

# **Allergy Awareness Week**

**8-14 May 2022**

**Information for  
Early Childhood Education,  
Schools and Kura**



0800 34 0800  
allergy@allergy.org.nz

Growing numbers of New Zealand children are being diagnosed with allergies to food, medicine, bee stings and environmental allergens (pollen, dust mites, mould). Associated allergic conditions such as eczema, asthma and food sensitivities are also increasing.

It's important that preschools and schools know how to manage allergies and allergic conditions to keep children safe, and for teachers to be able to recognise the symptoms of an allergic reaction. Teaching children about allergies can help them to understand rules around not sharing food and washing hands, as well as what to do if another child is unwell.

### Enclosed in this pack you will find

- An Allergy Awareness Week poster to print and display around school
- A quick allergy checklist and links to resources for managing allergies in an ECE or school setting
- Allergy Awareness Week classroom activities, links and resources

We recommend making time this Allergy Awareness Week **to review your health and safety plans and risk assessments for children with allergies**. Test your allergy plans – do they work? For example:

- How long does it take to get from one side of the school to the office/sick bay to fetch an EpiPen if a child has an anaphylactic reaction?
- Is allergy medication easily accessible at all times?
- Do all teachers, relief teachers, teacher-aides and other school staff know how to recognize the signs of an allergic reaction and what to do? If not, is it time for your local public health nurse to give a refresher on how to use an EpiPen?
- Consider using the ASCIA anaphylaxis e-training and videos in the resource section.

Attending school can be really daunting for whānau with allergies. By doing a risk assessment and implementing health and safety plans, you help to keep tamariki with food allergies and allergic conditions safe, so they can engage in school with confidence and feel empowered to reach their full potential.

Additionally, Allergy New Zealand is currently updating the 'Allergy and Anaphylaxis Guidelines for School and Kura 2022'. These will be available for download from our brand-new website in the coming weeks. We will notify schools as soon as these are available.

Ngā mihi nui,

Mark Dixon  
Chief Executive Officer



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# Allergy Awareness Week

## Classroom Resources and Activities

### Quick Checklist For Your School

- ✓ Do you know who the children with allergies and allergic conditions are in your school, kura or class and what they are allergic to?
- ✓ Where is allergy information for each child kept and how are all staff including relief teachers made aware of this information?
- ✓ Do you have systems in place to keep children with allergies safe? Updated **Allergy and Anaphylaxis Guidelines for School and Kura 2022** will be available in the coming weeks
- ✓ Are school staff trained how to recognise an allergic reaction and what to do in an emergency? Do they know how to use an EpiPen?
- ✓ Do you have guidelines for activities involving food in the classroom? Consider whether using food is a good idea if there are class members at risk of anaphylaxis. Is there a more inclusive activity that would include the children with allergies?
- ✓ Have you taught children about what to do to keep their friends and classmates with allergies safe, including washing their hands and not sharing food?



# Allergy Awareness Week Classroom Resources and Activities

## Whole School Activity Ideas


Print & display the Allergy NZ poster (A3 size) on how to keep your friends with allergies safe. [Click here to download.](#)

Paint one fingernail or have a mufti day where children wear one thing different to represent the 1 in 10 Kiwi kids with food allergies

Fundraising opportunity - Allergy New Zealand is grateful for any donations (<http://www.allergy.org.nz/shop/donation.html>) which will be used to distribute and support our new School Allergy Guidelines to all school campuses in New Zealand

For classroom activities, see the resource list on the following pages

Share information and/or a copy of the poster (right) with parents in your school newsletter and on your school Facebook page to create more allergy awareness in your school community




# ONE IN 10 Children

in NZ have a diagnosed food allergy.


Here are the **THREE TOP TIPS** to help keep your friends with food allergies safe.

**1.**




Learn about **FOOD ALLERGIES** and **HOW SERIOUS** they can be.

**2.**



Wash your hands with **SOAPY WATER** after you eat.

**3.**



If a friend or classmate with **FOOD ALLERGIES** **FEELS SICK**, tell an **ADULT IMMEDIATELY**.

