

## Running the Allergy Awareness Challenge 101

### Overview & Instructions

Planning on running the *Allergy Awareness Challenge* in your school? Be prepared for a fun and rewarding experience where you will raise awareness for life threatening allergies in your school. This volunteer opportunity will provide you with valuable leadership experience as you plan all aspects of the program, assemble a team of volunteers and run educational games that will have your schoolmates excited to compete and learn at the same time. This overview will help you understand all aspects of the Allergy Awareness Challenge as well as the 6 key steps you need to follow to run the program successfully.

#### **Part 1. What is it?**

#### **Part 2. 6 Steps to Run the Challenge**

1. Propose
2. Download
3. Print & Prepare
4. Promote
5. Run
6. Follow-up

## **Part 1. What is it?**

- 3 Days of Fun Educational Challenges for your high school
  - Participation is voluntary
  - Must be run outside of class hours (i.e. lunchtime)
  - Volunteer run program
    - Either students, teachers, students' council etc.
  - All resources available online on the "Download Page" after signing up

## **Games Include**

- **Adopt an Allergy**
  - Students assigned an allergy for the day and challenged to stay safe by avoiding it in various situations
- **Food Allergy Spelling Bee**
  - A five round fun competition testing spelling skills while learning about food allergies through definitions



- **Food Allergy Jeopardy**
  - A three round trivia competition that puts students head to head as they showcase their allergy knowledge



## Information on Anaphylaxis

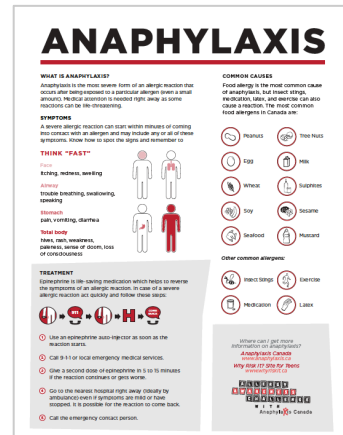
As part of the program, you will receive helpful resources including:

- Anaphylaxis information sheet
- Information on specific allergens
- Suggestions to find more information

### Goal:

#### RAISE AWARENESS ABOUT ANAPHYLAXIS

- Increase peer:
  - Knowledge
  - Support
  - Understanding
  - Advocacy



## Part 2. Steps to Run the Allergy Awareness Challenge

### 1. Propose



- Principal/administrator permission is mandatory
  - Print proposal letter
  - Present to your principal/vice-principal or administrator
    - Ask for a suggestion for a teacher supervisor
  - Get principal's signature
  - Send back to Anaphylaxis Canada
    - Either you or your principal can send via fax, mail or email
- Once complete, sign your school up!
  - Sign-up form located at [www.AllergyChallenge.ca](http://www.AllergyChallenge.ca)

## 2. Sign-up and Download Program



- Fill out sign-up form on [www.AllergyChallenge.ca](http://www.AllergyChallenge.ca)
- Password to access “Download Page” is given after form is completed
- Go to the “Download Page”
  - Enter password
  - Download and save resources
  - Print as needed
  - Includes everything you need to plan and run the program
    - Be sure to read first the Letter to Program Coordinators
- You will receive materials on:
  - Planning
  - Promotion
  - Anaphylaxis information
  - Games
  - Wrap up
- Be sure to share access and resources with your co-coordinator

## 3. Print & Prepare



- Ask school for print/photocopying assistance
- Read over everything!
- Settle on a program date
  - Consult with teacher supervisor
- Make a plan with your co-coordinator
  - Who will do what?
- Find additional volunteers
  - Sign up sheet provided
  - Ideally students with allergies
  - Ask student’s council for assistance if having trouble finding volunteers



- Times & places
  - Settle on times and locations to host each challenge
    - Get approval from teacher supervisor
- Source materials
  - Projector, screen and laptop for Jeopardy & Spelling Bee
  - Microphone if expecting large turnout

## 4. Promote



- More promotion, more participation!
- Provided for download:
  - Promotion schedule
  - Script for assembly and announcements
  - Posters
- Get creative with your own ideas!
  - Create giant word search
  - Posters of common allergens
    - “Can you live without peanuts for one day?”

