

ALLERGY ALERT INFORMATION

August 2024

Dear FLHS Parents and Students:

This letter is to help all be aware of a serious situation that will take collaborative action as a community to address. Some of our students have allergies to nuts or food derived from any nut source. For some students, ingesting nuts or coming in direct or indirect contact with any nut source can be dangerous or even life-threatening.

All our classrooms are designated as **peanut/tree nut-free**, with the exception being our Culinary Arts classrooms. It has been our experience that high-school aged students monitor themselves successfully. Families can inquire about the designation of a peanut-free table in the cafeteria if they feel it is necessary.

All our staff receive training on life-threatening allergies and responses. The district website provides additional information regarding the district's policy that governs our practices.

However, this is something in which ALL FAMILIES can do their part, and with some simple precautions and awareness, we can keep our school environment safe for everyone:

- Never send homemade or store-bought food containing peanuts/nut products to school. Please read the labels carefully or make something you are sure is safe. Baked goods that are bought are especially difficult to control.
- Even touching nut products can cause contamination for those allergic. Since contact allergies present even more risk, students are asked to wash their hands after lunch before attending the next class if they have eaten foods containing nut products.
- Field trips can be especially problematic. If you are packing lunch or snacks, please be sure it does not contain nut products.
- Be aware that many low-fat products are often made with nut oils to enhance taste.

These simple precautions could make the difference between life and death. Please help us keep FLHS a safe place for everyone by doing your part.

Thank you for your support of all our students and faculty!