

APPENDIX C

SAMPLE LETTER ELEMENTARY:

Dear Parents/Guardians:

The number of students allergic to _____ in our school is growing, and this year we have a student at the very highest risk level.

After discussions with school staff and other knowledgeable parties in the medical community, it has been suggested the best way to provide a safe environment would be to enlist the support of parents to help make our schools controlled environments. This means that _____ (antigen) is banned from the school. Also, I ask you to read the labels of other foods like muffins, granola bars, and cereals before you put them in your child's lunch/snack. Our concern is foods may contain "hidden" ingredients, and where "cross contamination" may occur. Some common food which are sources of anaphylactic reaction are peanuts (peanut butter, peanut oil), tree nuts (hazelnuts, walnuts, pecans, almonds, cashews), sesame seeds (sesame seed oil), cows milk, eggs, fish, shellfish, wheat, soy, and bananas (and avocados, kiwis, chestnuts for children with latex allergies). Other non food sources which may cause an anaphylactic reaction include playdough, scented crayons and cosmetics, stuffed toys, insect venom (bee stings), rubber latex, vigorous exercise, some plants (poinsettias) cold and some medications.

I realize this request may pose an inconvenience for you when packing snacks and lunches. I wish to express sincere appreciation for your support and understanding of this potentially life threatening allergy.

For further information I suggest you visit:

- Anaphylaxis Canada Toll Free: 1-866-785-5660/1-416-785-5666 or www.anaphylaxis.ca
- Canadian Society of Allergy and Clinical Immunology (CSACI) Tel: 613-630-6272 or www.csaci.medical.org/schools.html
- Allergy/Asthma Information Association (AAIA) Toll Free: 1-800-611-7011/1-416-679-9521 or www.aaia.ca
- Association quebecoise des allergies alimentaires (AQAA) Toll Free: 1-800-990-2575/1-514-990-2575 or www.aqaa.qc.ca

Sincerely,

Principal