

Rochester Memorial School

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Rochester, MA 02770-1617

Derek J. Medeiros
Principal

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August 7, 2013

Dear Parents,

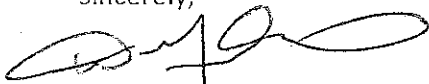
I hope the summer season has been great for all of you and I am excited to get the school year off to a great start. In this regard we are all aware of the importance time on learning plays in education and how often the school day passes quickly. Structure, routine and consistency allows for our children to learn in the most optimal environment with little disruption. We are asking for your assistance in providing minimal disruption and that all students experience a safe learning environment in the classroom as well.

During our school day students enjoy a snack in the classroom, which will provide them with nutrients and energy to continue to focus on learning. With this important part of our day comes an awareness of fellow classmates and or staff who may have a life threatening allergy and ensuring that all are safe during this process. In order to maintain a safe classroom environment during snack we ask that you please follow the steps listed below.

1. Pack your child an allergy aware snack separate from their lunch box.
2. Have your child wash his/her hands before heading off to school after he/she has eaten Breakfast.
3. Remember: food is NOT allowed to be eaten on the bus.
4. Remind your child there is no food or drink sharing or trading allowed at school.
5. All students who are enrolled in an allergy aware class but do not have a life threatening allergy will place their lunchbox in a bin located right outside their classroom every morning.

These steps will help to maintain safety and a flowing routine in the classroom while allowing all students to enjoy their snack in a controlled environment. We appreciate your support of these procedures and ask that you complete, detach and return the bottom portion of this form so that we are certain that every family has received this information. If you have any questions, please contact me.

Sincerely,



Derek J. Medeiros

I have read and understand the peanut/nut free classroom procedures. I agree to do my part in keeping the classroom peanut and nut free.

Child's Name: _____ Date: _____

Parent's Signature: _____



LIFE THREATENING ALLERGIES & THE CLASSROOM



What exactly are the expectations of me as a parent of a child who does not have food allergies but is in a classroom with a child that does?

Answer: First read all the information that comes home with your child related to food allergies, anaphylaxis and how to read a label. Follow these steps daily to ensure a safe and healthy environment in the classroom.

1. Pack your child an allergy aware snack separate from their lunch box.
 2. Have your child wash his/her hands before heading off to school after he/she has eaten Breakfast.
 3. Remember: food is NOT allowed to be eaten on the bus.
 4. Remind your child there is no food or drink sharing or trading allowed at school.
- All students who are enrolled in an allergy aware class but do not have a life threatening allergy will place their lunchbox in a bin located right outside their classroom every morning.



My child is a very picky eater and only eats peanut butter and jelly for lunch. What are my options?

Answer: That is not a problem. The only limitation is the snack your child eats in the classroom. He or She can pack their lunch as planned however they will not be allowed to eat with a friend who is eating at the allergy aware table.



Can we send in products "manufactured on equipment that processes peanuts or tree nuts" or "processed in the same facility as peanuts or tree nuts"?

Answer: If you have been notified that your child shares a classroom with a student who has life-threatening food allergies, food identified with these warnings are not allowed in the classroom.



What happens if I accidentally send in a product containing an allergy ingredient?

Answer: If a snack containing an allergy ingredient is accidentally sent in, you would receive a call from the principal as a friendly reminder of the importance of packing an allergy aware snack.



Are we allowed to bring in a special food treats for our child to celebrate their birthdays with their classmates?

Answer: Food treats in the classroom are discouraged as part of the ORR and Superintendency Union #55 food policy.

Reading Food Labels

It's About the Snack!

If your child has a classmate who has a food-related Life Threatening Allergy (LTA), that food is not permitted as a classroom snack. Because lunch is eaten in the cafeteria, these choices are not impacted by the LTA.

Reading the food labels of the snack or other classroom treats you send in to school will help keep the classroom safe.

How to Read a Food Label

Food labels list food allergens to help avoid allergic reactions. The eight most common food allergens are: Peanuts, Tree Nuts, Milk, Eggs, Wheat, Soy, Fish and Shellfish. Foods can be listed as ingredients on labels in three different ways:

1. Listed after "Ingredients":

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 cup (249g)	Total Fat 12g	18%	Sodium 940mg	39%
Servings About 2	Sat. Fat 6g	30%	Total Carb. 24g	8%
Calories 250 Fat Cal. 110	Polyunsat. Fat 1.5g		Dietary Fiber 1g	4%
	Monounsat. Fat 2.5g		Sugars 1g	
*Percent Daily Values (DV) are based on a diet of 2,000 calories a day.	Cholest. 60mg	20%	Protein 10g	20%
	Vitamin A 0%		Vitamin C 0%	
			Calcium 6%	
			Iron 8%	

Ingredients: WATER, CHICKEN, RICE, MODIFIED CORN STARCH, CREAM (MILK), POTATO, CARROT, ONION, SPICES, SALT. MAY CONTAIN EGG AND WHEAT

Allergen:
Milk

2. In a "Contains" statement below the "Ingredients" list:

Calories per gram:	Fat 9	Carbohydrate 4	Protein 4
Ingredients: Yellow Corn Flour, Corn Bran Flour, Unsulphured Molasses, Oat Flour, Expeller Pressed High Oleic Oil (Canola and/or Sunflower), Salt, Baking Soda, Vitamin C.			
Contains Soy			