# Allergy Awareness Week Classroom Resources and Activities

## ECE/Primary School Class Resources

### ECE/Year 0-1

Video – The Wiggles Ooey Ooey Allergies

[https://youtu.be/9jRU\\_35kPrY](https://youtu.be/9jRU_35kPrY)

Plus song [Lyrics](#)

Video – Daniel Tiger’s Neighbourhood (7.14 mins)

[https://www.youtube.com/watch?v=ysEk\\_aLvGYg](https://www.youtube.com/watch?v=ysEk_aLvGYg)

Video – Keep friends with food allergies safe

<https://www.youtube.com/watch?v=cdxnSBoWQoo>



# Allergy Awareness Week

## Classroom Resources and Activities

### ECE/Primary School Class Resources

#### Years 2-4

Video – Maia the Brave on TVNZ on Demand. Season 2, Episode 17 (10 minutes). Made with the support of NZ On Air

<https://www.tvnz.co.nz/shows/maia-the-brave/episodes/s2-e17>

Video – Keep friends with food allergies safe

<https://www.youtube.com/watch?v=cdxnSBoWQoo>

#### Follow On Activities

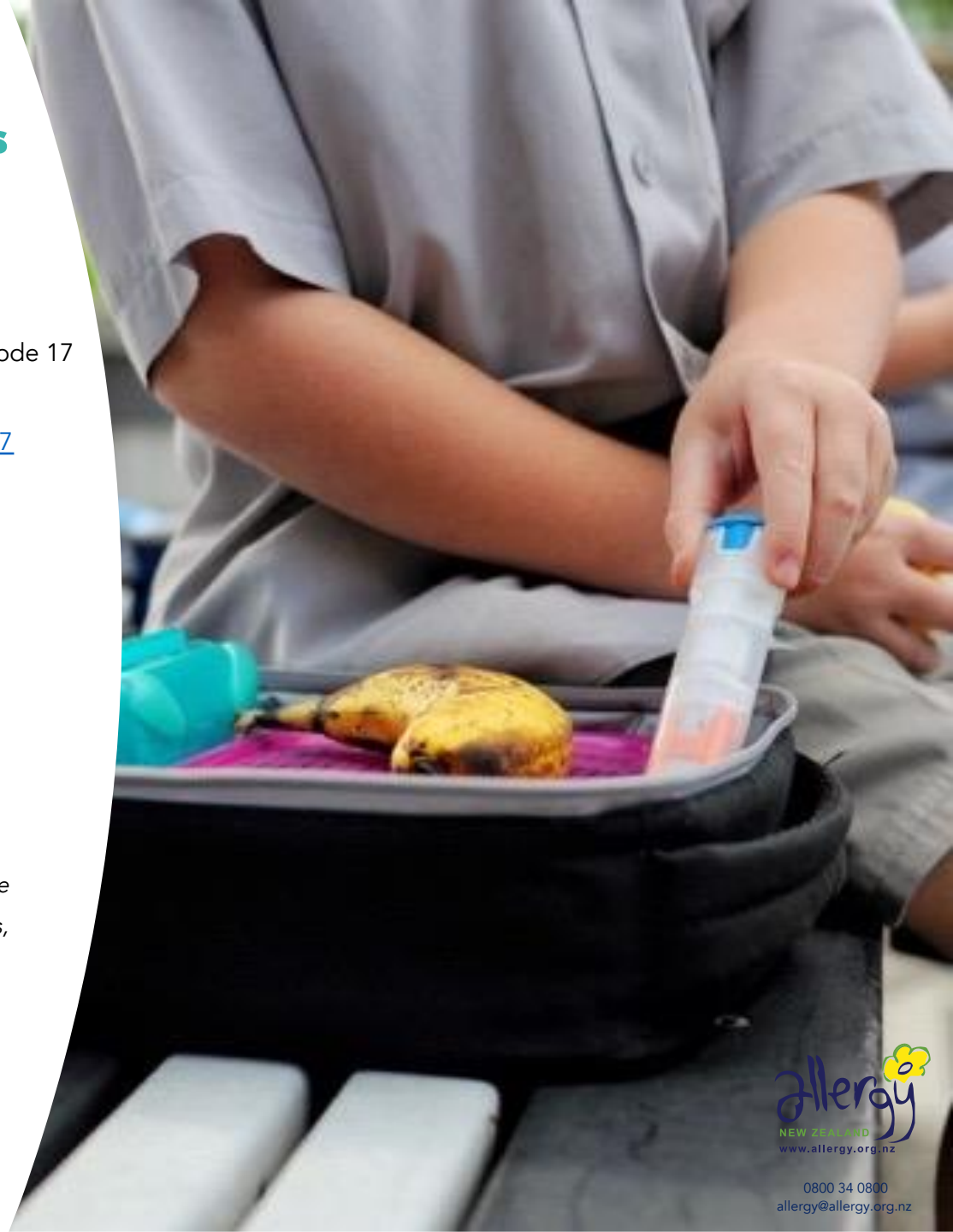
Art Hub – How to draw a bee

<https://www.youtube.com/watch?v=Ho4aUHY6fss>

*Teachers could use this opportunity to talk about how people can be severely allergic to food like peanuts, dairy and eggs as well as bees, environmental allergens like grass and pollens, and medicines*

Art Hub – How to draw a funny peanut

<https://www.youtube.com/watch?v=gsg0ENsvc-M>



# Allergy Awareness Week

## Classroom Resources and Activities



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### ECE/Primary School Class Resources

#### Years 5-6

Video – Maia the Brave on TVNZ on Demand. Season 2, Episode 17 (10mins).

<https://www.tvnz.co.nz/shows/maia-the-brave/episodes/s2-e17>

Video - How to Avoid Cross Contamination

<https://www.youtube.com/watch?v=dP2IJYIhwO0&t=181s>

Classroom presentation [here](#) with videos to watch followed by quiz questions



# Allergy Awareness Week

## Classroom Resources and Activities

### High School

#### Teacher in-class resources + activities

Classroom presentation [here](#) with videos to watch followed by quiz questions

