



MRS. SCHMIDT'S KINDERGARTEN ALLERGY ACTION SUPERHEROES!

Food Allergy Awareness Week

2015

HIGHLIGHTS FROM THE WEEK

A BIG THANK YOU!

May was Food Allergy Action Month – a special opportunity to shine a spotlight on food allergies and anaphylaxis. Our school celebrated **Food Allergy Awareness Week (FAAW)** from May 15-22. The goals of the week were to bring awareness to the most common food allergens, the severity of an allergic reaction that a child can suffer, and easy ways to help protect and keep safe those who have food allergies. Through collaborative activities, FSS students learned about food allergies and how to be a **"PAL" (Protect A Life)** to their friends and classmates who have life-threatening allergies. Thoughtful conversations were initiated among the students and faculty on ways to **"Be A Pal"**.

This year, the national group FARE recognized everyday heroes who help keep those with allergies safe and included at school, at work, and at home. They called these people the **"Food Allergy Action Heroes."** NFAEA would like to acknowledge our OWN community Food Allergy Action Heroes who so thoughtfully participated in FAAW! We sincerely want to thank our faculty, staff, & administration who, in so many ways, supported the efforts to educate about food allergy awareness & ways to help keep fellow students safe; the parents who volunteered their time; Girl Scout Troop 30495 for their

enthusiastic work; the Bolton Library for their support; PAC for their generosity in sponsoring the food allergy documentary; and lastly, the FSS students themselves who whole-heartedly embraced in "Being A Pal".

NFAEA cannot thank you all enough for supporting our families and friends!

Food Allergies 101

Food allergies are a life-threatening condition that affects as many as 15 million Americans, and the prevalence is increasing among children. According to the Centers for Disease Control and Prevention, food allergy results in more than 300,000 ambulatory care visits a year involving children under 18.

There is no cure for food allergies. Strict avoidance of the allergen is the only way to prevent a reaction. Anaphylaxis is a severe, whole-body allergic response. Symptoms develop quickly, often within seconds or minutes, and may include: hives, vomiting, respiratory distress, swelling of the throat, a drop in blood pressure, shock and can potentially be life-threatening.

For more information visit [FSS FARE web page](#)



Teal Take Over Day!



Library Day!

Nashoba Food Allergy Education and Awareness: nashobafoodallergy@gmail.com