

Have you noticed the “Peanut-Aware” signs posted in our school?

There are students who attend Braemar with severe, life-threatening peanut allergies. We have put policies and protocols in place to keep these students as safe as possible while at school.

However, the most important step in keeping these student safe and healthy is to educate parents and students that peanut products must not be brought to school. The peanut-aware signs are intended to remind students and parents of this policy.

How can I help?

The first step is wanting to help--thank-you!

You can help by being mindful that students must not bring peanut products to Braemar. Teachers and staff can't, and don't, monitor what each child brings in their lunch kits, but parents do! So, please don't pack peanut or peanut products in your child's lunch.

Here are some great tips for parents in being peanut aware: http://www.vch.ca/media/North-Shore-School-Health-Manual_2012-Sec12-allergy-aware.pdf

But, its just a few students: Why can't my child bring what they want in their lunch?

The simple answer is that the allergies are so severe that simple skin contact with peanut residue or oils can cause an anaphylactic reaction. This means that the exposed student would require immediate emergency hospitalization.

See: http://www.anaphylaxis.ca/en/anaphylaxis101/the_basics.html for an explanation of anaphylaxis.

My child only likes peanut butter sandwiches: what can I do?

Save peanut butter for the morning or an after school snack. Try peanut-free alternatives such as Sunbutter, Wow Butter or other nut butters. Perhaps this is a great opportunity to expose your child to some new choices. You may be surprised that your child is content to have a peanut-free alternative!

We also suggest that parents explain to their children that peanut butter isn't allowed at school because it isn't safe for some children. Most children will want to participate in keeping their classmates safe and healthy, particularly if their parents support the initiative.

Thank-you for doing your part to keep all students at Braemar SAFE!