

# FRANKLIN LAKES PUBLIC SCHOOLS

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High Mountain Road School  
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Jaclyn Bajzath  
Principal

Jane Ann Linde, RN, BSN, CSN  
Nurse

September 4, 2018

Dear Parents,

Many students in the building have been identified that are highly allergic to nuts and sesame. This requires us to make the High Mountain Road School Classrooms “Nut Free” all times. What this means is that **no nuts, products containing nuts, or products produced in a plant that processes nuts, will be allowed in your child’s classroom at all. Any birthday treats or class party snacks must have the ingredients listed on the item. The label must state “Made in a peanut and tree nut free facility.”** Snacks will not be distributed or eaten in the classroom, if they do not comply with these guidelines. It is imperative that there is a strict avoidance of all nuts in order to prevent a life threatening allergic reaction. We also have students who are allergic to chickpeas and sesame so we ask that no hummus be sent into the classroom.

If a highly allergic student ingests, touches or inhales peanuts or nuts, they may develop a life-threatening allergic reaction that requires immediate emergency medical treatment. I appreciate your help in maintaining a safe environment for all students. I have attached a list of “nut free” snack ideas. Please note that it is important to make sure you read the ingredients each time you purchase a product since ingredients can change without notice. Always make sure there is no warning at the bottom of the ingredient list,” May contain traces of peanuts/nuts.”

Dunkin Donuts will not be allowed in a nut free classroom, because some donuts contain traces of nuts and they do not list their ingredients. *Homemade snacks will not be allowed due to possibility of cross contamination.*

The following website I have listed below can be utilized for peanut and nut free bakeries.

<https://mommypoppins.com/kids/peanut-free-and-nut-free-bakeries-in-northern-new-jersey>

Please feel free to contact me with any questions. It is always a good idea to reach out to me in advance and make sure the snack is safe for all students. This ensures that students will get to share their snacks on their special day.

Jane Ann Linde, RN,CSN  
School Nurse

Jaclyn Bajzath  
Principal

