

JAMBOREE HEIGHTS STATE SCHOOL

P & C HEALTH NEWSLETTER

Volume 1 (3) – Wednesday, 20th May 2009
NEXT HEALTH MEETING – Contact Us To Find Out!!

GET INTO HEALTH 2009!

Welcome to the first Health Committee Newsletter for 2009.

This newsletter coincides with Food Allergy Awareness Week (17th – 23rd May) and so we're running a **competition!** Check the separate sheet for details and don't forget to read our **Myth Buster** section so you can learn more and "Be A Mate" to your friends with allergies.

The Health Committee have also held one Afternoon Tea in Term 1 to welcome new parents to the school and invite existing ones to join our friendly group. We shared food, stories and information and would love to increase numbers for our next meeting. If you couldn't attend but wanted to, drop us a line to let us know when you're available, as the Health Committee tries to be as accessible as possible.

We would love for you to get in touch if you would like to join us for help and support, tips and information, or just to have a nice chat with some good company!! And while the Health Committee was started to give support to parents of children with health-related conditions, we have a standing open invitation to any parent, care giver or teacher who doesn't fit that bill as we are all about the power of knowledge and awareness.

As well as Food Allergy Awareness Week, we will again be supporting Diabetes Week and getting out some more information about Diabetes, particularly in children as the number of children being diagnosed is still rising.

We'd love to widen the information and education we provide in meetings and in the newsletter, so if you have any experiences either personally or professionally with any Health issues that relate to children, please let us know now!

HOME CHEFS WANTED

WE NEED YOU! Send us your best Healthy Recipe or food tip and we'll publish it here!

Not only will other children (and parents!) be able to enjoy your great food ideas, but you may just save some of our mums out there from thinking "what can I feed them today?!?!?"

So get out those recipes and email us now!

COMING EVENTS

MAY

17 – 23
TERM 2 Food Allergy Awareness Week
Health Committee Meeting

JULY

12 – 18
TERM 3 National Diabetes Week
Health Committee Meeting

RECIPE CORNER

The following recipes are from "What's To Eat" by Linda Marienhoff – the milk-free, egg-free, nut-free cookbook!

Chocolate Layer Cake



Please Note: The Health Committee Does Not Guarantee This Recipe Will Be Suitable For Your Needs Or That It Will Work. Please Give Us Feedback If You Try This Recipe. Picture Is For Display Only And Doesn't Depict Cake From This Recipe.

INGREDIENTS:

3 cups flour
2 cups sugar
½ cup dairy-free 100% cocoa powder
2 teaspoons baking soda
1 teaspoon salt
2 cups water
2/3 cup vegetable oil
2 tablespoons distilled white vinegar
2 teaspoons vanilla extract

METHOD:

Preheat oven to about 180 degrees C. Using 100% vegetable shortening, grease and flour 2 x 9" round cake pans.

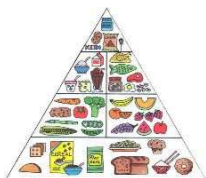
In a large mixing bowl combine all dry ingredients. Add all wet ingredients. Beat with a wooden spoon or whisk just until mixture is smooth and well blended.

Pour into cake tins. Bake in the oven for about 35 mins, or until a wooden skewer comes out clean.

Let cool in pans for 10 mins before turning onto wire rack to cool completely.

Frost with your choice of icing and then place one cake on top of the other.

Variation: Instead of layer cakes, bake as cupcakes!



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RECIPE CORNER

Pancakes



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INGREDIENTS:

1 ½ cups flour
2 ½ tablespoons sugar
3 teaspoons baking powder
2/3 cup vanilla flavoured soy milk (or rice milk)
¾ cup water
2 ½ tablespoons water + 2 ½ tablespoons vegetable oil + 1 ½ teaspoons baking power **pre-mixed**

METHOD:

Place all ingredients in a mixing bowl and beat until mixture is smooth and well blended.

Heat a large non-stick pan over medium-high heat. Spoon mixture into pan to whatever size pancake you would like.

Cook until bubbles form and pop all over the pancake, then turn over. Cook until desired colour is achieved. Repeat until all mixture is used.

