

# HEALTH AND SAFETY NEWS AND EVENTS

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## THE HEALTH & SAFETY COMMITTEE

***Mission Statement:*** "The Health & Safety Committee is dedicated to promoting a safe and healthy environment for all students, staff and visitors of St Andrew's School. We are committed to serving with integrity, cooperation and concern for the welfare of our school community."



**OUR MOTTO: "PREVENTION SAVES LIVES!"**

## ABOUT US

The St. Andrew's School Health & Safety Committee has been in existence since 1997. It has and continues to make valuable contributions to the school. The intention of this committee is to contribute, in a positive way, to the school's community, by working together in comradeship, to create a safer environment for all stake-holders. This committee is comprised of the school principal, parent and teacher volunteers, the premises manager, the school's nurse and a representative from the school board. We carry out our duties in two ways.

The first is by doing regular inspections of the school campus/buildings, discuss, as well as offer solutions to health & safety issues or concerns that we discover on inspections, including those brought to our attention by parents and teachers of the community.

Second, we inform and educate the community about major health concerns, for example, **Nut Allergies** (this school year, the **entire ELC** is a **Nut Free Zone**), by putting up flyers (on the board at the Nurse's room). The information focuses on awareness, as well as preventative measures. H & S news can also be found in the **Community News** section of the school's weekly paper "HEADS-UP". A "Health Tip for the Week" was added where a new health topic is explored weekly, by either Dr. Graham Cates (member), Nurse Bridgewater (school nurse & member) and/or members of the school community. The H & S's bulletin board, is now located on wall before Yr. 2 Cate.

*The H & S committee recognizes that the education of children is comprised of many factors, including a proper physical environment that is safe, clean, attractive, pleasant and functional. This has been the mandate and driving force of the committee from its inception, fourteen (14) years ago.*

## COME, JOIN US

This year, the Health & Safety committee will be Co-Chaired by **Mr. Enrique Perla-Ellison & Mrs Kaynell Ritchie**. We would like for you to kindly consider being a member of this committee for this school year **2012-2013**. Please send us an e-mail at [healthandsafety@st-andrews.com](mailto:healthandsafety@st-andrews.com) with your full name, telephone(s) contact, the name/names of your child/children & their year level.

There are many new goals and ideas for **H & S**, and our **school (The Strategic Plan)**, and we look forward to working together with you and the school, to keep **St. Andrew's School a safe, clean and healthy environment for our children, teachers, staff and visitors.**

# Food Allergies

## What are food allergies?

In simple terms a food allergy is an immune system response to a food, medicine, insect sting/bite, chemical, environmental pollen or other foreign substance that enters the body. The response that happens is unpredictable. It may be mild or severe. The reaction may occur through contact (skin, eyes, nose, cut or other mucous membrane), inhalation, or ingestion.

## Common Food Allergies

### What are most common food allergies?

According to the Center for Disease Control the following allergens are the eight most common:

[Milk Allergy](#)

[Egg Allergy](#)

[Peanut Allergy](#)

[Tree Nut Allergy](#)

[Fish Allergy](#)

[Shellfish Allergy](#)

[Soy Allergy](#)

[Wheat Allergy](#)

## Anaphylaxis

Anaphylaxis is a severe allergic reaction that is life threatening. Usually two systems of the body are involved such as the respiratory and circulatory system.

An example of a reaction with these two systems would be difficulty breathing (respiratory) and drop in blood pressure (circulatory).

## What causes anaphylaxis?

Anaphylaxis occurs when a person comes in contact with an allergen through ingestion, bites, stings, and contact. There are two other forms of anaphylaxis, although both are rare. The first is exercise induced anaphylaxis which occurs during exercise and three to four hours after eating a specific food. The second occurs without a specific identifiable reason. All forms of anaphylaxis are life threatening.

## What symptoms occur when experiencing anaphylaxis?

The symptoms that occur are variable. The most common symptoms are: itchiness in the mouth, on the tongue, and/or the back of the throat; swelling of throat; swelling of bronchial tubes; coughing; gastrointestinal shut down; vomiting; diarrhea; swelling of eyes, lips, tongue, and extremities; hives; and loss of consciousness. There may be additional symptoms depending on the person's overall health, amount of allergen ingested (reactions to stings and bites depend on how much poison enters the body), immune system function, and other factors.

## What is used to stop anaphylaxis?

The medication used is called epinephrine, also known as adrenaline, and it is a vasoconstrictor. This medicine works by counter-acting swelling, dilating air ways, and contracting blood vessels. Anaphylaxis is a medical emergency. Call 911 immediately, even if treated with medication.

## How is the medication administered?

Epinephrine is administered through an auto-injector or intramuscular shot. The auto-injector is an automatically released shot of epinephrine. The two most common manufacturers of this medication are EpiPen® and Twinject®.