

Welcome 2V Families,

I'm so excited to start the 2017-18 school year with your children! There will be a lot of information coming home next week and I wanted to make sure that this really important information didn't get lost in the shuffle. You received an email from District 97 recently regarding food allergies and safety in our schools. I wanted to follow up with some specifics for our classroom as we students with allergies to **HAZELNUTS, NUTS, FISH, SESAME, EGGS, and MILK**. Please contact the school nurse immediately if your child is allergic to a food item not listed above. The Holmes nurse is Anne Guerrier (aguerrier@op97.org)

Here are some guidelines for our classroom:

- All food (except fruits and vegetables) must be accompanied by the ingredient list from the package.
- All packages must indicate that the snack is prepared in a nut safe facility or that the ingredients are **free from nuts, tree nuts, fish, sesame, eggs, and milk**.
- If the ingredient list does not come to school, your child will not be able to eat their snack on that day.
- We will usually be working while snacking so please try to send snacks that won't get too messy. Water bottles with a sports cap are encouraged to help avoid spills.
- Please pack all snacks separately from your child's lunch. Lunches get sent down to the lunchroom first thing in the morning. Snacks should be easily accessible in your child's backpack.
- 2nd Graders will eat lunch from 10:45-11:10. We will have morning snack around 9:15am each day.

Although you have already received an email from the district, here are a few suggested snacks:

Fresh or Dried fruit

Fresh vegetables

If you have any questions or concerns regarding snacks in our classroom, please reach out. I am happy to help with safe snack suggestions.

Thank you so much for your help in keeping our children safe!

Elizabeth Vietzen