



## Saint Kilian Parish School

Dear Families of Saint Kilian Parish School,

We have several children with peanut and tree nut allergies at Saint Kilian Parish School (SKPS). The severity of these food allergies varies from mild to severe, with “severe” meaning that it is possible for a child to experience anaphylactic shock if they eat a peanut or tree nut. Therefore, we have an established Allergy Policy at SKPS that explains what it means to be a Nut-Restricted school and what families can do to support our Allergy Policy.

SKPS is a “Nut-Restricted” school to emphasize that “reasonable precautions will be taken so that peanuts and tree nuts shall only be eaten in the school in the approved Nut Zone area(s).” The approved Nut Zone areas include up to 2 tables near the door of the cafeteria and the Teacher’s Break Room in the lobby area. The “Nut-Restricted” definition is included in our Allergy Policy ([http://school.saintkilian.org/parents\\_lunch\\_allergies.htm#1](http://school.saintkilian.org/parents_lunch_allergies.htm#1)) and explains the responsibilities we all have regarding this policy. The Allergy Policy also addresses students that have latex and/or insect sting allergies. We also have a “Protocol of Food Allergies” document ([http://school.saintkilian.org/parents\\_lunch\\_allergies.htm#2](http://school.saintkilian.org/parents_lunch_allergies.htm#2)) which further defines the responsibilities of our SKPS family.

To answer the question “*What can families do to follow the Nut-restricted guidelines?*”, please read the ‘Allergy Policy’ and the ‘Protocol of Food Allergies’ to become familiar with our guidelines, but there are a few very important things to remember on a daily basis.

1. Read food ingredient labels carefully when deciding what to pack for your child’s lunch.
  - a. If any portion of your child’s lunch includes peanuts or tree nuts, please explain to your child that they will need to sit in the Nut Zone area in the cafeteria during lunch. Examples of items that contain peanuts or tree nuts include: Uncrustables, almost all protein bars, many candy bars, peanut butter crackers, homemade items containing peanut or tree nut ingredients, etc.
  - b. If you send your child a lunch and it does not include peanuts or tree nuts, your child may sit at their regular classroom lunch table. Your child may also sit at their regular classroom table when you send a homemade item for lunch that does not contain peanut or tree nut ingredients.
2. Labels are available ([http://school.saintkilian.org/files/allergies/lunchbox\\_labels\\_cards.zip](http://school.saintkilian.org/files/allergies/lunchbox_labels_cards.zip)) for you to attach to your child’s lunch so teachers and parent volunteers will know if the student is carrying a lunch that contains peanuts or tree nuts.
3. If you send a snack into your child’s classroom for any reason, the snack must be on the Nut-checked snack list ([http://school.saintkilian.org/files/allergies/approved\\_snacks\\_nuts\\_checked.doc](http://school.saintkilian.org/files/allergies/approved_snacks_nuts_checked.doc)). The Nut-checked snack list has been written to help teachers know that the snacks that are brought into their classrooms support our Allergy Policy. Although parents may choose to use this list when packing lunch for their child, the Nut-checked snack list is not intended to be a list that parents must choose from when packing lunch. Parents may pack anything they want in their child’s lunch (and the child will sit in their appropriate area of the cafeteria) but parents must always use the Nut-checked snack list when packing snacks for the classroom.

In addition, if you are a parent with a child that has an allergy, please do the following:

1. Before the first day of school every year, complete the Allergy Action Plan document ([http://school.saintkilian.org/files/allergies/allergy\\_action\\_plan.pdf](http://school.saintkilian.org/files/allergies/allergy_action_plan.pdf)) for your child and give it to the school principal along with the appropriate medications and permission forms. Please note that this form should be completed if you have a child that has any food allergy (peanut, tree nut, milk, soy, eggs...) or any non-food allergy (latex, insect stings, ...).
2. Along with the forms you submit, if you are new school parent, arrange to speak with the school principal in order to discuss how to properly care for your child while they are attending SKPS.

If you have more questions about our Allergy Policy and Nut-restricted guidelines, we also have a Quick Reference Guide for packing snacks or lunch ([http://school.saintkilian.org/parents\\_lunch\\_allergies.htm#qr](http://school.saintkilian.org/parents_lunch_allergies.htm#qr)) and a Frequently Asked Questions document ([http://school.saintkilian.org/parents\\_lunch\\_allergies.htm#faq](http://school.saintkilian.org/parents_lunch_allergies.htm#faq)) available for you.

Thank you for your support of our SKPS Allergy Policy.