



Dear Parents:

As we begin a new school year we would like to inform you that \_\_\_\_\_ Elementary School is an allergen aware school. There are children in attendance who suffer from severe and life-threatening allergies to certain foods, such as peanut and nut products. Exposure to the smallest quantities can cause severe life-threatening reactions. Anaphylaxis is a severe and life-threatening allergic reaction. The most common allergen triggers are food, insect stings, medications, exercise and latex. An anaphylactic reaction involves symptoms from two or more body systems.

We at \_\_\_\_\_ School would appreciate the co-operation of the entire school community NOT to send any lunches or snacks that contain peanuts or nuts, which could potentially harm a child. Please make sure that all your children's caregivers are aware of the food restrictions. Please avoid sending food for birthdays or special occasions. There are many alternatives such as stickers and pencils.

If you have any questions, please talk to you child's teacher or the school staff.

We look forward to your co-operation in making this a safe year for all our students.

### **Sample School Newsletter Insert**

We would like to inform you that there are children in our school, with severe life-threatening allergies to (name allergen). This is a medical condition (anaphylaxis) that causes a severe reaction to specific foods and can result in death within minutes. As this affects the entire school community, we are requesting that you not send foods with you child to school that contain the allergen, \_\_\_\_\_.

If you have any questions, please contact your child's teacher or the school staff.

Thank you for your understanding and cooperation