



# LOVETT ELEMENTARY SCHOOL

Houston Independent School District

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## NOTES FROM THE NURSE - ALLERGY SAFETY

**Dear Lovett Families,**

As the school year continues, I want to remind everyone that the health and safety of all Lovett students are a top priority. Many students in our school have severe allergies to specific foods, which are potentially life threatening. These students cannot eat, and sometimes not even touch foods that contain the allergen that causes them to react. The most common foods or food groups accounting for most serious allergic reactions in the United States are: milk, eggs, fish, crustacean shellfish, wheat, soy, peanuts, and tree nuts, with the most severe generally being the nut group.

The purpose of this letter is to reiterate the ways in which we can work together to make Lovett a safe environment for all students. While these precautions are not mandated, we ask your cooperation in following these recommendations. While we realize it may impose an inconvenience, we ask your assistance in following these practices to prevent allergic reactions.

- Some classrooms will be identified as “food allergy aware” by a sign on the door. In these classrooms, there will be no projects that contain or utilize peanuts, nuts, seeds or other potential allergens. We ask that you not send projects to the classroom that contain food products with these items, including shells.
- Please try to avoid sending foods or packaged lunch/snack items to school that contain common allergens, such as peanuts and tree nuts.
- If you must send these items to school, consider writing “contains nuts” on the bag.
- Remind your children that food brought to school should not be shared or traded.
- If your child has eaten nut-containing items before coming to school, please remind your student to wash their hands with soap and water before coming to school – and to wash their hands with soap and water after lunch and snack
- Since some students react simply to touching an allergen, remind your student to keep “hands off” their friends..
- For a birthday or holiday celebration, please consider sending non-food items for treats. If you must send a food item, the full content/prep label must be on the items.

We want school to be a safe place for all children. We look forward to working together to have a positive and safe year at Lovett. I will provide updates during the school year as needed. If you have any questions regarding our allergy awareness classrooms or food allergy safety, please contact the school nurse.

*Nurse Suiki*

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