



## Morning Announcements: Elementary School

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**Monday:** This week is Food Allergy Awareness Week. Each day, we will be sharing information and facts about how to keep your friends with food allergies Safe and Included at school. Did you know that a person can be allergic to any food? The 8 most common foods that children are allergic to are: peanuts, tree nuts, egg, milk, wheat, soy, fish and shellfish.

**Tuesday:** Did you know that there are often 1-2 students in a classroom with food allergies? You can help keep them Safe and Included by washing your hands after eating and never sharing your food.

**Wednesday:** If a friend with food allergies doesn't look well or feel well, it is important tell an adult immediately to get them help.

**Thursday:** Food allergies are serious, and food allergy bullying is NEVER ok. Be kind to your classmates with food allergies. 3 ways to refuse bullying are to tell a trusted adult, say "STOP" to the bully, and encourage the person being bullied to walk away and do something fun with you instead.

**Friday:** Friends with food allergies are part of your every day life, in class, at recess & lunch, and outside of school. Ask them what you can do to help them feel Safe and Included!

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