

Dear Parents,

We are writing to you today to ask for your help in creating a safe learning environment for all students. Many students at Field School have a potentially life-threatening allergy to peanuts, peanut products, and all nuts. Allergies to peanuts is most concerning in schools because even a small amount of peanut oil could be transferred to pencils, crayons or tabletops and cause a problem for the allergic child. For that reason, we are requesting that these products not be sent into school **for snacks eaten at snack time in the classrooms**. In our classrooms, the children work, play, and eat at the same tables in the room. This can greatly increase the risk of an exposure to the peanut oils no matter how diligent we are with cleaning up after snack time. Therefore, it is important that the children have snacks free of peanut and nut products that are eaten in the classroom. Food products to avoid for all snacks in the classroom are; all peanut butter products, all products with peanut oil, and chocolate products processed by a company that makes chocolate containing any kind of nut (ex. Granola bars, Snickers bars, M&M's, Hershey Bars with nuts, any peanut butter cups, etc.).

Since lunch is eaten in the cafeteria, your child may bring peanut butter, peanut or nut products for lunch. The children with peanut allergies will either be at a peanut aware table or use safety measures to protect themselves from exposure. After lunch, the children will wash their hands prior to returning to the classroom.

Enclosed is a list of snack ideas that would be appropriate alternatives to snacks with the above-mentioned ingredients. The list includes snacks all children enjoy. It is important that any child care provider or anyone who may be responsible for preparing your child's snack is aware of this request and let your child know what snack is to be eaten in the classroom. It may be best to label the "snack" for your child. Also, due to the seriousness of this matter, it is important not to send any food into school for any celebrations and to remind your child there is no eating on the school bus.

Please continue to always read the product label with each purchase since companies can make changes at any time. If you have any questions regarding this matter, please feel free to contact the Field school nurses Ms. Melchionda and/or Ms. Gulens-Grava at 781-786-5507.

Sincerely,

Ms. Melchionda M.Ed. BSN RN
Zinta Gulens-Grava BSN RN

Please sign and return the bottom portion of this notice with your child to school on **Tuesday, September 4, 2018**

We, the parents/guardians of _____ (child's name) have received and read the medical alert notice regarding student allergies and snack restrictions for Field School.

Parent Signature _____ Date _____

Dear Parents,

The following is a list of suggestions for student snacks. The snacks listed do not contain products that could potentially produce an allergic reaction in several students suffering from peanut and nut allergies. We have compiled the following list but request that you **also** check product labels before making your purchases:

FRUIT	RAISINS
CARROTS	CRACKERS & CHEESE
APPLESAUCE	GRAHAM CRACKERS
GRAPES	CHEEZ-ITS
GOLDFISH CRACKERS	GOLDFISH COOKIES
PRETZELS	JELLO
CELERY/CARROTS	
PUDDING without chocolate or nuts	
YOGURT without chocolate or nuts	
COOKIES without Chocolate, Peanut Butter or Nuts	
½ a SANDWICH without Peanut Butter	

We hope that this list gives you some ideas for a variety of school snacks for your child.

Thank you for your cooperation in the above matters.

Sincerely,

Ms. Melchionda M.Ed. BSN RN
Zinta Gulens-Grava BSN RN