



Parker Middle School
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<http://www.chelmsford.k12.ma.us/Domain/14>

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Dear Parents/Guardians,

The purpose of this letter is to provide you with the Parker Middle School Snack Guidelines. We recognize that some children need to eat a snack before lunch. Each morning, students will have a time to eat a snack in class, yet at the same time, we must protect children who have a variety of food allergies.

Currently, we have several students at Parker with potentially life threatening health issues that include seizures, Diabetes and severe allergies. All of these students have been well integrated in the classrooms and manage to work and perform just as well as other students at Parker. Most of their health issues require no special consideration from classmates or parents.

One exception does exist with the topic of nut and nut related by-products. Currently, we have several students in all grades with nut allergies. Exposure to nut products is cumulative in that the more exposure a child has to these products over time, the more at risk he/she becomes.

We have implemented the following plan to accommodate these students:

1. Educating parents, students and staff about allergies
2. Requesting that parents voluntarily refrain from sending nuts and nut related products to school for snack time
3. Requesting parents/students refrain from sending in natural rubber and latex products, including latex balloons, and finally
4. designing an effective emergency medical response procedure

GUIDELINES FOR CHOOSING SNACKS FOR EIGHTH GRADE SNACK TIME:

- **Choose snacks that are safe for all children.** Please do not send any peanut or nut containing products for your child to eat during snack time. When you are selecting snack items, please read labels carefully. Make sure that the food does not come in contact with tree nut products during the manufacturing process.
- Students must eat their snack on a **napkin**, so classrooms are kept clean. If students do not have a napkin or paper towel, they cannot have their snack.
- Snacks should support the **Wellness Policy in Chelmsford**. Please send snacks that are healthy and will help students sustain the energy they need to focus in school. Some snack ideas are, but are not limited to: Fruits (fresh fruit, dried fruit, fruit leathers), vegetables (carrots, celery, grape tomatoes), yogurt, applesauce, breakfast cereal, crackers, rice cakes, half of a sandwich, breakfast bars, pretzels, string cheese.

Please sign and return the following to acknowledge that you have read the Parker Middle School Snack Guidelines.

I have read and understand Parker Middle School's Snack Guidelines.

Student Name: _____

Homeroom: _____

Parent Name: _____

Signature: _____

Any donations of sanitizing wipes would be greatly appreciated!