

Chelsea Elementary News

7 September 2010

New Teachers

- **Meg Clarke:** Meg comes to us with experience in Renfrew County. Her teaching credentials include a B. Ed. from Nipissing University, a BA from Ottawa University and additional accreditation in Special Education. She is working with our Cycle 2.1/2.2 team which includes M-J Gagnon and Bob Butler.
- **Michelle Simons:** comes to us with experience in Rosemere / Laval just outside of Montreal. Her teaching credentials include a B.Ed. from Ottawa University and a BA from Calgary University with additional training in ESL, FSL, and mathematics.
- Both Michelle and Meg are familiar with the TRIBES approaches used at Chelsea.

Governing Board parent representatives

- Benoit Monette
- Lauren Barbour
- Heather McCrimmon
- Carl Nielson
- John Hennessy
- Meg Nichols

The Governing Board Chair will be confirmed at our next meeting, 16 September . Please send inquiries to representatives through chelsea@wqsb.qc.ca. Note also that an Open Forum is a standard item on every GB agenda.

Home and School Association

- **Welcome back BBQ – 10 September**

Open volunteer profiles: Library / Play Ground / Resource Room / Pizza Lunch support Fundraising / Garden / Technology

Feel free to e-mail the school, chelsea@wqsb.qc.ca, and we will forward your offer to help to the organizers of the Home and School Association.

SEAC (Special Education Advisory Committee)

This school board level committee is of interest to all parents, especially parents with children with special needs.

- AGM: Monday, 20 September, 7:00 pm, at the board office
 - (15 Katimavik, Aylmer sector of Gatineau near D'Arcy McGee HS)



Terry Fox Run: 1 October 2010.

Cycle 3 Leadership: our leadership program is underway with Cycle 3.2 students taking the lead in supporting our COE, office, paper recycling and reading programs with junior classes. We are planning on forming another Student Council by the end of the month.

Bus parking and student drop off

Key factors:

- Please use the graduation lane entry and keep right. Angle parking is available at the edge of the soccer field.
- Buses use the left side of Graduation Lane and should be the only vehicles in the front parking lot between 7:45 and 8:15
- Buses will also use the parking lot exclusively between 2:20 and 2:50 pm.
- The STOP sign near the path is an area for drop off only (typically during the course of the day but not at the beginning or end of day when buses are active in the parking lot).
- Students should be delivered at the right side of graduation and retrieved in the same area.
- The staff parking area is busy with traffic arriving and departing frequently; please avoid using the staff parking lot for dropping off children.

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Allergies in our school:

please refer to our allergies procedures

(http://www.wqsb.qc.ca/chelsea/parents_allergies.html) for more information.

This year we have 11 students prone to anaphylaxis symptoms due to a variety of allergens (see the table below). Information on Home Rooms with students vulnerable to specific allergens is part the newsletter for September (a reminder will be added to the October newsletter).

Note that each venue in the school: classrooms, gym, MPR, library, computer/resource lab and the Atrium, will include symbols indicating the various allergens that can cause severe reactions in students and employees.

Note that the symbols are not intended to suggest an outright ban with the exception of peanuts, nuts, and sesame seeds in Kinder (Morrissette) and eggs (and related products) in Cycle 2.1/2.2 (Clarke) and Cycle 3.1 (McKeown).

Allergies/Health Information / Chelsea Elementary / 2010/2011

Teacher	Problem	Class
Johanne Morrissette	Severe Sesame/ Milk & Nuts Peanuts - Epipen	Kinder
Cindy Resendes	Peanut/Nut - Epipen	Cycle 1.1
Cindy Resendes	Peanut Allergy - Epipen	Cycle 1.1
Devon Gable	Any trauma to mouth	COE
Cindy Cyr	Contact w/Nuts / Epipen	Cycle 2.1
Cindy Cyr	Peanuts - Epipen	C 2.1
Amanda McKeown	Eggs / egg product - Epipen	C 3.1/3.2
Amanda McKeown	Shell fish (ingestion)	C 3.1/3.2
Joanne Jolliffe	Peanut allergy - Epipen	C 2.2
Joanne Jolliffe	Beef intolerance	C 2.2
Joanne Jolliffe	Eggs - Epipen	C 2.2
Joanne Jolliffe	All nuts - Epipen	C 2.2
M-J Gagnon/Meg Clarke	Penicillin, bioxin	C 2.1/2.2
M-J Gagnon/Meg Clarke	Raw milk	C 2.1/2.2
M-J Gagnon/Meg Clarke	Eggs / Fish - Epipen	C 2.1/2.2
M-J Gagnon/Meg Clarke	Walnuts	C 2.1/2.2

EGG ALLERGY

The Facts

"... Allergy to eggs is caused by the immune system's reaction to a protein in eggs. Two factors are necessary for a food allergy to occur – genetic predisposition and exposure to the food. The seriousness of reactions to eggs varies from mild to life-threatening, depending on the person and the amount of egg eaten. Eliminating eggs from the diet significantly reduces food choices and means missing out on many health benefits.

