



## CASTLE PARK ELEMENTARY SCHOOL

1144 Confederation Drive, Port Coquitlam, BC, V3C 6P1  
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Principal: Mrs. K. Tompkins

September 10, 2015

Dear Parents/Guardians:

### **Medical Alert – NUT ALLERGY**

The number of students that have life threatening nut allergies appears to be increasing. It can be an extremely fearful experience for parents of children who have this allergy.

Several students in this school have a **severe** allergy to foods that contain nuts. The presence of **any** nut product (nuts or *oil*), even if baked into cookies or cakes, can present a life-threatening situation for them. As well, even a trace of nut residue on a desk or book has the potential to be life threatening. In a school setting, cross-contamination is the greatest risk from this type of allergy. Cross-contamination is when a few crumbs from one child's snack are dropped and then picked up by an allergic child. Please speak with your child about not sharing his/her snacks with other children. We also ask that, if sending snacks to share, a complete list of ingredients is provided.

**By creating a 'nut free' environment, we can ensure a safe environment for all children in our school.**

**PLEASE DO NOT SEND ANY NUT PRODUCTS OR ANY FOODS CONTAINING THEM IN ANY FORM AND IN ANY AMOUNT. INCLUDED ARE ALMONDS, PEANUTS, PISTACHIOS, CASHEWS, WALNUTS, HAZELNUTS, NUTELLA PRODUCTS AND ALL OTHER PRODUCTS CONTAINING NUTS.** The following are some items that may also contain nuts: cookies, cakes, brownies, donuts, cereals, potato chips, bird seed, granola bars and candies.

In the event that a student does bring foods to school that include nuts or peanut butter, he/she will be asked to eat at the office. Students should then be sure to wash their hands after eating.

As many younger students do not know what is in their lunch, the best way to deal with the nut problem is to avoid sending nut products to school and save them for home time.

**By creating a 'nut free' environment, we can ensure a safe environment for all children in our school and your cooperation is very much appreciated.** If you have any questions, please contact me at 604-468-8620.

Sincerely,

Kim Tompkins,  
Principal