



CASTLE PARK ELEMENTARY SCHOOL

1144 Confederation Drive, Port Coquitlam, BC, V3C 6P1
Tel: (604) 468-8620 Fax: (604) 468-8503
Principal: Mrs. K. Tompkins

November 3, 2014

Dear Parents & Guardians,

This letter is to advise you that Castle Park Elementary is a **SCENT AWARE** school! We have several staff members who suffer from debilitating migraines that are triggered by scents. Following is health and safety information to help you understand this medical condition.

UNDERSTANDING SCENT AWARE

Many people these days suffer from scent sensitivity or environmental illness. Any or several of the following can result from their exposure to the chemical triggers found in scents.

- migraine headaches
- dizziness
- fatigue
- watery eyes
- stuffy nose and/or sinusitis
- coughing
- chest tightness
- wheezing
- shortness of breath

HOW CAN YOU HELP?

At Castle Park Elementary we are striving to care for those who struggle with the physical distress brought on by scents. Please do not take the request to refrain from using scented products as a personal affront as this is about the impact of chemical scents. Therefore, we ask that you and your child/ren either refrain from wearing the scented products listed below or switch to unscented versions of those available.

- perfume
- cologne
- aftershave
- scented hairspray, hair gels and other styling products
- scented face and body creams, lotions and body washes
- scented sunscreen and hand sanitizers
- strongly scented deodorant
- scented laundry softeners and dryer anti-static sheets



If you have any questions or concerns, please contact me at the office. Your consideration and support is very much appreciated. Thank you!

Yours truly,

Mrs. Kim Tompkins