



Heathlands Primary School and Foundation Unit

Ransom Road, Rainworth, Notts. NG21 0DJ

Executive Head Teacher: Mr Shaun Walker

Head of School: Mrs Sally Morgan

Telephone: 01623 401402

Email: office@heathlands.notts.sch.uk

Website: www.heathlandsprimary.co.uk

4th September 2026

Dear Parents/Carers,

Milk/ egg allergies

We have a number of pupils attending our school, who have **severe** milk and egg allergies; anaphylaxis (allergic reactions) in these children can occur by digestion, touch, or even by allergens being airborne.

- On the advice of healthcare professionals, we are asking parents **not** to send pupils with **milkshakes, boiled egg sandwiches, scotch eggs or boiled eggs** in their packed lunches. Taking away these products in their purest form over our lunchtimes reduces risk.
- Other products that **contain** or **may contain** milk or egg **can** be sent into school.

Nut allergies

We have a number of pupils attending our school, who have **severe** nut allergies. The pupils' anaphylaxis (allergic reaction) can occur as a result of digestion or *any other contact* with nuts, for example just by touching them.

- For their safety, and on the advice of healthcare professionals, please **do not** send your child into school with any products **containing nuts**.
- Please consider products which contain nuts, which may not be as obvious eg Pesto, Nutella or any other food item containing a hazelnut paste or nut paste, ie MixMax, certain Belvita bars, some Kinder chocolate bars. **Do not** send them into school for a snack or packed lunch.
- Please as much as possible, send food items in their packaging stating ingredients lists.
- Please note that foods that **may** contain nuts **can** be sent into school.

If you have *any* concerns or questions about these requests, and particularly how it may affect the food you send into school with your child, please do contact us.

We apologise for any inconvenience this may cause. However, as we are sure you will understand, we want to ensure the health and safety of all our pupils.

If we do see pupils with these products in school, we sensitively remove the products without embarrassing any child, and the class teacher will just give a reminder to parents about our stance on allergies in school.

Thank you in advance for your cooperation with this matter.

Yours sincerely,

Mr Walker

Executive Head Teacher

Mrs Morgan

Head of School



Respect



Kindness



Pride



Courage



Responsibility



Aspiration