

We are an Allergy Aware School

At Fort High, we are an "Allergy Aware" school, which means that we work to have effective practices in our school to reduce risks for students with allergies. Management of students with allergies is primarily the responsibility of the parents of the allergic children, but Fort High chooses to share in that responsibility. Although we cannot guarantee an allergen-free environment, we will take reasonable steps to ensure a safe environment for those with life-threatening allergies.

In our school this year there are students with severe allergies to a variety of foods, some of which include: peanuts, nuts, shellfish, fish and milk products. Ingestion of even tiny amounts of these items could be serious and life threatening. We can all play a role in preventing such a dangerous and frightening situation. Students with allergies and their parents will take initial responsibility to avoid exposure to allergens. Vigorous hand washing with soap and water after eating or contacting food is a measure which all of us can take. This is the simplest and most effective method to protect people with allergies. Any volunteers working within our school will need to be aware of this precaution as well.

While there are many foods which can cause allergies, peanuts and nuts are a common and potent cause of food allergies. Labeling regarding peanuts/nuts is generally very clear. However, as the students with allergies learn to protect themselves and as we play a role in being "allergy aware", please:

- Try to check the list of ingredients on items you send to school.
- As much as possible, avoid sending products containing peanuts/nuts to school.
- Teach your children to understand this very serious situation and encourage them to support their peers.

We recognize that this request may be frustrating for you when packing school lunches and snacks. We are grateful for any effort made to protect all of our students.