Cross Country
Our Secondary Inter-House Cross Country competition was held on Wednesday this week with Olympic the eventual victors. I was very impressed by the attitude and effort shown by all our students and the way in which they competed and supported each other. Every year Mr Geoff Amos puts hours of work into preparing the course for these events and I thank him for this. Thank you also to the SES members who assist and the parents and community members who come along to support our students. Our PE staff led by Mrs Michelle Lonergan put a great deal of time and effort into training the students.

Attendance
The April attendance figures show our Year 5 class leading with 99.16% closely followed by Year 3 with an attendance rate of 98.75%. Our Year 10 class has some ground to make up as their attendance rate has fallen to 86.15%. Students really need to be at school to succeed in their learning and I appeal to parents to think twice before giving their child a ‘day off’, it would be great if appointments could be made during holiday times or after school hours although I realise that this is not always possible.

School Uniform
As winter approaches, a reminder that students are required to wear correct school uniform at all times. Our sports jumpers are for sports occasions only – not for regular school wear. Coats of any colour are permitted over the cold weather however students are asked not to wear these inside.

NAPLAN
Students in Years 3, 5, 7 and 9 will be involved in NAPLAN testing from May 14 to 15. Students will sit tests in Reading, Writing, Spelling, Language Conventions and Numeracy. If you have any queries about NAPLAN testing please contact us.

Kelsey, Alicia, Ashlee, Caitlin, Julia & Charlotte very patiently wait their turn to compete in the cross country on Wednesday.
STUDENT OF THE WEEK:
A complete revolution takes place in your physical and mental being when you’ve laughed and had some fun.

HATS:
A reminder to students that hats are optional in Terms 2 & 3.

THANK YOU:
A big thankyou to Mr Craig Woodall for repairing the strings on five guitars so they can now be used by students.

CULTURAL PERFORMANCE:
Journey to the Centre of the Earth
Next Wednesday, May 8th.
$5 per student. This money must be paid prior to the performance.

BUS TRAVELLERS:
Parents of Primary Campus students are asked to please send a note or make a phone call to the office when your child/ren are not going to travel on the bus.
If we do not receive a note or phone call, your child will be required to travel on their designated bus.

THOUGHT FOR THE WEEK:
A complete revolution takes place in your physical and mental being when you’ve laughed and had some fun.

PRIMARY CAMPUS NEWS

STUDENT AWARD:
Lachlan Comrie for helping with the ANZAC service

TIDY ROOM AWARD:
Year 2

ATTENDANCE BEAR:
Year 3

PRIMARY CAMPUS AWARDS

STUDENT OF THE WEEK:
- PREP: Kristy Higgins
- YEAR 1: Jack O’Shanessy
- YEAR 2: Jade Eames
- YEAR 3: Aden Pengelly
- YEAR 4: Adrian Fidge
- YEAR 5: Liam Vine
- YEAR 6: Sophie Nihill

Year 2 Science Excursion
Ouyen Water Treatment Plant
Last Wednesday the Year 2’s went to the Ouyen Water Treatment Plant. First of all, we hopped on Parker’s Pop’s bus and Snoopy drove us there. When we got there we met Phil the Bucket’s owner, Gillian. Then we went into Patto’s office. He didn’t know how to use computers very well! Next, we went into the room where all of the filters were. They were big! We went back outside and there was a shower. It made us wish we brought our swimmers! After that, we looked at the water tanks. They were underground. The non-filtered one really smelled, whereas, the filtered one was nice. Will thought it would be a good idea to throw Patto in there!
Last of all, Gillian came back to school with us and taught us more about water. We had lots of fun. We are glad Mrs Morrish organised it for us!

