

Reminder About Food Allergies

Many of our students are affected by serious and life-threatening allergies, some of which are food-related. Anaphylaxis, the medical term for “allergic shock” or “generalized allergic reaction”, can be rapid and deadly. It can develop within seconds of exposure, beginning with itching, hives, or swelling of the lips or face. Within moments, the throat may begin to close, choking off breathing and leading to death. Anaphylactic reactions can be triggered by a minute amount of allergen — measured in micrograms. For this reason, we ask all parents and students to remember a few important safety tips.

Students who ride the bus may *not* eat or drink while en route to school or home. The transportation department enforces a ‘no eating’ policy in order to protect students affected by food allergies. Please make sure your student has time to eat breakfast before leaving home each morning as well as saving any school treats for home consumption.

Many students are allergic to ingredients that cannot be ‘seen’ in foods, such as eggs, wheat, soy and /or peanut/nut ingredients. For this reason, please remind your student he/she should not share any food with others. This is especially important with younger children who may not have a thorough understanding about their allergies.

Your help is greatly appreciated!