



Totoket Valley Elementary School

Dr. Kris Lindsay, *Principal*  
Stephanie DeFrance, *Lead Teacher*

Dear Parents and Guardians,

All children have the right to learn in an environment that is safe. We currently have several students at TVES with significant allergies to nut products who are at risk for anaphylaxis, a potentially life-threatening allergic reaction. Ingestion of even very minute amounts of food can trigger anaphylaxis. A product may come in contact with nuts if it's made in a place that also makes other products that do contain nuts. The oil of a peanut or tree nut remaining on a desk after snack or party time or touching another food item may cause a severe allergic reaction. Strict avoidance of the food allergen is the only way to prevent allergic reactions.

I am asking for your help to keep our students safe. If you have been notified that your child is in a classroom with other students who have nut allergies, please do not send snacks to school that contain or may contain any nut product, or may have been in contact with nut products. For health and safety reasons, I am ask those students to limit their snack choices to fresh or packaged fruits (including raisins and Fruit Roll-Ups), vegetables, yogurt (including yogurt drinks, yogurt bars, and Yogos), cheese, or Goldfish crackers.

If a child brings baked goods or other foods that are not on this list, and he/she is in a classroom with children who have nut allergies, then he/she may only eat it in a designated area of the classroom. Please note that teachers are not responsible for reading ingredient lists. Our schedules only allow for a "working snack," and teachers cannot take the time away from instruction for this purpose.

All students in the school building will be required to wash their hands before and after snack time. This will also help us minimize possible contagion from illnesses. In addition, all desks and tables will be wiped down following snack, just as we do after each lunch wave in the cafeteria.

Managing life-threatening allergies presents an opportunity for us to teach all children about understanding and cooperation in meeting the needs of their peers. I thank you for your help in this very important matter.

Sincerely,

*Kris Lindsay*

Dr. Kris Lindsay,  
Principal