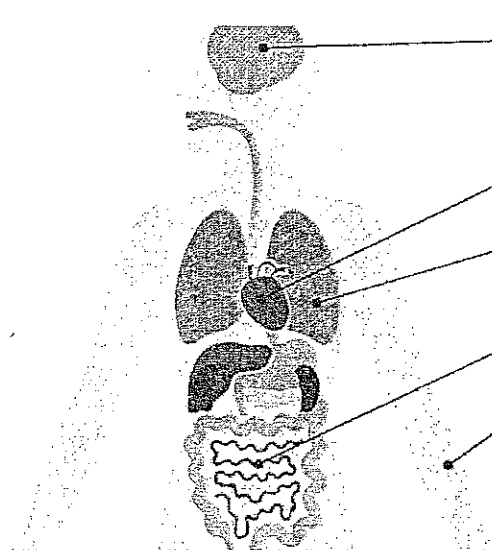
Allergen:
Soy

3. Or as an unintended ingredient statement

For example, labels may say "manufactured in a factory that also processes peanuts" or "may contain almonds".

Anaphylaxis Signs and Symptoms

A life-threatening allergic reaction can make someone feel sick in many different ways, such as:



Central nervous system: Dizziness, headaches, confusion

Cardiovascular system: Chest pain, weak pulse, dizziness, fainting

Airway: Trouble breathing, chest tightness, itchy throat

Gastrointestinal system: Nausea, stomach pain

Skin: Rash/hives, itching, swelling of the lips and/or tongue

These are not all of the symptoms associated with a life-threatening allergic reaction. Please talk to your doctor for a complete list of symptoms. If a person is having an allergic reaction, they should seek immediate medical attention, while someone calls 911.

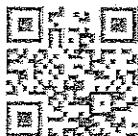
Anaphylaxis in Schools

Schools nationwide have worked hard to reduce exposure to allergens in the school environment – a critical first step in managing life-threatening allergies. However, allergens aren't always obvious, so the risk of anaphylaxis remains.

Anaphylaxis can be triggered with little to no warning. In addition to those who have experienced anaphylaxis, there may be others who have been determined to be at risk for a life-threatening allergic reaction. There are life-threatening allergic emergencies in school each year, despite everyone's best efforts and attempts to avoid allergens. This is why everyone in the school community, from teachers to students, nurses and administrators, should know the signs and symptoms of anaphylaxis, be able to recognize the triggers and be prepared to respond when it occurs.

Top Tips for Managing Anaphylaxis in Schools

- ✦ Know and avoid allergic triggers
- ✦ Understand and recognize signs and symptoms
- ✦ Respond when anaphylaxis occurs and tell an adult
- ✦ Seek emergency care



Check out www.Anaphylaxis101.com for more information.

Anaphylaxis Overview

Anaphylaxis (pronounced "a-na-fi-LAX-is") is a life-threatening allergic reaction that can happen when someone comes into contact with a food or other trigger to which they are allergic. Avoidance of allergic triggers is the critical first step in managing life-threatening allergies.

Anaphylaxis is a growing public health problem that may affect millions of Americans. There has been an increase in life-threatening allergic reactions in recent years and more research is underway.

In addition to those who have experienced anaphylaxis, there may be others who are not aware and could also be at risk for a life-threatening allergic reaction. And since a life-threatening allergic reaction can happen anywhere at school, it's important to be ready in case one does occur.

Allergic Triggers

Triggers are things that might cause an allergic reaction. For some students at school, a life-threatening allergic reaction can be triggered by something as simple as eating a friend's snack with unknown ingredients or being stung by a bee during recess. The most common causes of anaphylaxis are: certain foods, insect stings, medication, latex or a trigger of unknown origin.

Food allergies are the most common cause of anaphylaxis, and are a growing health problem. A 2011 study found that 8% of children in the U.S. — an estimated 1 out of 13 — suffer from a food allergy. Of those children affected, 38% had a history of a severe reaction, and 30% had allergies to multiple foods. Virtually any food can cause a life-threatening allergic reaction.

The most common foods to cause anaphylaxis, which account for 90% of all food allergy reactions in the U.S., include:

- ★ Cow's milk
- ★ Eggs
- ★ Peanuts
- ★ Tree nuts (walnuts, cashews, pistachios, pecans, etc.)
- ★ Fish
- ★ Shellfish
- ★ Soybeans
- ★ Wheat

Anaphylaxis Management

Food allergy guidelines released by the National Institute of Allergy and Infectious Diseases, a division of the National Institutes of Health, state that epinephrine is the medicine a person experiencing anaphylaxis should receive. If experiencing anaphylaxis, find an adult who can help. Administer epinephrine and seek emergency medical attention immediately.

Epinephrine, also known as adrenaline, is a naturally occurring hormone. It works to relieve life-threatening symptoms that occur during anaphylaxis. It is important to know that antihistamines and corticosteroids are not indicated (or intended) to treat anaphylaxis. Please consult your health care professional about the treatment plan that's right for you.