

Did You Know Summit Academy is an “Allergy Aware” School?

What this means for our students and families is that we ask that you be mindful of other students and the allergies that they live with on a daily basis. Peanuts, tree nuts, eggs and milk are often packaged in ways that may or may not be immediately obvious. We need your help to keep the school setting as safe as possible.

1. If you plan to bring in food for a Summit event (i.e., dance, picnic, etc.) we ask that you bring in things that are NOT homemade but rather packaged, and that do not include any peanuts, tree nuts, or eggs. Another strongly encouraged option is that if you are planning to bring food into the school setting that you notify the school nurse ahead of time, so that appropriate arrangements can be made. Teachers are also able to inform parents which foods cannot be brought into their classrooms. The risk of accidental exposure to a food allergen can be significantly diminished by means of such measures. **PARENTS MAY NOT BRING IN FOOD TO CELEBRATE STUDENT BIRTHDAYS.** Please consider other non food items to celebrate (pencils, stickers, etc.)
2. Tables will be available in the eating areas that are designated as peanut and tree nut free. Students with allergies to these ingredients are not required to sit at these tables. Any student who brings a lunch that does NOT contain peanuts, tree nuts or any component of these foods is welcome and encouraged to sit at these tables as well.
3. Tables will be sanitized before and after meals by staff to help reduce accidental contamination. All students will be asked to use hand sanitizer before eating snacks and lunch to help assist with cutting down on this type of exposure to an allergen.
4. Students, of all ages, may not share food of any kind.
5. Teachers are required to check rosters and use proper cleaning techniques before preparing food in class. No nuts will be used in classroom food preparation.

Given that anaphylaxis (severe-life threatening reaction involving the entire body) can be triggered by minute amounts of an allergen when ingested, children with food allergy must be encouraged to follow certain guidelines:

- Eat only food which they have brought from home unless it is packaged, clearly labeled and approved by their parents.
- Wash hands before and after eating.
- Not share food, utensils or containers.
- Place food on a napkin or wax paper rather than in direct contact with a desk or table.

Hidden Allergens

- **Eggs:** egg substitutes, mayonnaise, baked goods, noodles
- **Milk:** cheese, bread/buns, soup, hot dogs, canned tuna, deli meat
- **Peanut/Tree Nuts (almonds, walnuts, pecans + many others):** candy, chocolate, ice cream, baked goods, salads, salad dressings, barbecue sauce, cereal/granola bars

We need your help! We appreciate your cooperation and support. We look forward to having a wonderful, successful, and healthy school year. Please contact me with any questions or concerns.

Summit Academy Nurse: Stephanie Kelsey Contact: nurse@thesummitacademy.org 730-281-7630