



SEAFORD UNION FREE SCHOOL DISTRICT

Dr. Adele V. Pecora, Superintendent of Schools

August 2026

Dear Parents and/or Guardians:

In recent years, children have been diagnosed with severe allergies to common products such as peanuts, tree nuts, berries, gluten and dairy products. New York State has required school districts to develop policies and procedures for ensuring the safety of allergic children, as well as for the proper use of Epinephrine Auto Injectors (epi-pens). Our Student Health Services Policy (#5420) spells out with greater specificity the protocols necessary for keeping students safe. The policy can be found on the District's website in the Board of Education Policy #5420.

- Elementary classroom parties will not include food products of any kind.
- Allergen safe elementary classrooms will have strict protocols related to any snacks brought into school each day.
- All parents and students are encouraged to choose safe foods and snacks for the classroom and cafeteria to the greatest extent possible. A list of safe snacks can be found at the following website: <http://snacksafely.com/safe-snack-guide/>
- The "no eating" policy on all of the district's buses will be strictly enforced.
- The school staff will be trained on the use of epi-pens as well as the signs associated with anaphylaxis in children.

For more information concerning food allergies please log onto these websites: www.foodallergy.org or [Food Allergies in Schools | Managing Health Conditions in School | CDC](#)

We thank you for your attention to this matter and look forward to a healthy school year for all of Seaford's children.

Very truly yours,

Adele V. Pecora, Ed.D.
Superintendent of Schools

AVP:ts



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Dear Parents and/or Guardians,

As part of a required school health examination, a student is weighed, and his/her height is measured. These numbers are used to figure out the student's body mass index or "BMI". The BMI helps the doctor or nurse know if the student's weight is in a healthy range or is too high or too low. Recent changes to the New York State Education Law require that BMI and weight status group be included as part of the student's school health examination. New York State Department of Health surveys a sample of school districts. If our school is selected to be part of the survey, we will be reporting to New York State Department of Health information about our students' weight status groups. Only summary information is sent. No names and no information about individual students are sent. However, you may choose to have your child's information excluded from this survey report.

The information sent to the New York State Department of Health will help health officials develop programs that make it easier for children to be healthier.

If you do not wish to have your child's weight status information included as part of the Health Department's survey this year, please print and sign your name below and return this form to the Nurse's Office at your child's school.

Very truly yours,

Adele V. Pecora, Ed.D.
Superintendent of Schools

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Please do not include my child's weight status information in the 2025-2026 School Survey.

Print Child's Name

School/Grade/Class

Date

Print Parent/Guardian Name

Parent/Guardian Signature



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Dr. Adele V. Pecora, Superintendent of Schools

MEMORANDUM

TO: All Staff Members

FROM: Adele V. Pecora, Superintendent of Schools *Adele Pecora*

DATE: August 2026

RE: Inclement Weather & Delayed Openings

Winter storms on Long Island can be unpredictable, thereby complicating decisions regarding the closing of schools. In order to assist the district officials in making these difficult decisions, the district may continue to utilize a *delayed school opening plan*. Below are guidelines regarding inclement weather and delayed opening procedures.

When weather conditions are inclement, and schools are open, it is expected that all staff will arrive to work on time. We certainly recognize that staff members are traveling to work from varying distances and, depending on the distance, some staff members may encounter delays and difficulties and may not be able to arrive on time. This is understandable and late arrivals, for these individuals, may be excused.

When a *delayed school opening* is announced, the delay is being implemented **strictly** for the purpose of providing additional time for transporting students to school. In this instance, the opening of school will be delayed by one or two hours. All buses will arrive at their appointed pick-up locations one (1) hour or two (2) hours later than usual. Please remember that on these days all staff members are expected to arrive to work as close to *their regularly scheduled time while traveling safely*. This is especially important considering the fact that a delayed opening does not preclude the likelihood that some students will be arriving early, and staff members need to be present and available for this eventuality. The schools will, on the days of a delayed opening, still close at the usual time.

Announcements of a delayed school opening will be made on the following radio and television stations: Long Island Radio Group, Channel 12 News, Eyewitness News, and on the District Website, www.seaford.k12.ny.us, Newsday, and by using our ParentSquare, communication system.

Please know that we are fully aware that closing the schools and/or delaying their opening impacts upon the routines of all staff members and, as such, we will make every effort to put the notification process into effect as early as is reasonably possible.

Thank you for your support and continued cooperation.

AVP:ts



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August 2026

Dear Parents and/or Guardians,

The following regulations are the basis for the operation of the School Health Program. They have been formed in order to control the spread of communicable disease, ensure rapid recovery and guard against complications. It is advisable to keep a child home from school, and if necessary, consult your family physician, when the child has any symptoms of illness including:

Elevated temperature or chills	Sore throat	Dizziness
Reddened or discharge from eyes	Coughing	Skin eruption
Nausea or vomiting	Earache	Diarrhea
Runny nose	Headache	Enlarged glands

If a child attends school when he/she is ill, the nurse will request that the child be returned to the home. It is the parent's responsibility to arrange transportation for ill or injured children. A child returning to school after recovery from a communicable disease may be asked to report to the nurse before being admitted to class. The school reserves the right to request that a child be returned to the home if there is evidence of continued illness.

First aid and care for illness or injury that occurs in school or on school grounds is provided in school. This first aid care is an immediate treatment only. Further care must be provided by a parent or family physician.

Please do not send your child to the nurse for an opinion if he/she is ill or injured at home. The members of the School Health Staff are not permitted to offer a diagnosis, change dressings, or treat injuries other than to administer first aid. These acts are the responsibility of the parent and the family physician.

Children may only take medication in school if the following procedure is followed:

1. The medication must be ordered by a physician.
2. The medication must be in the original pharmacy labeled container.
3. The medication must be delivered to the nurse by the parent (or other designated adult).
4. Medication orders must be filled out by a physician and provided to the health office.

Medication regulations apply to nonprescription as well as prescription medication. These regulations are made to protect the health and safety of all our schoolchildren.

Adele V. Pecora, Ed.D.
Superintendent of Schools

Lauren Timoney, R.N.
Coordinator of Health Services