

Shrewsbury Borough School

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SUPERINTENDENT

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Dear Parent and Guardians:

I write to inform you of some changes that we have made and will be making regarding candy, snacks, and food during the school day. In an effort to create a healthier and more inclusive environment for all of our students, I am asking for your support and cooperation as members of our parent community. At Shrewsbury Borough School we respect the uniqueness of our students and are always prepared to meet their needs during their time here at SBS. One of our core responsibilities is ensuring the health and safety of all of our students during the school day. How we approach our students with allergies and food sensitivities is of utmost importance to all of us as a community of educators and learners. I feel the strongest obligation to ensure that our students are safe, but I also feel that we should be highly attuned to the subtleties around candy, snacks, and food that may not promote an inclusive culture and climate.

Rest assured, your children will still be allowed to bring in food that you give them to eat. However, I have asked our faculty and staff to end the practice of giving candy, treats, and snacks to your children during the school day completely. I have also asked that they consider ways to eliminate using food in their instructional practices and changing the practice of developing food-centric curricula and events. First, while treats are fun, we should not rely on rewards or incentives to promote good educational and behavioral practices. Second, some snacks are dangerous to some children and this can be a barrier to inclusion for some of our students. While you may be unaware on a particular day that your child received candy or treats during the school day, other parents and students are acutely aware when they are unable to enjoy this kind of treat. I don't believe that any student should ever feel less a part of their class or isolated by something as simple as a treat.

As parents who may wish to send a special treat in for class parties and celebrations, I am asking for your cooperation and assistance in keeping all of our student's safe during such activities. Annually, we provide information to parents about students who have allergies and food sensitivities for the purposes of planning parties and events. If you should ever have a question about allergies or food sensitivities, please contact your homeroom teacher or the school nurse for more information.

Food allergies are a growing food safety and public health concern that affect an estimated 4%–6% of children in the United States. Protecting a student from exposure to offending allergens is the most important way to prevent life-threatening anaphylaxis. Anaphylaxis can affect almost any part of the body and can cause various symptoms. The most dangerous symptoms include breathing difficulties and a drop in blood pressure or shock, which are potentially fatal. Treatment of anaphylaxis, which involves Epinephrine and antihistamines, is centered on treating the rapidly progressing effects of the histamine release in the body with epinephrine. The allergen should also be removed immediately. The prevalence of food allergies among children has increased and allergic reactions to foods have become the most common cause of anaphylaxis in community health settings. Studies show that 16%–18% of children with food allergies have had a reaction from accidentally eating food allergens while at school.

We have compiled the following list of safe snacks that each parent can purchase in order for all students to enjoy while keeping our students safe during parties and events. Please pick an item from the list below and take note of our students who live with food allergies and sensitivities. Please find below some options for items that are considered safe for parties and special snacks, and some additional recommendations:

Enjoy life Halloween chocolate minis

Wise potato chips: Original, Honey bbq, Onion & Garlic, Salt & Vinegar, Sour Cream & Onion

Pringles- Original, Bbq

Skinny Pop Popcorn

Pirates Booty

Goldfish

Chips Ahoy –choc. chip, chunky, chewy, white fudge, minis

Oreo's

Surf sweet fruity bears, hearts, worms, and jelly beans

Tootsie Rolls/pops

Starburst

Skittles

Jelly Belly Candy Canes

Baked goods from home should come with the ingredients listed & attached.

This list applies only to students with Peanut/Tree Nut allergies.

This list DOES NOT apply to students with other food allergies, ie: egg/milk/wheat/soy/artificial coloring/seeds/legumes/chickpeas/lentils/shellfish/fresh fruits/and other dairy.

Please contact me directly at any time should you have a question or concern about these changes as they relate to the health and safety of our all of our students here at SBS. I'm confident that as caring parents and members of our SBS community you will join me in these minimal changes to ensure the health, safety and welfare of our children.

Sincerely,

Brent A. MacConnell

Brent A. MacConnell
Superintendent