

## *Town of Trumbull, Department of Nursing*

Dear Elementary Parents and Staff,

Thank you for your help in getting our school year off to a healthy start. We continue to need your support as we move forward with the Food Allergy Management Plan for our district. Many of the components of this plan have been in place for years and have successfully kept our students with life-threatening food allergies safe. The plan is based on Connecticut State Department of Education Guidelines and has been formalized to standardize our practices among all of our schools. As we strive to keep all our students safe and ready to learn, the plan sets forth practices to reduce the likelihood of potentially life-threatening allergic reactions; to ensure a rapid and effective response in the event of an allergic reaction; and to assist an identified allergic student in avoiding exposure to allergens. This plan requires collaboration and cooperation between our school administrators, nurses, teachers, students, parents and physicians. We need to work together to make this plan work for everyone.

You may have already noted the most visible part of the plan. Signs have been posted outside of specific Pre-K-5<sup>th</sup> grade classrooms as an alert to an “allergen aware” classroom. These signs provide information about specific life-threatening food allergies of a student(s) in that classroom. Snacks sent in with your child that contain those specific allergens cannot be consumed in that particular Pre-K-5 classroom. However, you may provide your child with any food item that will be consumed in the cafeteria as provisions are in place at this site for students with allergies. Please limit your child’s classroom snacks to items that comply with the allergen aware classroom guidelines for your child’s specific classroom.

In addition to snacks, the policy also addresses incentives, rewards, and birthday recognition. All treats for classroom rewards, incentives and birthdays are to be **non-edible** items. We can still recognize birthdays and reward our students but not with food. This will be a change for some; but, there are many ways, other than food, to enjoy and anticipate birthdays. Together, we can creatively establish new recognition traditions at school!

Lastly, the plan does allow food to be a part of a curriculum related special event. These events are planned by teachers, in conjunction with the room parents, as part of a learning initiative. Your classroom teacher will initiate a *Celebration Form* prior to this special event. This form provides the room parents with a list of known allergens in that classroom and provides the teacher and school nurse with a list of foods to be served and ingredient labels, when provided, prior to the event. This advance planning helps school administrators, teachers, school nurses and parents of students with allergies to plan ahead so that everyone can safely enjoy the event. Food for such events must not contain peanut or tree nut products or any of the allergens identified for that specific classroom. We request you serve store bought foods with ingredient labels. You can help keep our students with food allergies safe by supporting this plan. Ask your child not to share food and teach your child proper hand washing before and **after** eating. Thank you in advance for your cooperation.

The entire Policy and Management Plan (#5141.260) can be viewed on line at the Trumbull Public Schools website under the *Policies* and then *5000-Students* section. Please feel free to contact me or your school nurse with any questions.

Sincerely,

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