



Welcome To École R. W. Bobby Bend School

Starting Kindergarten with a Food Allergy



École R. W. Bobby Bend School is an Allergy Aware School. We have students with life threatening food allergies to peanuts, tree nuts, fish, and chickpeas. We strive to make sure all of our students have a safe school environment with which to come, and trying to limit the risk of allergic reactions is one of the ways

Students at our school eat snacks and lunch in their classrooms at their desks or tables and with a supervisor. Students with food allergies have an information sheet up on the wall with their picture, their allergies, and symptoms of their allergic reaction. It also contains the action plan that has been put in place as well as contact numbers in case of an emergency. There is also a sign on the door of every classroom of a child that carries an EpiPen. Students that carry an EpiPen are required to use one of the school provided waist belts to keep them as visible as possible in case of a reaction.

As a parent of a child with food allergies there are some things you can do to make sure your child is as safe as possible while he/she is at school.

- Discuss an Emergency response plan with the school and inform them immediately if any changes need to be made.
- Ensure your child has an EpiPen with him/her at all times and that he/she are clearly labelled with his/her name and the expiration date.
- Your child should wear his/her EpiPen in one of the carrying cases provided by the school to ensure it is clearly visible to staff in the event of a reaction.



The school provides EpiPen waist belts for all students who carry an EpiPen.



The MedicAlert No Child Program provides kids with FREE MedicAlert ID and services. Visit the school office for your unique code!



École R.W. Bobby Bend
School PAC Allergy
Awareness Committee



- Keep track of EpiPen expiry dates and replace when necessary. Register online at epipen.ca for email alerts when an EpiPen is about to expire
- Have your child wear a MedicAlert bracelet at all times.
- If your child takes the bus, make sure the bus driver is aware of your child's allergy, how to recognize a reaction, and what to do in case of an allergic reaction.
- Send allergy safe treats to be kept at school for special occasions such as birthdays, or holidays, so your child doesn't feel left out.



Teaching your child about his/her allergy and to take as much responsibility for it as possible is another important part of keeping him/her safe.

- Teach your child to only eat the foods he/she brings from home and to never share snacks, lunches, drink, utensils, or straws.
- Teach your child the importance of hand washing before eating. Hand sanitizers do not remove food allergens, but instead spread them around. Hand wipes are another good option when soap and water are not available.
- Teach your child to recognize the symptoms of an allergic reaction and to always let a teach know if he/she is feeling off.
- Tell your child that he/she might not be able to partake in special treats brought to school by others and to not feel sad about it because it's all to keep them safe but that you as a parent will send them a safe treat.
- Teach your child that if he/she is not sure if a food is safe, do not eat it.

MABEL'S LABEL ALLERGY ALERT LABELS

A great idea for kids with food allergies is to buy Customizable Allergy Alert Labels. These are perfect for lunch bags, containers, drink bottles and anything else your child would bring to school for lunch. You can never make it too well known that your child has a food allergy! As a bonus, École R.W. Bobby Bend School PAC runs a Mabel's Labels Fundraiser year round, so every purchase directly benefits our school! Visit <http://mabelslabels.com/support-a-fundraiser> to purchase some of these great labels and give back to our school at the same time!



