



Jason Rubel
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Dear East Hills School Community:

This letter is to advise you that East Hills Middle School is a nut-restricted school. Like many other schools, East Hills follows the increasing national trend of children who have peanut and nut allergies. This growing health risk requires East Hills to take the necessary protective measures to make the building a nut-restricted school.

Due to the strong probability of cross-contamination of nut products, when a child is diagnosed with a peanut allergy the child also has a strong propensity to develop other nut allergies and for the allergic reaction to become more severe with each exposure. It is alarming how quickly a child can go from touching or breathing a nut into anaphylactic shock. Nut allergies can result in fatal anaphylactic reactions in children who have been exposed to even the smallest traces of nuts. These students could potentially react to airborne odors of nut products or small traces of nut products that may remain on desks, doorknobs, or on other surfaces or areas around the school building.

As a middle level education setting, we have a number of spaces that are used in flexible and collaborative ways with students moving back and forth between classrooms, mixing into combined groups, and sharing a number of common areas such as the cafeteria, specials and unified art spaces (gym, classrooms, and other spaces), as well as the media center. These conditions can create an unacceptable and potentially deadly risk for students with nut allergies, and require us to restrict peanuts and nut products.

While I am aware this may cause some inconvenience in preparing a lunch or snack for families, that inconvenience is far outweighed by the potential risk to our allergic students. As a result, please carefully read and review all food packaging prior to sending food items to school. I am certain that none among us would intentionally send an item to school that might result in a child's medical emergency, and hence I appreciate in advance your full cooperation. For further information on food allergies, you may consult www.foodallergy.org

Sincerely,

A handwritten signature in black ink that reads 'Jason Rubel'.

Jason Rubel

Principal – East Hills Middle School