

August 2023

To Families of Students at The Kauri Sue Hamilton School:

This note is to remind you about the **NUT-FREE GUIDELINES** in place at Kauri Sue. For students who are allergic to nuts, the consequences of exposure are dangerous and may even prove fatal. For the safety of our students, these guidelines need to be taken quite seriously.

Both peanuts and tree nuts (for example, walnuts, hazelnuts, almonds, cashews, pecans, brazils and pistachios) can act as allergens, and can cause an allergic reaction in some people. Strictly speaking, peanuts are not nuts; rather they are legumes and in the same family as peas and beans. Peanuts grow underground whereas other nuts grow on trees. A person with an allergy to one type of tree nut has a higher chance of being allergic to other types, therefore many experts advise patients with an allergy to tree nuts to avoid all nuts. Patients may also be advised to avoid peanuts because of the higher likelihood of “cross-contact” with tree nuts during manufacturing and processing.

For someone with a nut allergy, an anaphylactic reaction can be caused by the slightest touch, ingestion or even smell of e.g. peanuts, peanut butter, peanut oil or products that contain even trace amounts of nut products. Unfortunately, this can happen too easily! Even if your child is not in the same class as someone with an allergy, the nut products may still be on the lunch table when the next class comes in or even left on the bus seat when the next bus route is picked up. For students with nut allergies, bus drivers and attendants are instructed to wipe down the bus bench before the child is seated just to be sure there are no trace amounts of nut products left behind. Because of the prevalence of nut allergies in today’s society, the cafeteria serves sunflower butter rather than traditional peanut butter.

To help our school maintain our **NUT-FREE GUIDELINES** please:

1. If your child has peanut butter or peanut products for breakfast, clean your child’s hands and face before sending them to school.
2. Send only nut-free products with your child for their lunch or snack; **do not send peanut butter or nut products in your child’s backpack.**

I am sure you understand and want to be part of the solution rather than potentially exposing one of our vulnerable students to an allergen but please contact me for further information or concerns – 801-567-8500.

Courtney Titus, Principal  
The Kauri Sue Hamilton School