuts (e.g. almonds, walnuts, cashews, and Brazil nuts), sesame, fish, shellfish, dairy products and eggs.

Non-food causes include wasp or bee stings, natural latex (rubber), penicillin or any other drug or injection. In some people, exercise can trigger a severe reaction.

The symptoms of a severe allergic reaction are:

- generalised flushing of the skin
- nettle rash (hives) anywhere on the body
- sense of impending doom
- swelling of throat and mouth
- difficulty in swallowing or speaking
- alterations in heart rate
- severe asthma
- abdominal pain, nausea and vomiting
- sudden feeling of weakness (drop in blood pressure)
- collapse and unconsciousness

Adrenaline auto-injectors are prescribed for those believed to be at risk. Adrenaline (also known as epinephrine) acts quickly to constrict blood vessels, relax smooth muscles in the lungs to improve breathing, stimulate the heartbeat and help to stop swelling around the face and lips.

Please see the Anaphylaxis Campaign website for further information: <http://www.anaphylaxis.org.uk/what-is-anaphylaxis/patient-signs-and-symptoms>.

Upper School, School Hill, Brinkworth, Chippenham, Wiltshire SN15 5AX Tel: 01666 510406 Fax: 01666 510958

Lower School, Dauntsey Green, Chippenham Wiltshire SN15 4HU Tel: 01666 510311

Web: www.brinkwortheardanbys.wilts.sch.uk

E-mail: admin@brinkwortheardanbys.wilts.sch.uk

