



**McCaig Elementary**

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**AN ENGLISH  
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**Allergy Awareness at McCaig**

Dear Parent(s),

As you may be aware, McCaig Elementary school has an *Allergy Awareness Committee*. The committee, consisting of parents and school staff, meets several times a year. Our mission is to ensure that all children with food allergies at McCaig are safe, understood and included. The purpose of the Allergy Awareness Committee is to promote awareness and educate all students, staff and parents about food allergies, how to prevent a reaction and how to identify a reaction. We believe that the more people are aware and educated, the safer our school community will be. Food allergies affect many of us, directly or indirectly. It is of the utmost importance to be aware, informed, and educated about food allergies, especially life-threatening ones.

**SOME FOOD ALLERGY FACTS:**

- ❖ Millions of North Americans have a food allergy
- ❖ People can be allergic to any food but there are several foods that cause the most reactions, including:  
Milk, eggs, peanuts, tree nuts, soy, wheat and fish/shellfish
- ❖ Allergic reactions can range from a mild response to anaphylaxis, a severe and potentially serious reaction
- ❖ Over 2.6 million Canadians report having at least one food allergy
- ❖ Almost 500,000 Canadian children under 18 years have food allergies.
- ❖ There is no cure for food allergy, but scientists are working to find treatments to prevent life-threatening reactions

**In the spirit of promoting awareness, support, and education regarding food allergies we would like to let you know that the following food allergies exist in your child's homeroom class:**

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If you would like more information about the Allergy Awareness Committee or have any questions, please do not hesitate to contact the school.

Thank you.

Richard Mason  
Principal  
McCaig Elementary