



September 2019

Dear Parent(s)/Guardian(s),

It's that time of year again when it's important to send to you a reminder regarding the allergy protocol at our school. Please take time to read this information.

We have students in our school who have **air borne allergies** to the following foods:

- All nuts
- All fish
- All shellfish

Air borne allergies to food mean that an individual simply needs to inhale and swallow the protein that is released from the food to trigger an allergic reaction, possibly **anaphylaxis**. Anaphylaxis is a severe reaction that is sudden and potentially life-threatening. It will make airways swell and cause blood pressure to drop. As a result, a person may have trouble breathing and could lose consciousness. To prevent this from happening to any of our students who have air borne allergies to foods, we must maintain strict avoidance of the above mentioned foods. **It is very important that you do not send to school any foods that may contain any trace of the above ingredients. We must not become complacent when it comes to the safety of all of our students.**

Always read ingredient labels carefully to be sure that any of the above food allergens are not present. Sometimes a food may appear to not contain any of the foods listed above, but could be processed in a plant that processes one or more of the above food allergens – especially nuts. This food would then be considered non-acceptable as it may contain traces of the food allergen as a result of cross-contamination. **Muffins, cookies, cakes, etc. that come from a bakery, store or restaurant are considered non-acceptable foods as they may be contaminated due to cross-contamination. Please be diligent in making sure that any food items that you bake yourself and send to school is free of the above allergens. It is difficult for teachers to monitor home baked goods and their ingredients. Any yogurts, puddings, fruit drinks or any other food that may contain banana, nuts, tree nuts or shellfish are NOT acceptable.** Also, if your child has eaten any of these products prior to coming to school (breakfast and/or lunch), please be sure your child's hands have been washed and their teeth thoroughly brushed before entering the school.

It is important to bring to your attention that we have others food allergies in our school as well. **These allergies include egg, green peas, dairy products and kiwi.** While these food allergies are not air-borne allergies and we are not banning them from our school, they are still considered severe food allergies. These particular foods trigger an allergic reaction by contact or ingestion. **It is very important for you to talk to your child about food allergies and teach them about the importance of not sharing any food, eating utensils or food containers with other students.**

Please note that the school canteen is operating during recess for all students (K-12). **Foods sold are all air- borne allergen free.** This means that snacks sold are free of all nuts, all shellfish, all fish and banana.

For more information regarding food allergies at our school, please visit the school website ([www.ericglambert.ca](http://www.ericglambert.ca)). Eric G. Lambert School thanks you for your continued understanding, support and diligence in helping to ensure that our school is a safe and healthy environment for all of our students.

Thank you,

Eric G. Lambert School