



Upper Beeding Primary School

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Head Teacher: Mr M Andrews

September 2026

Dear Reception Parents and Carers,

Important Allergy Information – Nut-Free and Sesame-Free School.

We would like to remind all families that we operate a **nut-free and sesame-free policy** to help keep all children safe.

This year, we have a pupil within our Early Years Unit who has **severe, life-threatening allergies to nuts and sesame**. Even a very small amount of an allergen can cause a serious reaction, so we kindly ask for your full support in ensuring that **no foods containing nuts, peanuts or sesame are brought into the Early Years Unit**.

Please do not send your child to school with any of the following in their lunchbox or as a snack:

- Whole nuts or peanuts
- Peanut butter or other nut butters
- Nutella or other chocolate-hazelnut/nut spreads
- Sesame seeds
- Hummus or other products containing sesame/tahini
- Bread rolls, breadsticks, crackers or other baked products topped with or containing sesame seeds
- Any products that **explicitly list nuts, peanuts or sesame as an ingredient**

Please check food labels carefully when preparing your child's lunchbox or snack.

We appreciate that this may mean making some changes to the foods you usually send into school. However, your cooperation is extremely important in helping us provide a safe environment for a child for whom accidental exposure could be life-threatening.

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

Kind regards,

Mrs Taylor, Mrs Naish & Mrs Goddard