## 5. Run the Challenges



- Familiarize yourself with the scoring system:
  - 1 point for a grade per each participant
  - 50 bonus points for a grade with challenge winner
- Print game materials and rehearse
  - Food Allergy Jeopardy trivia slides
  - Food Allergy Spelling Bee words
  - Allergen wheel & brochures for Adopt an Allergy

## Adopt an Allergy



- Students assigned an allergen after spinning “wheel of allergens”
- Asked to:
  - Avoid allergen
  - Carry a marker all day
  - Ask about ingredients
  - Tell their friends
- Two volunteers needed to run the booth

### Preparation

- Print
  - Allergen spinner
    - Use a pen or paperclip to spin
  - Allergen pamphlets (cut 2 per page)
- Reiterate rules to participants
  - Carry a marker
  - Check all labels
  - Tell friends
  - Inquire about ingredients
- Write down their name/grade for scoring

## Food Allergy Jeopardy



- Three rounds of trivia
  - True and false
  - Multiple choice
  - Final Jeopardy (list question)
- Two volunteers needed:
  - Moderator
  - Scorekeeper
- Contestants keep their own score

### Preparation

- Print
  - Trivia Question & Answer sheet
- Rehearse with volunteers
- Upload slides
  - Arrange a laptop, projector + screen
  - Test beforehand

## Food Allergy Spelling Bee



- Five rounds of allergy related words
  - Three words/round
- Two volunteers needed
  - Moderator
  - Scorekeeper
- Read:
  - Word
  - Definition
  - In a sentence
- Contestants keep their own score
- Participants write down their guess of the spelling
- Moderator gives correct spelling at end of each round

### Preparation

- Print
  - Spelling Bee Word and Definition List
- Rehearse with volunteers
- Upload slides
  - Arrange a laptop, projector + screen
  - Test beforehand

## Scoring System

Challenge	Points	Winning Bonus
<b>Adopt an Allergy</b>	1 point for every student who signs up. Tally the number of students for each grade/team.	Grade/team with the most participating students gets an additional 50 points.
<b>Food Allergy Jeopardy</b>	1 point for every student who participates. Tally the number of students for each grade/team.	Grade/team with the single highest scorer receives and additional 50 points.
<b>Food Allergy Spelling Bee</b>	1 point for every student who participates. Tally the number of students for each grade/team.	Grade/team with the single winner receives an additional 50 points.

## Who Wins?

- Grade/team with the most points over the three days of challenges
  - Score sheet download provided
- Congratulate grade/team on announcements

Place	Grade	Points
<b>1<sup>st</sup></b>	10	568
<b>2<sup>nd</sup></b>	12	525
<b>3<sup>rd</sup></b>	9	498
<b>4<sup>th</sup></b>	11	342

## 6. Follow-Up



- Print volunteer certificates
- Ask teacher supervisor to sign to confirm volunteer hours
- Distribute to volunteers
- Certificate of participation also available for download
  - Optional handout
- Print & complete program evaluation form
  - Coordinators
  - Teacher Supervisor
  - Principal
- Send to Anaphylaxis Canada
  - Your feedback helps us grow the Allergy Awareness Challenge

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## Let's Review



- Propose to Principal



- Principal sends approval to Anaphylaxis Canada



- Sign-up your school & receive password to access and print program resources



- Get volunteers to help plan, promote and then run the program

## Have Questions?



- Get in touch with Anaphylaxis Canada
  - [info@anaphylaxis.ca](mailto:info@anaphylaxis.ca)
  - 1-866-785-5660
  - [Facebook.com/AnaphylaxisCanada](https://www.facebook.com/AnaphylaxisCanada)
  - Visit [www.AllergyChallenge.ca](http://www.AllergyChallenge.ca)
    - Read FAQs on website

**Thank you for Raising Allergy Awareness at your School!**