



St. Joseph the Worker Catholic School

475 Brownridge Drive, Thornhill, Ontario L4J 5Y6 Tel: (905) 738-5703 Fax: (905) 738-8121

September 18, 2017

Dear Parent(s)/Guardian(s):

We have students at our school who have severe allergies to peanuts and/or nuts. Even exposure to trace amounts of nuts could be potentially serious and life threatening. Therefore, we would ask that you not send any food items containing nuts to school. Also, if your child has had peanut/nut products for breakfast, please ensure that your child's hands are washed thoroughly prior to coming to school. **Please let your child's teacher know if your child has a severe allergy.**

All students will participate in classroom discussions about life-threatening allergies and the various ways by which they can help their friends who have anaphylactic conditions to remain safe. Staff, students, and our parent community can all help to make our school environment safer for students by:

- ✓ checking the list of ingredients on food you send to school with your daughter/son to check to see whether food items contain nuts
- ✓ refraining from sending in food for your child's class for special occasions e.g., birthday cake/pizza/candy is not allowed
- ✓ **refraining from sending in any food items that may contain nuts like:**
 - Nuts of any kind
 - Peanut butter sandwiches
 - Chocolate bars containing nuts
 - Trail mix and Granola bars that are not certified nut-free
 - Nutella spread, Reese's Peanut butter cups/pieces, M & M's chocolate peanuts
 - **Any products from McDonald's or Tim Horton's (these facilities are not nut-free)**

Some **healthy peanut/nut-safe snack** suggestions are:

- Crackers and cheese
- Fresh fruit
- Veggies and dip
- Nut-free granola bars
- Yogurt
- Water

Students with life-threatening allergies are required to wear a fanny pack containing their Epipen while at school and on class excursions. A second Epipen must be provided to the office to keep as a back-up in case of an emergency. Thank you for helping us to create a safe environment for all of our students.

Sincerely,

Ms. C. Donovan
Principal