

Monday 19th February 2018

Dear Parents,

Nut Allergies

As you are already aware, the British International School Istanbul has operated a 'nut free' policy since 2010. We do currently have children with nut allergies at both campuses and we would like to remind you of the dangers relating nuts and nut derivatives.

Almonds, beechnuts, brazils, cashews, chestnuts, ginkgo, hazelnuts, hickory, macadamia, pecans, pistachios, pine nuts, peanuts, walnuts, and sesame seeds all contain the proteins to which some people have an allergic reaction.

Nut allergies can cause a severe reaction called anaphylaxis. Anaphylaxis may begin with some of the same symptoms as a less severe reaction, but then quickly worsen, leading someone to have trouble breathing, feel lightheaded, or to pass out. If it is not treated quickly, anaphylaxis can be life threatening.

People with nut allergies have to be very careful about what they eat. It only takes a tiny trace of nut residue to cause some people to react. It is important that there is strict avoidance of any food products containing any nuts in order to prevent a life-threatening allergic reaction. None of the above mentioned nuts or foods containing nuts or nut derivatives, such as Nutella or any form of nut oil, should be brought into school under any circumstances. This specifically includes biscuits, cakes and especially birthday cakes.

We are sure you understand that it is our duty to ensure the continued safeguarding of every single child in our school and therefore we ask for your cooperation to ensure we can uphold this duty of care.

We appreciate your support of these procedures.

Yours sincerely,

The Senior Leadership Team