



August 31, 2012

Dear Parents/Guardians

The first week of school just flew by and the students and staff have settled in nicely to our new routines. You and your children will now have the pleasure of four glorious days together on this 'extended' long weekend. As advertised in several newsletters, the staff will be participating in a **Professional Development Day on Tuesday, September 4th** so the school will be closed. We look forward to seeing everyone on Wednesday, September 5th.

Our school has been PEANUT FREE for a number of years but we will now be upgrading that to **PEANUT FREE AND TREE NUT FREE**. Tree nuts include some of the nuts often added to your favourite baked goods. The following information is from the Canadian Food Inspection Agency website:

Nuts of concern for a tree nut allergy

Some tree nuts are considered to be priority allergens in Canada. These are almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios and walnuts. There are other tree nuts not included in this list that can also cause allergic reactions in rare instances.

Tree nuts and peanuts

People with tree nut allergies may be allergic to a single type of tree nut or they may be allergic to two or more different tree nuts. Although the peanut is part of the legume family and not a tree nut, some people with tree nut allergies also react to peanuts.

Coconut and nutmeg

Coconut and nutmeg are not included in the list of tree nuts. Most people with a tree nut allergy can eat coconut and nutmeg safely. Some people, however, do react to coconut and nutmeg. If you have a tree nut allergy, consult your allergist before trying coconut or nutmeg products.

Tree nuts oil

People who are allergic to tree nuts should also avoid tree nut oil. Very few tree nut oils on the market have been refined enough to remove the proteins that can trigger allergic reactions.

Have a safe and happy long weekend.

Wendy Close, Principal
Golden Horn Elementary School