

Severe Allergy Alert!

As you know, there are several students and staff members attending **Tamarac Education Centre**, each with a severe allergy that can cause an *anaphylactic reaction*. Included allergens are:

Peanuts Nuts Latex Wasps Shellfish

Avoiding the allergen is the best way to prevent an anaphylactic reaction. Therefore, the best way to provide a safe environment is to enlist the support of the other students, staff and parents to make sure the allergens do not enter the school. There are a number of measures that you and your child/children can take to ensure the safety of all members of the Tamarac Education Centre Community.

- Please do not send food containing **peanuts, tree nuts, and nut products**. Products labeled “May Contain” can be dangerous and should not be sent.
- Please do not send **pea butter** as it is confusing to students, staff and parents.
- When preparing lunches, ensure that food being sent has not come in contact with peanuts, tree nuts and nut products.
- Please ensure that your child does not eat **peanuts, tree nuts, and nut products** one hour prior to attending school.
- Please contact your child’s teacher prior to sending any food to the school for a celebration.
- Please do not send **balloons** or **latex gloves**.
- Encourage your child to wash their hands with soap and water before eating, and wash their hands and rinse their mouth after eating (including breakfast and snacks).
- Read food labels and learn how to identify allergen ingredients. If you are unsure about a product, choose something else. For information on the many common names that identify allergen ingredients on food labels, refer to the Health Canada Fact Sheets at:
http://www.hc-sc.gc.ca/fn-an/securit/allerg/fa-aa/index_e.html
- Teach your child not to share his/her food, drink or utensils with classmates.
- Encourage your child to help clean his/her eating area after meals and snacks.

Snack Suggestions

While it can be a challenge to pack a lunch when there are limitations, there are many healthy alternatives including fruit and vegetables. **Be sure to check local supermarkets for an increasing variety of products that are made in nut free facilities.**

A reminder note will be sent home if your child brings a snack that could potentially be dangerous to our students.

Parents, staff and students appreciate your cooperation in this matter. Thank you for helping make Tamarac Education Centre safe for all students.