

CHERRY CREEK ELEMENTARY SCHOOL

Greetings and welcome to a new school year!

This year Cherry Creek will lose the designation of being a peanut/tree nut free school and become a peanut/tree nut aware school. Although we have several children at school with a life threatening allergies to peanuts and tree nuts we feel that it is more realistic to become a peanut aware school. This would mean that these products may come into the school with your child; however, if your child has a student in his or her class with one of these life threatening allergies the classroom itself will be considered peanut/ tree nut free, and you will be receiving a letter stating that. We will continue to have a peanut/tree nut free area set up in our lunchroom and our central kitchen will not send anything to Cherry Creek that may contain nuts of any kind.

Please take a minute to read the informational article that follows to give you a better understanding of what a family and child who have life threatening allergies to peanuts and/or tree nuts are dealing with so we can all work together to keep ALL of our children safe.

Did you know that millions of Americans are now allergic to peanuts and tree nuts???
Thousands of kids nationwide now have emergency doses of epinephrine in spring-loaded injectors called EpiPens, to be administered in case they go into anaphylactic shock. Anaphylactic shock is a life threatening allergic reaction characterized by a swelling of body tissue including the throat, difficulty in breathing and a sudden fall in blood pressure. This is no longer an isolated medical condition. If this sounds scary to you, think about the fact that if this is your own child, you would want everything possible to be done to protect him/her everywhere they go, including school. With everyone being vigilant and looking out for these kids, there should be almost no chance of a child having this life threatening reaction in school. Avoidance is the "buzz word" when it comes to these sorts of allergies!

What are tree nuts?

Peanuts do not belong to the same family as other nuts, as peanuts are considered "legumes" or "ground nuts". Many people who are allergic to peanuts are not allergic to tree nuts (however some are) but it is often recommended that tree nuts and seeds be avoided due to the risk of cross contamination. Tree nuts include almonds, brazil nuts, cashews, pecans, pine nuts, pistachios and walnuts. Even though peanuts are a legume, people with a peanut allergy are not usually allergic to other legumes, such as soy, lentils dried peas and beans.

It is recommended to use caution around imported foods, especially CHOCOLATE, and to avoid foods that do not have an ingredient list (such as bulk foods and bakery items). There is also the option of contacting food manufacturers to ask questions or voice a concern. Most manufacturers will have their contact information listed on the food package. If there is doubt regarding the safety of a food product, the best advice is to avoid it.

For more information go to foodallergy.org

For any additional questions or concerns please call me at 225-5354 or Tami Bott at 225-4399.

Sincerely,

Jeanette Wealton R.N. School Nurse