

22 April 2026

Dear Parents/Carers

Headteacher - Tony Head

On Friday, you received the following reminder from the School Office:

“Can we remind you that, as a school, we operate a strict nut-free policy to ensure the safety of all our pupils, including those with severe and potentially life-threatening allergies.

To help us keep everyone safe, **we kindly ask that parents do not bring in sweets or food items to distribute to children.** We also ask that you do not ask office staff or teachers to hand out items on your behalf. At the end of the day, staff are focused on safely dismissing children and are not able to take responsibility for distributing treats.”

Yesterday, in assembly, we spoke with the children to remind them that we are a nut-free school.

We shared the following messages:

As well as looking after the planet, we also have to look after the people in it.



Some people are allergic to nuts.

Someone with a nut allergy might:

- Get itchy skin or a rash
- Have a tummy ache
- Start coughing or find it hard to breathe
- Feel their lips or face getting puffy

A person with a nut allergy can become really ill if they eat or are near nuts.

At Portswood, we are a nut-free school.

**THIS SCHOOL
IS NUT FREE**



This means that no food with nuts can be brought in or shared in school.



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What you can do to help:

- Don't bring nut snacks into school
- Check food labels
- Tell a grown-up if we think something has nuts in it

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We can not share food with the rest of our class.

Even if it is our birthday or a celebration.

Thank you for your support in this.

J. Leonard

J. Leonard
Deputy Headteacher