

## A special message from Evie in P4....

I have Coeliac disease, I am allergic to lots of things e.g. wheat, barley and gluten. If I eat anything with these things in it I will get a very sore tummy. So it is important to never share your snack - you never know what anyone is allergic to.

## A special message from Eilidh in P4....

Please don't bring nuts to school, I am allergic to nuts. If you have an allergy to nuts and you either eat nuts or come into close contact with nuts accidentally you may have a reaction. You will need a special type of medicine called Piriton or if it is really severe you will need an Epi-Pen injection. This would result in a trip in an ambulance to hospital to get more treatment.

So the message is simple....

### 1. AVOID BRINGING ANY TYPE OF NUTS TO SCHOOL such as....

peanuts, cashews, pine nuts, almonds, pistachios, brazil nuts etc....



### 2. AVOID BRINGING ANY PRODUCTS THAT MAY CONTAIN NUTS TO SCHOOL - always read the label on the packet



## HELPFUL INFORMATION...

These tasty treats do/may contain nuts....please do not bring to school....

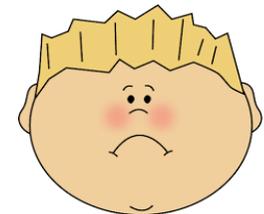


Please be very careful if bringing cereal bars to schools some do contain nuts. Always read the label carefully.



**Nut-free products**....fruit, crisps and some chocolate!!

**BIG SAD WARNING**....if any child brings a snack/food to school that may contain nuts then we are sorry, but it will have to be taken away and the parent/carer will be contacted by telephone.



Please take care when preparing packed lunches and providing pupils with playground snacks.

Thank you for supporting and understanding.

Together we can ensure that KPS continues to be a 'Nut Free School'.



Thank you for reading our leaflet.

## KPS IS A NUT FREE SCHOOL



This leaflet has been created by the children in Kilmacolm Primary School who have an allergy.

It is designed to be a guide for parents/carers and the children in KPS to help them when choosing snacks/food to bring to school.

We have a number of children in the school and nursery class who are allergic to nuts and other products.

**Allergies are very serious...it is our duty in KPS to keep all our children safe...with your help we can do it!**

