

St David's R.C. Primary

Kippielaw
Lauder Road
Dalkeith
Midlothian
EH22 2PU

Telephone: 0131 271 4675
Email: St-Davids.PS@midlothian.gov.uk
Website: <http://stdavids.mgfl.net>
Acting Head Teacher: Mrs G McPherson
Twitter: @stdavidsprimary



Midlothian 

30th August 2021

Dear Parent/ Carer,







Assured cooperation: severe and life threatening allergies

We have a number of children with severe and life threatening allergies in school. In particular, a number of children have nut allergies who could have a severe reaction, causing anaphylaxis - a sudden life threatening allergic reaction. This reaction could be from ingesting (eating) or being in an environment where nuts are present (airborne). This could result in the child:

- feeling lightheaded or faint
- having breathing difficulties
- developing a fast heartbeat
- swelling of the tongue
- becoming confused and highly anxious
- collapsing or losing consciousness.

We work in partnership with the Severe Allergies Nurses, our NHS partners and parents/ carers to create robust health care plans and hold emergency medication in school. We do however require the full cooperation of the whole school community to minimise the risk of a life threatening, allergic reaction.

We therefore request that all families are exceptionally careful when selecting and packing snacks and packed lunches for their child(ren). We ask **that all products containing nuts or traces of nuts are avoided** to help keep our children safe and healthy in school. We have summarised some less obvious snacks/ items we see in school bags/ packed lunches which may contain traces of nuts.

 Kinder and Nutella products/ snacks	 Chocolate spread or peanut butter sandwiches	 Chocolate crepes
 Granola/ cereal bars which include nuts	 Snickers products	 Nuts/ trail mixes

We thank you for your cooperation and support in keeping our school a safe and healthy environment for all learners.

Yours sincerely,



Mrs Gill McPherson

Head Teacher