Explore living with a health condition – food allergy:

Video – [Grieving Parents Raise Awareness of Food Allergies. Tangata Pasifika](#)

*Kiwi teen Edyn Misilisi died from a fatal allergic reaction to nuts, her parents share what happened*

Video – [Real allergic reaction stories from youth](#)

Video – [Understanding Food Allergies and Anaphylaxis](#)

Video - [How to Avoid Cross Contamination when cooking for friends with food allergies](#)

Video – [Food Allergies and Dating](#)





# Allergy Awareness Week

## Additional School Resources

### Books for School Libraries

A list of books suitable for classrooms and school libraries, [click here](#)

Thai Series Books for Children with Food Allergy, [click here](#)

Thai's New Friend at Kindy

Thai's First Week at School

### Recipe Alternatives

Playdough

[Wheat free playdough recipe](#)

Recipes

<http://www.allergy.org.nz/site/allergynz/Quick%20Recipes.pdf>

<https://deliciouslyallergyfree.com/recipe/chocolate-chip-chickpea-cookies/>

<https://deliciouslyallergyfree.com/recipe/nut-free-muesli-bars/>

<https://deliciouslyallergyfree.com/recipe/nut-free-carrot-cake-bliss-balls/>



# Allergy Awareness Week

## Additional School Resources

### Useful Links and Guides for Managing Allergies

[Ministry of Education](#) guide for schools

[How to use an EpiPen](#), including translations in Maori, Samoan and Tongan

For other languages including [Traditional Chinese and Simplified Chinese](#)

[ASCIA anaphylaxis e-training module](#) for schools and early childhood centres

[High Health Needs Funding](#) Schools can apply for additional funding to support children with allergies and allergic conditions

#### Videos:

- [Signs and symptoms of allergic reaction](#)
- [How to give an EpiPen](#)
- [How to position a child or adult having an allergic reaction](#)

