



Keep your cookbook submissions coming. We have some great recipes we can't wait to share!



## SBES School Council Update

☺ Next meeting Wednesday April 17<sup>th</sup>, 2013

☺ Reminder of our lending library- check out some great & helpful titles covering a wide range of topics  
<http://sbe.tdsb.on.ca/parents/parent-resources>

☺ CONTACT US: by email [jennsharp2@gmail.com](mailto:jennsharp2@gmail.com) OR leave a message in the office and we will contact you

☺ Board website <http://tdsb.ca>

*Do you have a lunchbox tip you'd like to share? Let us know and we'll share it here.*



# JUNE 6<sup>TH</sup>, 2013

## We are having a BEACH PARTY! Our annual fundraising FUN NIGHT

Do you have fun game ideas you would like to share? Would you like to get involved? Email [jennsharp2@gmail.com](mailto:jennsharp2@gmail.com) with ideas or questions

More details to follow...



*\*\*Please turn page over for important allergy information*

# Ana-pha-WHAT-sis??

*-important allergy information & background to why policies exist...*



## What is Anaphylaxis?

"Anaphylaxis (pronounced anna-fill-axis) is the most serious type of allergic reaction. It can progress very quickly and may cause death without proper medical attention."

*(from [www.anapylaxis.ca](http://www.anapylaxis.ca), the Anaphylaxis Canada website):*

## Some important allergy facts:

- An allergy that causes mild irritation in one person can cause a life-threatening reaction in another.
- Some reactions happen so fast that they can be compared to a freight train; they cannot easily be stopped. Extreme measures must be taken to get them under control. If they are not caught early enough they can prove fatal.
- Children can be especially vulnerable to a severe allergic reaction, since they don't realize quickly enough what is happening, or do not report it to an adult.
- People can be allergic to almost anything, but some of the most common and most deadly food allergies are caused by Peanuts, Tree Nuts, Dairy, Wheat (Barley, Rye), Sesame, Egg, Soy, Sulphites, and Seafood.
- Non-food allergies can be caused by such things as pollens, insect stings, medications, latex etc.
- Serious allergic reactions can be caused by ingestion (eating), by contact, and sometimes just by breathing in the scent or residue of an allergen!
- "Cross-contamination" is when an allergen comes into contact with another surface or substance, and then is ingested by the allergic individual.
- Symptoms can include: Hives, swelling, itching, redness, rash, breathing problems (coughing, wheezing, shortness of breath, chest pain/tightness, throat tightness), nasal congestion or hay-fever-like symptoms, itchy or watery eyes, sneezing, trouble swallowing, nausea, pain/cramping, vomiting, diarrhea, shock (pale/blue colour, weak pulse, loss of consciousness, dizzy/light headedness), anxiety, headache, drop in blood pressure

### *Sabrina's Story:*

*In September, 2003, Sabrina Shannon died due to an allergic reaction that occurred at school. She was just 13 years old, and was very aware of her allergies. She was, in fact, an advocate for herself and others with food allergies, making a CBC radio documentary at the age of 9. When she ordered her lunch that day, she asked what her french fries were cooked in. What she didn't know is that her fries were served using a set of tongs that had also handled the cheese curds served on poutine. Sabrina was allergic to dairy products.*

*"Sabrina's Law" (Bill 3) took effect in January 2006, and requires all Ontario school boards to implement anaphylaxis plans that include: strategies to reduce exposure to allergens, procedures to communicate with parents, students and employees about life-threatening allergies, and regular training on dealing with life-threatening allergies for teachers and staff. In addition, principals are required to develop individual plans for each 'at risk' student.*



*\*\*please turn page over for information from your school council*