

My name is Linda Valletta and I am an RN at the Washington Montessori School in New Preston CT. I have worked here for 11 years. Currently at school there are a total of 237 children 16 with life threatening food allergies. 13 children with peanuts and tree nut allergies, 1 with shellfish and 2 with fruit. As the nut allergies continued to rise, we became a nut free school. This allowed those children to learn in a stress free environment. We also established a fruit and vegetable snack policy in preschool through third grade. These snacks are brought in whole and prepared in the kitchen so that there are no worries about cross contamination.

Epipens are kept in the health office because it is centrally located between regular classrooms and special (PE and Music) classrooms. If a parent requests, an extra set is kept in the child's classroom. All teachers are trained by myself on signs and symptoms of an allergic reaction and how to use an epipen. This is repeated 1 on 1 for field trips and the epipen goes with the teacher in charge.

I have had to administer an epipen once at school and the student did well. It is pretty scary when you have a child who is in such distress but It always amazes me how quickly the epinephrine works. Of course the most important thing with food allergies is prevention.

Feel free to email or call me if you have any questions.

Linda Valletta, RN

Washington Montessori School

860-868-0551 Ext 2061