Can a person allergic to eggs eat chicken?

In most cases, the answer is yes. Most often the antibodies against eggs identify chicken as non-egg and chicken can be eaten safely. In rare cases, the antibodies find a similarity between the protein structure of chicken and eggs and the child can react to both.

Can a person allergic only to egg white still eat the yolk?

Eggs have two allergenic components with different properties — the yolk and the white. The egg white is the component which causes the most severe reactions. However, it makes little difference which part of the egg a child is allergic to. It is very difficult to separate the white from the yolk without having some parts of each combine. Extremely small amounts can sometimes trigger severe reactions.

Can a person who is allergic to raw eggs eat cooked eggs?

Usually not. Egg white is only slightly modified by heat, making it allergenic either raw or cooked. Egg yolk is substantially altered by heat and it can be tolerated by some if it is

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well cooked. But remember, it is very difficult to separate the white from the yolk without having some parts of each combine. However, sometimes when the allergy is disappearing, a person can eat cooked eggs but still react to raw eggs.

BAKING IS POSSIBLE

When baking for someone with an egg allergy, these substitutions can be used. For best results when using a substitute, use recipes with only 1 or 2 eggs. Egg-free baking gets easier with practice. For each egg called for in a recipe, substitute ONE of the following:

- 5 mL (1 tsp) baking powder, 25 mL (1½ tbsp) water and 25 mL (1½ tbsp) oil
- 5 mL (1 tsp) baking powder, 15 mL (1 tbsp) water and 15 mL (1 tbsp) vinegar
- 5 mL (1 tsp) yeast dissolved in 50 mL (¼ cup) warm water
- 1 packet of unflavoured gelatin, 30 mL (2 tbsp) of warm water. Do not combine until ready to use.
- ½ large mashed banana

Commercial egg substitutes, such as Kingsmill"

FACTS ABOUT PEANUT/NUT ALLERGY

Cause

An abnormal reaction of the immune system to the peanut or nut protein.

Age of onset

Usually occurs during the first year or two of life, or whenever peanuts or nuts are first eaten.

Diagnosis

Should be made by a doctor or an allergist who may use several tools, including:

- Detailed history
- Food challenge
- Skin prick test
- Blood tests

Symptoms

Reactions to a food typically begin within minutes but may also occur (or reoccur) up to two to four hours after eating and usually last less than one day.

Allergic reactions to food can include any of the following symptoms:

Digestion

- Nausea
- Vomiting
- Tingling in the mouth
- Abdominal pain
- Diarrhea

Skin

- Rash
- Itching
- Hives
- Redness
- Eczema
- Swelling
- Change in skin colour

Air Passages

- Runny nose, sneezing
- Itchy, watery eyes
- Coughing, choking, gagging
- Nasal congestion
- Difficulty breathing
- Wheezing



Anaphylaxis

Most peanut/nut allergies are considered potentially anaphylactic. Even a mild peanut/nut allergy can cause anaphylaxis if enough is eaten. Anaphylaxis is a severe allergic reaction that involves several parts of the body. It can lead to loss of consciousness and death. **Immediate medical help is necessary. Those at risk should carry epinephrine and wear a "MedicAlert®" bracelet.**

Treatment

- Be prepared. Carry injectable epinephrine (e.g. EpiPen®) if prescribed and know how to use it. Go to a hospital emergency room for follow-up.
- Even very small amounts of peanuts or nuts can cause serious reactions. Complete avoidance of peanuts or nuts, including any food or other product containing peanuts or nuts, is necessary.
- Reading food labels for all foods is the key to maintaining control over the allergy. If the product does not have a label, the food should not be eaten.

READ LABELS CAREFULLY!

To avoid foods containing peanuts or nuts, read labels on packaged, prepared foods carefully. DO NOT purchase or eat food that does not carry a list of ingredients. Read labels each time you buy the product. Ingredients do change so you may want to take this list along next time you go grocery shopping.



AVOIDING PEANUTS

Foods that contain peanuts

- Arachide
- Beer nut
- Cacahouète/cacahouette/cacahuète
- Ground nuts
- Mandelonas (artificial nuts made from peanuts)
- Mixed nuts with peanuts
- Peanuts
- Peanut butter
- Peanut flour
- Peanut meal
- Peanut—or arachis—oil (cold pressed)
- Peanut punch/drink
- Peanut sauce
- Peanut soup
- Szechuan sauce
- Valencias

Foods that may contain peanuts

- Almond paste
- Baked goods (cakes, etc.)
- Cake icing
- Candy
- Chili con carne
- Chinese foods
- Chocolate bars
- Commercial desserts
- Cookies
- Doughnuts
- Dried salad dressings
- Egg roll/Imperial roll
- European baby formula (some)
- Fried foods
- Fried snack foods
- Granola or fruit bars
- Hydrolyzed vegetable/plant protein (although peanut is rarely used in Canada)
- Macaroons
- Nougat
- Pastries
- Peanut popcorn
- Potato chips (peanut oil)
- Prepared, dehydrated soups
- Satay sauce
- Thai food
- Vegetarian burgers

Reminder: Always ask what ingredients were used in the preparation of foods; peanuts are sometimes used where you would least expect to find them.

