



Morning Announcement – Suggested Scripts

Week Prior To *Allergy Awareness Challenge*

People Needed: 2 volunteers (Ideally the coordinators)

Time Needed: 1 minute

Notes:

- Feel free to pre-record audio or make a video if your school has video announcements
- These are suggested scripts. Please adjust to better fit the format of your school's announcements.

Person 1 – Do you have food allergies or know somebody with food allergies? Maybe to peanuts, nuts, eggs or dairy foods? Maybe a serious allergy to something else like medicine or insect stings?

Person 2 – We need your help and expertise! Our school will be running a fun three-day allergy awareness campaign this year and we are looking for volunteers to help.

Person 1 – You will earn valuable volunteer hours and we guarantee that you'll have a ton of fun.

Person 2 – If you are interested, please meet _____ and _____ (your names) at _____ (location) at _____ (time and day).



Week Prior To *Allergy Awareness Challenge*

People Needed: 2 (Ideally the coordinators)

Time Needed: 1 minute

Person 1 - Have you ever wondered what it's like to live with a severe food allergy? Next week you will get your opportunity! Our school will be hosting the *Allergy Awareness Challenge* developed by Food Allergy Canada. Learn about allergies while having fun during three challenges → *Adopt an Allergy for A Day*, *Food Allergy Jeopardy*, and a *Food Allergy Spelling Bee*. Can you spell anaphylaxis?

Person 2 - The three days of games and knowledge testing challenges will begin on _____ (day) as each grade plays against each other in friendly competition. Points will be awarded for the winners of each competition, but also for the number of participants per grade, so make sure to round up all of your friends!

Person 1 - Next week our goal is to spread awareness and knowledge of life threatening allergies throughout our school in a fun way.

The challenges will be held at _____ (time) in _____ location on _____ (days).

Person 2 - Stay tuned next week for all of the details. Looking forward to seeing you there!



Day 1 – Adopt an Allergy for the Day

People Needed: 2 (Friend 1 and Friend 2)

Time Needed: 1 minute

Friend 1 – Hey what are you reading on that chocolate bar – the calories?

Friend 2 – No – I’m reading the ingredient list.

Friend 1 – Why? No one ever reads those things. It has chocolate in it – what more do you care about?

Friend 2 – Oh! I didn’t tell you. I’ve adopted a peanut allergy for the day, and I’m pretty sure there are peanuts in here.

Friend 1 – What? You have a peanut allergy?

Friend 2 – NO! Not for real – but today, anyone at our school can adopt an allergy for the day.

Friend 1 – Oh that sounds easy.

Friend 2 – Honestly, not at all! I’ve been reading all of these tiny labels, asking about ingredients in the cafeteria, I’m even carrying a marker around with me all day as my EpiPen!

If you want to see what it’s like to have a food allergy, take the *Adopt an Allergy* challenge today! Sign up at _____(location) at _____(time) and see what allergy you’ll get! Have fun, and stay safe!



Day 2 – Food Allergy Jeopardy

People Needed: 2 (Contestant and Game Show Host)

Time Needed: 1 minute

Both – Hum the Jeopardy theme song in the background (optional)

Game Show Host – Our next category is *Symptoms of Anaphylaxis*.

Contestant – I’ll take *Symptoms* for 500.

Game Show Host – Intense itchy welts or bumps also known as “urticaria” [*ur-ti-car-i-a*].

Contestant – What are...hives?

Game Show Host – Correct.

Contestant – Next I’ll take *Allergy Medicine* for 200.

Game Show Host – The name of the medicine that is contained within an EpiPen auto-injector.

Contestant – What is...epinephrine?

Game Show Host – Correct again!

Contestant – Today we will be having a Food Allergy Jeopardy competition in the _____ (location) at _____ (time). Come on out with your friends and compete to see which grade knows the most about food allergies. All you need to bring is a pen, piece of paper, and your game face! See you then.



Day 3 – Food Allergy Spelling Bee

People Needed: 2 (Contestant and Game Show Host)

Time Needed: 1 minute

Game Show Host – Ladies and gentlemen, welcome to the final round of this year’s school wide food allergy spelling bee. We have one last contestant. If they get the spelling of the word correct, they will become the grand spelling bee champion.

Contestant – Okay I’m ready!

Game Show Host – Your word is *anaphylaxis*.

Contestant – Can I have a definition please?

Game Show Host – Sure, a severe allergic reaction that may cause death if untreated.

Contestant – In a sentence please?

Game Show Host – Philip accidentally ate a peanut and soon after went into anaphylaxis.

Contestant – Okay – A-N-A-P-H-Y-L-A-X-I-S, Anaphylaxis.

Game Show Host – Correct!

Contestant – Today we will be having a Food Allergy Spelling Bee in the _____(location) at _____(time). Come on out with your friends and compete to see which grade has the best spellers! You’ll also learn a lot about food allergies in the process. All you need to bring is a pen, and a piece of paper. No dictionaries allowed! See you then.



Day 4 – Results

People Needed: 2 (Ideally the program coordinators)

Time Needed: 1 minute

Person 1 - We would like to thank everyone who participated in Food Allergy Canada's *Allergy Awareness Challenge* this week. The three days of challenges and games were a lot of fun and students learned many new things about life threatening allergies.

Person 2 - Before we announce which grade won, we would like to thank all of our volunteers for helping out with the program and _____ (teacher supervisor) for helping us run it successfully.

Person 1 - We would now like to announce the winning grade. Congratulations to grade _____ (winning grade)! You won the *Allergy Awareness Challenge*!