

# CABIN JOHN MIDDLE SCHOOL

Respect • Relationships • Resilience



August 2022

Dear Parents and/or Guardians:

Food allergies have become common among students nationally and within our school system. Currently, one or more students in your child's class has a severe food allergy to peanuts and/or tree nuts that could result in a life-threatening reaction called anaphylaxis. To minimize the risks to these students and to strengthen healthy habits, we encourage students to wash their hands before and after eating, and we are reminding them not to share food with their classmates. We ask for your support in reinforcing these habits at home.

In addition, we urge you to send snacks that **do not** contain any peanuts or tree nuts such as walnuts, cashews, pecans, pine nuts, almonds, hazelnuts, pistachios, and Brazil nuts. Some online resources and nut-safe food lists include: [www.foodallergy.org/home](http://www.foodallergy.org/home), [www.peanutfreelife.com/safe-food-list/](http://www.peanutfreelife.com/safe-food-list/) and [snacksafely.com/snacklist](http://snacksafely.com/snacklist).

If you would like to provide food for a classroom celebration, please provide only food items that are store-bought, labeled, and contained in a sealed package. Food products with labels indicating that the product contains any peanut or tree nut ingredients or stating that the food product was manufactured in a facility that also processes peanuts or tree nuts are not permitted for classroom parties. Please consult with the classroom teacher in advance of the celebration.

We strive to enable all students to fully participate in activities while maintaining a safe learning environment. Thank you for your understanding and assistance in making this a safe and healthy school year for all our students.

If you have any questions, please feel free to contact me, or Ms. Brienne Merritt, School Health Nurse at 240-406-1571.

Sincerely,

Somer Snider  
Principal

