🚫🥜 WE ARE A NUT-FREE SCHOOL!

🌟 Keeping Our Children & Staff Safe

At The Firs Lower school, the health and safety of all children and staff members is our highest priority. We have pupils and staff in our school community with severe nut allergies.

⚠️ Why is this so important?

For sensitive individuals, even slight contact with nuts—whether eating them, touching surfaces with nut oil traces, or inhaling airborne particles—can trigger severe or life-threatening anaphylactic shock.

🥪 Packed Lunch & Snack Guidelines

If you send a snack or packed lunch into school with your child, PLEASE DO NOT INCLUDE ANY NUTS OR NUT-BASED PRODUCTS.

❌ Items to Avoid Sending to School:

Please check packaging closely before packing lunches:

- **Nut Spreads:** Peanut butter, almond butter, and chocolate hazelnut spreads (e.g. Nutella).
- **Snack Bars:** Cereal bars, granola bars, and muesli bars containing nuts.
- **Sweet Treats:** Cakes, biscuits, cookies, or chocolate bars (e.g. Snickers) with nuts listed in ingredients.
- **Savoury Items:** Whole/chopped nuts, sesame products (such as hummus or seeded rolls), and sauces (satay, pesto).

🔍 Always Check the Labels!

Please take a moment to read allergy advice on food packaging.
If a label states "contains nuts" or "may contain peanuts/nuts", please keep that item at home.

❤️ Thank you for your support and cooperation in keeping all our children safe!