Serve hot with dairy-free margarine, dairy-free pancake syrup, jam or whatever you like!

Variation: Add 1 cup washed and drained berries!

UPDATES BY EMAIL

Do you always get these newsletters too late, too soggy or not at all?

We'll don't miss out on the Health newsletters anymore – we'll email it to you! We also email invitations to our meetings, the minutes of those meetings and other Health related notices... and nothing else!

Send your name and email address to health@jhss.com.au now to get in touch and stay in touch.

Not getting the school or P & C newsletters? Send your details to ecare4@eq.edu.au or secretary@jhss.com.au respectively.

SCHOOL Q & A - EGGS

We were asked this question, and thought it might be something that's on your mind, so we printed it!

Q: *Some parents are asked not to send eggs to school because they are a risk to highly allergic children, but they are still sold in the Tuckshop. Why?*

A: The Tuckshop Convenor invites the parents of students with anaphylaxis or a food allergy to visit the Tuckshop and discuss any menu concerns with her. The Tuckshop has precautions in place, such as separate chopping boards to cater for students with food allergies and displaying a list including photos of children with food allergies.

For children with specific allergies, the school does ask parents of class members (who are therefore likely to sit near the anaphylactic child) to refrain from sending the allergic substance. So classmates of children who are severely allergic to egg have been asked not to bring egg to school, and not to buy egg sandwiches from the Tuckshop.

If you have any school-related Health questions, please let us know, and we'll try to help!

ALLERGY WEEK

This week is Food Allergy Awareness Week. To find out more, visit the website: www.allergyfacts.org.au.

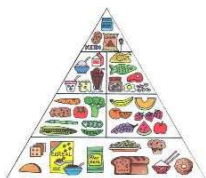
FOOD ALLERGY AWARENESS WEEK
May 17 - 23, 2009

Help us to raise awareness of severe food allergy in Australia.

Learn how to be careful but not fearful, the risk of anaphylaxis can be managed.

awareness
avoidance
action.

Knowledge for Life



MYTH BUSTERS !

Myth: Food allergies are not real.

Fact: Food allergies are real and involve the body's immune system. With a food allergy, the immune system misinterprets a food protein as a harmful invader and releases histamine and other chemicals to protect the body from harm, triggering symptoms that attack the lungs, skin, mouth, heart and more.

Myth: The terms food "allergy" and "intolerance" mean the same thing.

Fact: Whereas a food allergy involves the immune system, a food intolerance is caused by an enzyme deficiency. For example, a person who is lactose intolerance lacks an enzyme that is needed to digest milk sugar and may have symptoms limited to the gastrointestinal area, not system wide like an allergy.

Myth: Food allergies are not life threatening.

Fact: Approximately 10 people die each year due to allergic reactions to food and many more fall ill and require urgent medical attention.

Myth: Each allergic reaction to food becomes increasingly worse.

Fact: The severity of a reaction is based on a number of factors, including the amount of the food eaten. A person with a food allergy may experience a mild or severe reaction that could be different each time.

FOOD ALLERGY BASICS

- Symptoms of food allergy can include: hives (red itchy lumps on the skin); swelling of the lips, tongue or face; breathing difficulty; wheezing or coughing; abdominal (tummy) pain; vomiting; heart stress or failure. If left untreated, these symptoms can cause someone to be very sick, or even die.
- It is estimated that up to 400,000 (or 2%) of Australians, including 1 in 20 children suffer from food allergies and some of those will experience a life-threatening (Anaphylactic) reaction.
- There are nine foods that account for 90% of allergic reactions: peanuts, tree nuts (walnuts, almonds, cashews, hazelnuts, etc) fish, shellfish, eggs, milk, sesame, wheat, and soy. It's also important to remember that the other 10% of allergens can be anything.
- Currently there is no cure for food allergies. Avoidance of the food is the only way to prevent a reaction.
- Adrenaline is the first line treatment for severe allergic reactions and is usually administered via an auto-injector called an EpiPen. It looks like a big plastic pen with a coloured lid and is used to save the life of someone having an allergic reaction, so should not be touched or played with by anyone.
- Approximately 10 people die from Anaphylaxis each year in Australia.

