

07 November 2025

Dear Parent/Carer

Important Reminder – Nuts and Strawberries

Several of our pupils at Central Upper Site have severe allergies, including to **nuts** and **strawberries**. These allergies can cause serious and potentially life-threatening reactions through ingestion, inhalation, or even contact.

To ensure the safety of all pupils, we ask that **no nut-based or strawberry products** are brought into school. This includes packed lunches, snacks, or items that may contain **traces** of these allergens.

Please avoid sending:

- Nut-based spreads (e.g. chocolate spread)
- Cereal bars
- Biscuits or cakes containing nuts or strawberries
- Condiments with nuts (e.g. satay)
- Fresh or dried strawberries, or strawberry-flavoured items such as yoghurts.

Any such products will be confiscated and disposed of.

Thank you for your understanding and support in keeping all our children safe.

Yours sincerely

L Hall

Miss L Hall
Executive Headteacher