



ERIC G. LAMBERT SCHOOL
P.O. BOX 40
CHURCHILL FALLS, NL
A0R 1A0

www.ericglambert.ca

Ph: 709-925-3371
Fax: 709-925-3364
Msg: 709-925-3289

Email: EGLS@nalcenergy.com
Secretary: Mary Edwards

Principal: Steve Power, B.A, BEd, MEd
Vice-Principal: Ron Blair: B.A. (Ed)

January 18, 2012

Dear Parents,

As you have already been made aware, a number of students attending our school have severe, life threatening food allergies. These foods include nuts, peanuts, tree nuts, fish, shellfish, coconut, bananas, strawberries and kiwi. We all need to be aware of these food allergies to ensure a safe and healthy school environment for all of our students.

There is no doubt that food allergies are affecting many of our children. It is important to know that allergic reactions can be life-threatening, and in rare cases deadly. **The only preventative measure for food allergies is strict avoidance of the food source that triggers the allergic reaction.** It is also imperative to understand that sometimes a very small amount of allergen – **even a smell** (commonly known as an air-borne allergy), can cause a life threatening allergic reaction.

Eric G. Lambert School is in the process of implementing a plan that requires our school to be free of food allergens. Please always read ingredient labels carefully. Remember that any exposure to nuts, tree nuts, peanuts, fish, shellfish, coconut, bananas, strawberries and kiwi through contact (touch or smell) or ingestion can cause a severe reaction for some students in our school. If your child has eaten any of these products prior to coming to school (breakfast and/or lunch), please be sure your child's hands have been thoroughly washed and their teeth brushed before entering the school. Please remind your child not to share any food, eating utensils or food containers with other students.

Included in this package, are 2 lists. One list will identify foods which are considered safe and the other will identify foods to avoid. We hope you find them helpful. We are asking for your support and cooperation in this regard. We must remember that because children interact and eat in such close proximity at school, the chance of an inadvertent reaction is much higher in the school setting than elsewhere.

Thank you

An independent school operated by Nalcor Energy, Churchill Falls