"BE A MATE" POSTER

Download this fun, bright and informative poster from www.allergyfacts.org.au now and encourage your children to be allergy aware, and "Be A Mate" to their friends. Read on for our 6 top tips on being a mate!

Get the right information, the facts not the myths.

Food Allergy Awareness Week
MAY 17-23, 2009

Peanuts ! Tree nuts ! Fish ! Crustacea !
Eggs ! Milk ! Sesame !
Wheat ! Soy !

Know the top 9 foods that cause 90% of food allergic reactions
Food Allergy SMS – Serve Meals Safely

For more information on food allergy visit www.allergyfacts.org.au
or email coordinator@allergyfacts.org.au

anaphylaxis australia inc

You can be a real MATE to your school mates who have food allergies.

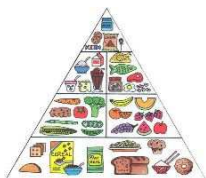
6 TIPS TO BE A MATE:

1. Always take food allergies seriously.
2. Don't share your food with friends who have allergies.
3. Wash your hands after eating.
4. Never share your friends' and allergen to.
5. If an allergic school mate becomes sick, get help IMMEDIATELY. They will come off their food, have skin rashes, hives, red and itchy, swelling of the face, lip and eyes, vomiting, difficulty breathing.
6. If a friend has a food allergy, it's important to know about food allergies and how to keep each other safe.

Remember, an allergic reaction can happen any time, anywhere, and sometimes without warning.

For more information about food allergies contact Anaphylaxis Australia Inc. Ph: 1300 764 000 www.allergyfacts.org.au

be a mate
Make Allergy Treatment Easier



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“BE A MATE” TIPS

“Be A MATE”

Make Allergy Treatment And Prevention Easier

At Jamboree Heights State School, there are some children who have food allergies. This means that if they eat something they are allergic to, they can become very sick – even die! But you can help your classmates who have food allergies.

Here's How:

1 – Remember food allergies are **serious!** Your friends with food allergies didn't choose to have them, and can become very sick very quickly. So don't tease or bully anyone with a food allergy.

2 – Don't share your food with anyone and remind Mum or Dad not to pack food in your lunch box that your classmates are allergic to. These foods could be: eggs, fish, nuts, coconut, mango, tomato, etc, and can be different for each class. Ask your teacher to make sure you have an **allergy-friendly** lunch box for your friends!

3 – Wash your hands and face after eating. We should all do this anyway so we don't spread germs!! But for your classmates with a food allergy, **one touch** can make them sick so it's important to do.

4 – Know if your classmates are allergic and what they are allergic to. It's easy – **just ask!**

5 – Know what an allergic reaction might look like. Someone who is having an **allergic reaction** might have red, bumpy skin or watery eyes, or start coughing, sneezing or itching. If it is a very bad reaction, their mouth or face might swell up, they could vomit, or find it hard to breathe. This bad reaction is called **Anaphylaxis**.

6 - If your allergic classmate is sick, get help immediately!



PARENT INFORMATION

Please Note: The Health Committee Does Not Recommend Or Endorse Any Of These Contacts. They Are Supplied For Your Convenience Only.



ADHD Australia

www.adhd.org.au
jenny@adhd.org.au



Anaphylaxis Australia

www.allergyfacts.org.au
1300 728 000



Asthma Australia

www.asthmaaustralia.org.au
1800 645 130



Autism Australia

www.autisminfo.org.au
info@autisminfo.org.au



Canteen

www.canteen.org.au
1800 226 833



The Coeliac Society

www.coeliac.org.au
(02) 9487 5088



Diabetes Australia

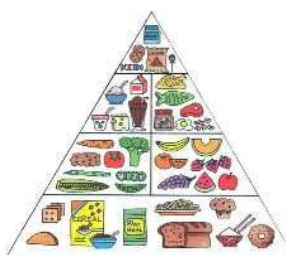
www.diabetesaustralia.com.au
1300 136 588



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