

Sample Letter to Parents from the Classroom Teacher and Principal

Dear Parents/Guardians:

I am writing to you on behalf of our student _____ and his/her parent(s). (Name of the child) is age (age of student) years old in (name of the teacher) grade (level) class. He/she has a life-threatening reaction to peanuts and all types of nuts. If peanut butter or even the tiniest amount of peanut or any type of nut enters his/her body (through eyes, nose or mouth), his/her body triggers an immediate defense and sends out extra antibodies to fight the allergen. Within his/her body, he/she experiences very strong reactions: his/her face swells and breaks out in hives, his/her throat swells and tightens. Without immediate medical treatment, *he/she could die within minutes.*

After discussion with school staff and other knowledgeable parties in the medical community, it has been suggested that the best way to provide a safe environment for (name of the child) would be to enlist the support of the grade (grade) parents to help make the classroom a "peanut and nut free environment". This means that each child entering this grade (#) class is asked to bring a peanut and nut free snack and lunch. Though it sounds simple, it means no peanut butter sandwiches or peanut butter cookies. Other foods like muffins, granola bars and cereals will require reading labels before bring packed in your child's snack or lunch. Our concern is for foods where peanuts or other nuts might be a "hidden" ingredient. **Please ask your child to avoid sharing their snacks and lunches with other students.**

I realize this request poses an inconvenience for you when packing your child's snack and lunch, however, I wish to express sincere appreciation for your support and understanding of this potentially life-threatening allergy. In the very near future, the school will announce a parent meeting for you to become acquainted with this situation. Literature will be provided suggesting healthy and nutritional alternatives to peanuts/nuts and their by-products.

Sincerely,

Teacher

Principal