



September 2023

Dear Parents,

Derek Smith
Principal

Alison Janulewicz
David Riordan
Assistant Principals

Maura Albrecht
Diane Whittaker
School Psychologists

Christine Sherman
Suzanne Darling
Nina McGrath
Michelle Woodard
School Counselors

Erin Cook
Maribeth Lalli
Adjustment Counselors

Please be aware that like most schools in the United States, we have a number of students with food allergies at Hingham Middle School. Students with food allergies can have life-threatening reactions with exposures to even a tiny amount of a food allergen. The vast majority of allergic reactions occur through the ingestion of a food allergen, but can potentially occur from unknowingly touching or inhaling allergen.

In an effort to provide a safe space for all students to learn, we request that no food be brought in or served to students in class, with the exception of C Block, where **nut free snacks** may be consumed. Please do not send any food items which contain peanuts, tree nuts or peanut butter, e.g. Peanut Butter Sandwiches, Peanut Butter Crackers, Reese's Peanut Butter Cups, Nutella, Snickers bars, Peanut Butter Oreos, Granola Bars containing nuts or peanuts, etc. Please read all food ingredient labels carefully before sending the product to school for snack.

Please note that the cafeteria is not a nut free zone. If your child is eating lunch at school, they can enjoy these products during their scheduled lunch.

It is our goal to ensure that every student in our school learns in a safe and supportive environment. We appreciate your support of the above procedures and thank you in advance for your cooperation.

If you have any questions, please do not hesitate to contact us.

Jamie von Freymann, RN
SCHOOL NURSE

Derek M. Smith
PRINCIPAL