

SEPTEMBER PARENT GUARDIAN INFORMATION LETTER: ANAPHYLAXIS

Date: 9/1/25

School: St. Nicholas C.E.S.

As we begin a new school year, we would like to inform you that our school is an allergen aware school. There are students in attendance who suffer from severe and life-threatening allergies to certain foods, such as dairy, peanut, and nut products. **Exposure to the smallest quantities can cause severe life-threatening reactions.**

Anaphylaxis is a severe and life-threatening allergic reaction. The most common allergen triggers are food, insect stings, medications, exercise, and latex. An anaphylactic reaction involves symptoms from two or more body systems. The safety and well-being of all our students is our priority.

To ensure the safety and well-being of all pupils, we request that you **NOT** send any lunches or snacks that contain peanuts and/or tree nuts, including peanut butter substitute products. Please make sure that all your children's caregivers are aware of the food restrictions. Please avoid sending food for birthdays or special occasions. There are many alternatives such as stickers and pencils. Should there be additional allergy concerns in specific classrooms, information will be shared by the classroom teacher.

If you have any questions, please talk to your child's teacher or the school staff.

We appreciate your cooperation in supporting a safe learning environment for all students.

Yours sincerely,

M. Castro

Name

Principal, St. Nicholas C.E.S.

Principal, School