Some non-food sources of peanuts

- Bird feed/pet food
- Craft materials
- Lip glosses
- Mushroom — growing medium
- Skin creams
- Stuffing in toys
- Sunscreen/Suntan lotion (some)
- Vitamins (some)

AVOIDING NUTS

Ingredients that indicate the presence of nuts

- Almonds
- Beechnuts
- Brazil nuts
- Butternuts
- Cashews
- Chestnuts
- Filberts
- Hazelnuts
- Hickory nuts
- Macadamias
- Mixed nuts
- Nuts
- Nut butter
- Nut oil (cold pressed)
- Pecans
- Pine nuts (pignoli)
- Pistachios
- Pralines
- Walnuts

Foods that contain or may contain nuts

- Almond paste
- Cakes
- Candy
- Cheese spreads
- Chinese foods
- Chocolate bars
- Cookies
- Granola bars
- Ice cream
- Marzipan
- Muesli
- Muffins
- Nougat
- Nutella
- Nut-flavoured liqueurs (e.g. Amaretto, Frangelico)
- Pesto sauce
- Pure almond extract
- Speciality coffees
- Sweet rolls
- Trail mix
- Trout amandine

Some non-food sources of nuts

- Bath oil
- Cosmetic face or body creams (some now contain unrefined nut oils)
- Shampoo
- Sunscreen/Suntan lotion

FREQUENTLY ASKED QUESTIONS

Can a peanut allergy be outgrown?

Peanut allergy was once considered to be life long. Today, studies indicate that around 20% of children diagnosed with a peanut allergy can outgrow it. To be safe, never re-introduce peanut products in your child's diet without the approval of your allergist.

Can a person react to the smell of peanuts?

The smell of a food such as peanut butter has not been shown to cause allergic reactions. Allergic reactions are triggered by proteins and there is no protein in the smell. Peanut allergic people may feel uncomfortable or even unwell if they smell peanut butter, but this is due to a strong aversion, rather than allergy, and does not require treatment.

Inhaling airborne peanut *particles* can cause allergic reactions, with symptoms such as rashes, runny nose, itchy eyes, and occasionally, wheezing, but anaphylaxis is very unlikely. Airborne peanut dust could occur if peanuts are being shelled in large quantities or if many bags are opened at once. Proteins could also be released during cooking, boiling or processing.

Is peanut/nut oil safe for my child?

Pure refined peanut/nut oil, if properly processed, should not contain peanut/nut protein and therefore should not cause reactions in allergic children. However, peanut/nut oils are also available unrefined. Unrefined oils may be called cold-pressed, unprocessed, expeller or extruded oils. These unrefined oils may have peanut/nut proteins and could cause allergic reactions.

Is coconut a nut?

No, coconut is not a nut and therefore it does not have to be avoided by nut allergic people. Only those allergic to coconut need to avoid products containing coconut.

If I am allergic to nuts, can I eat seeds?

Seeds, such as sesame, sunflower, poppy, mustard, safflower and canola, do not need to be avoided unless you are allergic to them.

What about hydrolyzed vegetable protein?

Hydrolyzed vegetable protein or hydrolyzed plant protein is usually made from soy, wheat or corn. It is rare to find hydrolyzed vegetable protein made from peanuts in Canadian products. Under the current regulations, if it is made from peanuts, it does not have to say so on the food label.

What is cross-contamination and how can it affect my child?

Cross-contamination occurs when a safe food comes in contact with a food allergen such as peanuts or nuts. In industry, cross-contamination may occur when more than one product is made on the same processing or packaging line or when equipment used to manufacture one product containing peanuts or nuts is used to manufacture other foods. At home or in school, children should be wary of jam or butter, which could be contaminated by using the same knife used to spread peanut butter, cookies from a cookie jar that was not washed between batches, doughnuts which may have touched peanut-coated doughnuts and bulk foods that may have been transferred into a bin containing peanut products. Children should always bring their own lunch and not share foods.

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All of the information above was taken from:

http://www.aaia.ca/en/back_to_school_resources.htm

This is a helpful on-line resource for parents concerned with the impact of allergens in the school.

Note also that an information sheet on peanut butter-less lunch and snack ideas is available upon request at the front desk.

Feel free to contact the school for more information: 819 827 0245.

Keynote quote for September:

"Education is a social process. Education is growth. Education is not a preparation for life; education is life itself."

John Dewey



2010-2011

SCHOOL YEAR CALENDAR CALENDRIER SCOLAIRE

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NOVEMBER - NOVEMBRE						
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Legend/Légende	
	Floating PD Days
	Holidays-Congés
	End and Beginning of Terms
	PD days - Journées pédagogiques

Resolution # C-09/10 -

Pd days 13 fixed days and 4 floaters (schools) Journées pédagogiques: 13 journées fixes et 4 flottantes(écoles)
183 school days/ jours de classe