

St. Andrew Junior School

2 Appleseed Drive, Antigonish, NS B2G 3B6

Tel. 902-863-3046

Principal: Glenn Austen

Vice Principal: Rachel Currie



Fax 902-863-2273

Vice Principal: Joanne Landry

Guidance: Marie Kennedy/ Allana MacGillivray

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Dear Parents/Guardians:

The Strait Regional School Board is making every effort to support students and staff with severe allergies and scent sensitivities through staff training, various accommodations and information-sharing within our school communities. As we begin a new school year, we are asking for your ongoing cooperation to foster a safe and healthy learning environment for all students and staff.

Throughout schools in the Strait Region, there are a number of students and staff who have severe and life-threatening allergies to food and scents. Therefore, we are asking that you avoid sending **peanut and nut** products to school and avoid using scented products including perfumed laundry detergent, fabric softener, deodorant, **perfumes/aftershaves**, to name a few.

Avoiding the allergen is key to preventing an allergic reaction. Therefore, the best way to provide a safe environment is to enlist the support of our students, staff and parents/guardians. There are a number of measures that you and your child/children can take to ensure the safety of all members of our school community:

- Encourage your child to wash their hands with soap and water before eating and wash their hands and rinse their mouth after eating (including breakfast and snacks);
- Read food labels and learn how to identify allergen ingredients. If you are unsure about a product, choose something else. For information on the many common names that identify allergen ingredients on food labels, refer to the Health Canada Fact Sheets at: <https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-allergies-intolerances/food-allergies.html> In addition, please refer to the Food Allergy Canada (formerly Anaphylaxis Canada) website at <http://foodallergycanada.ca/>;
- Teach your child not to share his/her food, drink or utensils with classmates;
- Encourage your child to help clean his/her eating area after meals and snacks;
- Allergies are serious! Never play tricks or dare friends with allergies to try foods;
- Avoid products that have a scent/odour. For more information and resources, please visit the Canadians for a Safe Learning Environment website at <http://www.casle.ca>; and
- Get help, if your friend with an allergy or scent sensitivity doesn't feel well.

We recognize that creating and maintaining an allergy-aware and scent-aware school takes effort and diligence on everyone's part. Thank you for your cooperation and assistance as we work together to make St. Andrew Jr. School a safe, healthy and welcoming learning environment for all students, staff and families.

If you have any questions, please feel free to contact school administration.

Sincerely,

Rachel Currie
Vice Principal