



Athula Dassana International Buddhist Vihara Dhamma School



11/09/2019

Dear Parents,

RE: Food allergies and Nut free environment

Food allergies are becoming increasingly common among children, and this year there are student/s in your child's classroom who have severe allergy to nuts/ other allergens - any exposure to these items, even a tiny amount, could be potentially very serious and life threatening for these children.

We do ask our students and families to help make the Dhamma school environment safer for all students, by following these simple steps:

- Please avoid sending any foods that contain nuts, such as peanut butter or nutella sandwiches, muesli or health bars with nuts, to school with your child. Please avoid sending food items that could contain celery, eggs, fish, milk, mustard, tree nuts – including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts, sesame seeds & soybeans
- Please always contact the Class Teacher *if you have any doubts or have any questions.*
- Please remind your child never to share his/her food and drinks with other students.
- Please wash your child's face and hands thoroughly before they leave home, especially if your child has eaten nuts/allergens (list) prior to coming to school.
- Please remind your child often to wash their hands before and after eating.

Please note where a member of staff notices a child eating a product that could harm another child, the product will be removed politely and the member of staff will explain why this has to be done. A message will then be sent to the parent to explain what has happened, so they are fully informed.

We thank you in advance for your co-operation and support regarding this matter. If you have any questions or concerns, please feel free to contact either myself or Deputy Principle; Mr Seevali Liyadipita.

Yours sincerely,

Mr Bandara Wannaku
Dhamma School Principle