

# Allergy Sensitivity at HCA



A NOTE from a fellow mom

Hi parents! I'm so glad that Safe-Wanted-Loved isn't just a tag line on our signs, but a principle we intentionally value for each member of our HCA family. Mrs. Hayward asked me to write a brief note in light of an unprecedented emergency situation we experienced last week, the role allergies played in that event, and the ways we can each help make every person at HCA be safe, feel wanted, and know they are loved.

We have several students and faculty members at HCA who have serious, life-threatening allergies. Last week, a student was exposed to an allergen that resulted in the administration of an EPI pen and an ambulance ride to the hospital. While our staff handled the situation beautifully, we never want another person to experience what can be prevented.

- Did you know that hazelnut coffee is nut, and falls under our no-nut policy?
- Did you know that Chewy brand granola bars "may contain nuts", which means they can't be consumed at HCA (or anything that says "may contain nuts")?
- Did you know that nut-based milks (almond milk, cashew milk, etc) can't be brought to school?
- Did you know that Honey Nut Cheerios and Honey Nut Chex have nut in them? Leave those cereals at home, please!

Please help us love one another in the HCA family well by being attuned to, not only our no-nut policy, but also the other allergies that are serious and, perhaps, life-threatening.

As an adult with Celiac Disease, and the mom of a child with Celiac, my awareness and sensitivity to those with allergies has increased in the last 5 years. Even if your child doesn't have an allergy, chances are a classmate does. Find out what allergies are in your class, and take those into account when you are packing lunches, snacks, birthday treats to share, or goodies for a class party.

Let's make sure we are keeping everyone, students and staff, feeling Safe-Wanted-Loved when they are at HCA. Thanks, in advance, for your partnership.

Love,

~Ms. Alison Graham

