

September 1, 2009

Dear Parents/Guardians,

Over the past several years, the Melrose Public Schools has worked to create a safer and healthier environment for our students. The city's Health and Wellness Policy states that we will take measures to address healthy eating habits, as well as, food allergies. As you may know, there has been an increase in students with life-threatening food allergies. Many students experience their first allergic reaction at school, with no prior warning of an allergy. Due to students traveling amongst classrooms we believe it is in the best interest of the students to make all classrooms nut-free. **All food coming in for classroom snack must be nut-free.** There will be no added restrictions to the lunch room, as we will continue to have a designated nut-free area.

The Health and Wellness Policy states that the schools must, "Uniformly minimize the amount of cake, cupcakes, etc. being brought into school by encouraging families to bring in nonfood treats while also addressing life-threatening food-allergy concerns." Therefore, we are eliminating the distribution of food being brought in for birthdays. We understand that birthdays are special days for children, so here is a list of non-food items that you may want to consider:

| | | |
|-------------------|--|---------------------|
| Pencils | Erasers | Bookmarks |
| Pencil Sharpeners | Donate a Book <small>(with child's name on it)</small> | Stickers |
| Stamps | Game to Play at Recess | Post-it Notes |
| Magnets | Chalk | Small Trinkets/Toys |

Classroom celebrations may continue, however, we ask that you be mindful of the nut-free procedures that the elementary schools are instituting. Thank you for your cooperation and understanding in this matter.

Sincerely,

Brent Conway
Principal