



Shacklewell Primary School
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Executive Headteacher: Ms Nicole Reid
Headteacher: Mr Matthew Trahair

Friday 11th September 2026

Dear Shacklewell Families,

Keeping Our Whole School Community Safe – Nut and Sesame Reminder

At Shacklewell Primary School, we pride ourselves on being a caring and inclusive community where every child feels safe and supported. With this in mind we would like to share a gentle reminder about the importance of keeping all packed lunches and snacks completely free from nuts and sesame products.



We have several children in our school with severe, potentially life-threatening allergies. For these children, an allergic reaction can be triggered not only by eating an allergen but also through contact with contaminated surfaces, shared utensils or even being in close proximity to someone eating the allergen.

Please **do not** include the following items in packed lunches or snacks:

- Whole or chopped nuts including peanuts, almonds, cashews, hazelnuts, walnuts, Brazil nuts and pecans.
- Foods containing nuts such as nut-based cereal bars, cakes, biscuits and confectionery.
- Nut spreads including peanut butter, Nutella and other chocolate-hazelnut spreads.
- Hummus and other products containing sesame such as tahini, sesame sticks, sesame snaps and breads topped with sesame seeds.

We appreciate your support in helping us create a safe environment for everyone. By carefully checking lunchbox ingredients, you play an important role in protecting members of our school community who are at risk of serious allergic reactions.

Thank you for your understanding.

Warm regards,

Matthew Trahair
Headteacher