Mundesley Infant and Junior School

01263 720401
office-mijs@aimfederation.org
Trunch Road, Mundesley, NR11 8LE

AIM Federation: Small schools, big opportunities

Monday 14th September 2026

Dear Parent/Carer

Re: Important Reminder – Nut and Sesame Free School

We would like to remind all families that we are a **NUT AND SESAME FREE SCHOOL** due to a number of pupils and staff having severe and potentially life-threatening allergies.

Please ensure that **no foods containing nuts, peanuts, sesame or their derivatives** are brought into school, including in packed lunches, snacks or treats.

We particularly ask parents to check the ingredients of pre-packaged foods, as nuts or sesame can sometimes be found in products where they may not be immediately obvious. Examples of items that may contain these allergens include:

- Peanut or other nut butters
- Chocolate and hazelnut spreads
- Cereal, protein and snack bars
- Cakes, biscuits and confectionery
- Foods containing sesame seeds, tahini or sesame paste such as Hummus.

Please check ingredient labels carefully before sending food into school.

We appreciate your support in helping us reduce the risk of accidental exposure and keeping all members of our school community safe.

Thank you for your cooperation.

Regards

Claire Pateman
Head of Schools MIJS