

**NUT
FREE**



SCHOOL



Important Health Notice: Boston West Aims to Become a Nut-Free School from September 2025

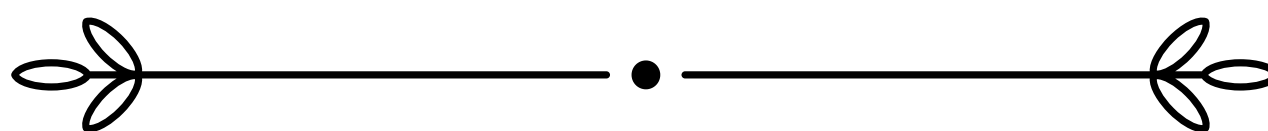
Boston West will aim to become a nut-free school. This important change is to protect the health and safety of a pupil and staff member at Boston West who have a severe allergy to nuts, which can cause a life-threatening reaction known as anaphylaxis.

What is an allergy and what is anaphylaxis?

Allergies occur when the body's immune system reacts to otherwise harmless substances, known as allergens, such as nuts, dairy or insect stings. For some individuals, this can lead to anaphylaxis, a serious and potentially fatal reaction involving symptoms like difficulty breathing, a sudden drop in blood pressure, and collapse. Adrenaline, administered through an auto-injector (AAI), is the first line of emergency treatment.

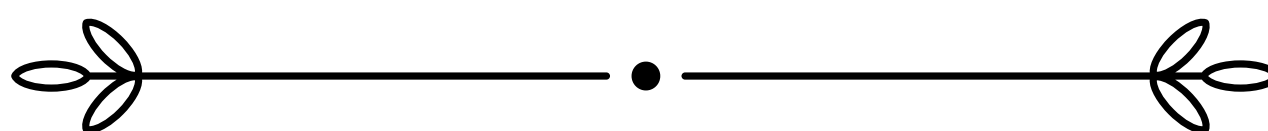
What this means for our school?

- From September, no nuts or nut-containing products should be brought onto school premises. This includes snacks, packed lunches, and birthday treats.
- At Boston West, we already promote a strict no food-sharing policy. We ask for your support in reinforcing this at home by reminding children to only eat the food packed or prepared for them.
- As part of our Healthy School ethos, we do not allow food treats (such as sweets or cakes) to be handed out by parents for birthdays or celebrations. We encourage this outside of the school gates at the end of the school day. While some families send treats for the end of the school day, we kindly ask that you consider the treats / snacks being brought into school.
- It is important to understand that while a nut-free approach reduces risk, it does not guarantee total safety. That's why ongoing vigilance and awareness across our entire Boston West community, staff, children, and families, is essential. We will continue to educate students and our staff about allergies and anaphylaxis and build understanding across the school and hope you would do to with your children at home. Watch this space for further awareness activities and initiatives in the new year.



A note from a parent...

I understand this change may feel like a big adjustment, especially when packing lunches or celebrating birthdays is part of school life. But for families of children with severe allergies, these everyday moments can bring real worry. Raising a child with an allergy means constant vigilance and trusting others to help keep them safe. Your support, from checking ingredients to reinforcing no food-sharing, truly makes a difference, so thank you.



Thank you for helping us create a safe, inclusive environment for all children. If you have any questions or concerns, please contact the school. Look out for the next update on this, which will include more details on which lunch box / snack items may contain nuts.