



APPENDIX E

NEWSLETTER SAMPLE

We felt that all parents would like to be aware that there is/are a child/several children) in our school with a severe life threatening food allergy to _____ (anaphylaxis). This is a medical condition that causes a severe reaction to specific foods and can result in death within minutes. Whether or not this affects your child's class directly, _____ (antigen) is banned from the school. 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. There will be more information about anaphylaxis at our Meet the Teacher Night. Thank you for your understanding and co-operation.