



**MIDDLE COUNTRY CENTRAL SCHOOL DISTRICT**

**AT CENTEREACH**

**8 43<sup>RD</sup> STREET · CENTEREACH, NY 11720**

**631-285-8650 · 631-285-8151 (fax) · [www.mccsd.net](http://www.mccsd.net)**

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*Joseph Mercado, Director of Physical Education, Health and Athletics*

August 2023

Dear Parents and Guardians,

Food allergies can be life-threatening. There is a possibility that one or more students in your child's class might have a severe food allergy to peanuts, all tree nuts (cashews, pecans, walnuts and pistachios), eggs and/or sesame seeds. We are distributing this letter to all parents to help you understand this situation and to foster a safe and worry-free year for all students and their parents.

One or more students in your child's class may need access to an EpiPen at all times. We need your help in maintaining a nut-and egg aware environment in the classroom and ask that any classroom snacks or treats that you send be nut-and egg-aware. Some allergies can be triggered not only by direct eating or coming into contact with the items listed above, but also by exposure to foods that contain any peanut/nut traces, oils, flours, or food that is processed in a plant with peanuts, nuts, and/or sesame seeds. Also, many bakeries use nut products, flavorings, or oils in their facilities or products. If you are sending in any classroom treats, please notify the teacher in advance.

We want you and your child to understand that some allergies can be triggered by ingesting or exposure to very small amounts of the above mentioned allergens. We realize that helping us maintain a nut-and egg aware classroom takes a certain amount of effort and diligence on your part, and we thank you in advance for your cooperation in helping us maintain a safe, healthy environment for all of our students. If you have any questions, please feel free to contact me.

I know this will be an outstanding school year!

Warmly,

Joseph Mercado

Director of Physical Education, Health & Athletics