



GREAT NECK SOUTH MIDDLE SCHOOL

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Gina M. Cartolano, Ed. D. ▪ Principal
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Dear Parents,

We have many children in our school who have life-threatening food allergies, especially to **PEANUTS, TREE NUTS and SESAME**. A child may have a severe reaction not only upon eating nuts, peanut or sesame products, but also to the touch of another child who has eaten nuts or nut products. In some cases, even a “second-hand” exposure can cause a child to have a severe life-threatening (anaphylactic) reaction.

A highly allergic child must avoid touching anything that another child has touched with fingers that might contain residue from a peanut/tree nut/sesame ingredient. Children will be asked to wash their hands after lunch. We would be most appreciative if your child washed his/her hands after breakfast as well.

Please avoid sending any products that contain Peanuts, Tree nuts, Sesame, etc. (see listing below) to the classroom for snacks, birthday and/or holiday parties. Some items that have been known to contain the above products are:

- Almond
- Almond butter
- Beer nuts
- Brazil nuts
- Cashews
- Cashew butter
- Chestnuts
- Chopped toasted nuts
- Dairy products
- Filberts
- Ground nuts
- Hazelnuts
- Hickory nuts
- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Macadamia nuts
- Marzipan/Almond Paste
- NuNuts, artificial nuts
- Mixed nuts
- Nougat
- Nut butter
- Nut paste
- Nut oil
- Peanuts
- Peanut butter
- Peanut flour
- Pignolia, Pinian
- Pecans
- Pine nuts
- Pistachios
- Sesame
- Sesame oil
- Sunflower seeds
- Walnuts
- Cold pressed expressed or expelled peanut oil
- Gianjufa (a mixture of chocolate/chopped toasted nuts found in premium or imported chocolate)

Please impress upon your child the need to be very careful when eating these types of foods so as not to endanger another student. Thank you for understanding that food allergic people need your help to prevent the threat of allergic reactions.

Sincerely,
Gina M. Cartolano, Ed. D.
Principal

Kathy Knigan
South Middle School Nurse