



Columbia Primary School
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REMINDER - WE ARE A NUT FREE SCHOOL

Dear parents and carers,

There are some children at Columbia who have an allergic reaction to nuts. So, we are a NUT FREE SCHOOL.

There are many foods where the nuts are not obvious. Please don't send your child with chocolates when it is their birthday. Also, foods such as cookies, nougat, marzipan, grain bread, brioche, chocolate croissants, fruit bars, chocolate spread, pesto, chocolate in lots of foods and hummus often contain nuts. Please think carefully about the food you send your child into school with to make sure it doesn't contain nuts.

It is also important not to offer other people's children food before checking it with their parent/ carer and encourage your child to do the same.

Please let me know if you have any questions about this.

With best wishes,

Oliver Woodward

Oliver Woodward
Headteacher