



# EDEN PARK SCHOOL

## APRIL 2013

### HEALTH NEWSLETTER

Date

#### FOOD ALLERGIES

As many as 15 million Americans have a food allergy, including 6 million children. The most common are peanuts, tree nuts (pecan, almonds, Walnut), eggs, milk, wheat, soy, shellfish. Here at Eden Park there are several students with serious food allergies, and many others with mild to moderate allergies. These vary from food items to dyes and additives. To keep our students safe we ask to refrain from bringing nut products to school for "snack" because snack time is in the classroom. During lunch the allergy students eat at a peanut free/allergy table to minimize exposure to so many lunches.

**No outside food is allowed in the classroom for parties/celebrations which is also to protect those with varied food allergies.**

#### Wash Those Hands!

Flu season may be over, but viruses and bacterium are always in the environment.

**Remind children to wash hands often.**

Hand washing remains one of the best weapons against spreading illness.

#### SCREENING REFERRALS

IF YOUR CHILD RECEIVED A REFERRAL FOR A FAILED SCREENING, IT IS IMPORTANT TO FOLLOW UP WITH YOUR PEDIATRICIAN. FURTHER TESTING OR CORRECTION MAY BE NEEDED. SECOND REFERRALS WILL BE GOING HOME AFTER SPRING BREAK.

monday	tuesday	wednesday	thursday	friday
1	2	3	4	5
8 reading week	9	10	11	12
15 spring	16 break	17	18	19
22	23	24	25	26
29	30			