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Date: August 2025



Head Teacher: Nicola MacGlashan BSc. PGDip
Williamwood High School
Eaglesham Road, Clarkston
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Dear Parent/Carer

Allergy Awareness

As you will be aware, we have a number of young people at school who suffer from serious allergies, most commonly to nuts, but also to a range of other allergens.

People who suffer from allergies can develop a severe, potentially life-threatening allergic reaction. If someone has a serious allergy to nuts, it is not only eating nuts that can cause an anaphylactic reaction; just being touched on the skin can trigger anaphylactic shock which can result in breathing and swallowing difficulties.

First aid staff in the school are trained in the use of the epi-pens (an injection of adrenalin) which must be administered urgently in the event of anaphylaxis; however to minimise the risk to pupils, we don't allow nuts in school in any form. I would ask you, therefore, to ensure that your child brings no nut products in lunch boxes or as snacks. Examples of foods that should be avoided are:

- peanut butter sandwiches
- chocolate spreads
- cereal bars
- some granola bars
- cakes that contain nuts
- biscuits/cookies that contain nuts
- Snickers bars and similar
- peanut butter cakes
- satay sauces

This list is not exhaustive. Please check the packaging of products being brought in to school.

Your support is greatly appreciated. I know that you will understand the importance of making Williamwood High School an allergy aware school.

Pupils will be reminded of our policy on this. In the meantime, if you have any questions, please do not hesitate to contact your child's Head of House.

Yours faithfully

Mr A Muirhead
Principal Teacher of Pupil Support
Head of Birch House
Head of First Aid Team

