

Dear Parent/Guardian,

The number of children with potentially life-threatening allergies to food products is on the rise. **Common food allergies include: peanuts, tree nuts, eggs, shellfish, soy products, and milk and dairy products.** The response to a “forbidden food” by a child with a food allergy ranges from skin rashes, stomachache, nausea and vomiting, swelling of mouth and tongue, wheezing and respiratory difficulty to anaphylactic shock that is life threatening. In some instances skin contact or even inhalation can prove to be problematic.

*Although the child who suffers from food allergy is taught to be vigilant about foods that should be avoided and to be cautious when there is questionable food for him/her, it is still difficult to maintain a completely safe environment.*

An emergency plan is in place for all identified at-risk students to ensure quick treatment of an acute/or severe allergic reaction. The allergic student/s will bring his/her own snacks and knows to avoid certain foods; nonetheless temptation and accidents can happen. Additional measures to reduce exposure or eliminate an allergic reaction are important for the school child and so we are asking for your cooperation.

Please be alert and cooperate in the following ways:

1. Reinforce with your child not to share snack foods or lunches. Involve your own child in a discussion that certain foods, although healthy, may not be good for everyone.
2. Reinforce the need to wash hands after eating. This will help eliminate contamination due to contact with furniture and objects or during hand holding games.
3. Check with your child’s teacher before sending any food to share for parties. One great option would be to provide stickers or pencils as treats instead of food.

The school staff will continue to manage the school environment by monitoring hands-on supplies and classroom activities in order to provide optimum safety and health for all our students. Let’s continue to work together.

Sincerely,

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Principal

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School Nurse