

September 3, 2019

Dear Parents,

There has been a marked increase in the number of children in schools across Canada that have life-threatening allergies. Education and awareness are key to keeping children with potentially life-threatening allergies safe and to this end, Elmdale School is a "Nut Aware" school.

At Elmdale School we are committed to provide a safe environment that is inclusive for all children. In common with most other schools, we have a number of children with peanut and tree nut (hazelnuts, pistachios, almonds, etc) allergies. We do not describe the school as being 'Nut Free' because we can't guarantee that students or adults have not brought nuts, or traces of nuts, into the building. However, **we ask that parents please be aware of what you are sending with your children to school, and when possible, avoid sending items that contain peanuts or tree nuts. Please note that this includes peanut butter and nutella.** We recognize that this adds a further challenge to preparing nutritious and appealing lunches for your children, however we hope you understand that this is a significant safety issue for some of our students.

Anaphylaxis is a serious allergic reaction that can be life threatening. Approximately 1-2% of Canadians live with the risk of an anaphylactic reaction. Food allergies are the most common cause of anaphylaxis. The most common food allergens are peanuts, tree nuts, seafood, egg and milk products. Anaphylaxis can affect multiple body systems. This can range from skin inflammation to anaphylactic shock, which is an explosive over-reaction of the body's immune system. This can be characterized by swelling, difficulty breathing, abdominal cramps, circulatory collapse, coma and, ultimately, death. *Source: Anaphylaxis Canada*

Elmdale School staff receive training and information related to many life threatening conditions common to our community. These conditions include anaphylaxis, seizure disorders, and diabetes. Students with life threatening conditions have URIS (health care) plans outlining their condition and the safety procedures required of school staff members in the event of an emergency.

If you have any questions, please feel free to contact the school.

Thank-you,

A handwritten signature in black ink, appearing to read "V. Hiebert", with a long horizontal flourish extending to the right.

Mr. Vince Hiebert
Principal