By the Year 2’s

⇒ First of all, Snoopy drove the bus and it was Pop’s bus- By Parker
⇒ We wish we threw Patto in!!- By Imogen
⇒ Patto was funny- By Ben
⇒ Patto was very, very funny- Isaac
⇒ It was fun- By Jade
⇒ It was very very funny- By Connor
⇒ It was fun- By Kylie
⇒ It was fun!!!- By Savanna
⇒ I am glad I went because Patto was silly- By Will
⇒ I wish we could have thrown Patto in the tank!!- By Ziyoun
⇒ The non-filtered tank smelled!!- By Jonty
⇒ I liked the tubs- By Dylan
⇒ I want to go again, Patto was so funny!- By Samuel
⇒ Patto was funny- By Georgia
⇒ I am glad we went, Patto was funny- By Joel
⇒ Patto was silly- By Rhyce
⇒ The treatment was cool!!- By Elliott
UPCOMING EVENTS:
Tuesday, May 7th – Ouyen P-12 Cross Country – students in Years 3, 4, 5 & 6
Friday, May 17th – Underbool Cross Country – students aged 9, 10, 11 & 12+ years
Tuesday, May 21st – Sunraysia Cross Country – selected students

CRICKET:
Congratulations to Benjamin Morrish who has been selected to progress to the next stage of the School Sport Victoria selection trials for the Victorian Primary Schools State Cricket team. Benjamin will take part in a training session at the MCG on Tuesday, July 9th. He has also been invited to join the local Weightman Development Squads that will commence their program during the September school holidays in Mildura.

CROSS COUNTRY:
The Primary School Cross Country will be held on Tuesday, May 7th – rain or shine! Students have been preparing for the event by walking and running the course in their physical education and sport lessons.

The students will leave school at 12.50pm to walk to the senior campus on the day of the event. Students are encouraged to bring a House coloured T-shirt to change into on the day. Presentations will take place on the oval at the conclusion of the day.

ACTIVE AFTER SCHOOL CARE:
Tuesday sessions are rather full but there is space for a few more on Wednesday nights. If your child/ren would like to learn about golf then this is the place to be on a Wednesday after school.

MOTHERS DAY CLASSIC:
Students who are interested in forming teams to compete in the Mothers Day Classic at Blackburn Park on May 12th can get a form from Miss Byrne.
THIRD WIN FOR OLYMPIC

Congratulations to OLYMPIC 245.17 who defeated INSIGNIA 259.52, in a well contested Cross Country event on Wednesday.

The weather was mild with a little wind, almost perfect for running. It was great to see the majority of students competing with determination and enthusiasm.

Obviously we are not all built to run competitively in long distance events, but unless injured or ill, every student should be capable of completing the distances set. It was good to see so many students having a go.

It was great to watch participating students, especially Year 7’s accepting the challenge before them to ‘run their race’. It feels great after such an event to say ‘I did my best’ and I’m proud that most of our participating students can say that ‘I did my best’.

THANKS must go to the following people who assisted with the success of the Cross Country event on Wednesday:

- Mr. Amos for his preparation of the oval and track.
- SES representative Bernie Fidge who stopped traffic on our behalf. Without their help the course could not be used.
- Mrs Sly who organised the scoring and the recording of results.
- Mrs. M. Morrish who assisted with training and setting up.
- All staff who manned checkpoints, calculated results and encouraged the competitors as they ran.
- Mrs Stacey for taking the photographs of competitors.
- MRCC who supplied the road signs.

Teams for the SSV Mallee Division Cross Country to be held in Ouyen at the end of the month have been selected and placed on the next page and the noticeboards outside Room 9 and Room 10. All team members will be expected to fulfil training requirements if they wish to represent the school.

Forthcoming Dates

SSV Mallee Division Cross Country
Wednesday, May 22nd
Ouyen

SSV LMR Cross Country
Tuesday, June 4th
St. Arnaud

SSV State Finals Cross Country
Tuesday, July 18th
Bundoora

Results:
Overall
OLYMPIC 245.17 **lowest score
INSIGNIA 259.52 wins

Individual Champions
OPEN
Ellie Morrish 13:15
Luke Coates 11:35

JUNIOR (12-13/14 Years)
Demi Elliott 8:04
Thomas Hedley 7:26

INTERMEDIATE (15/16 Years)
Sarah O’Connor 13:52
Ethan Davies 12:06

SENIOR (17/18-20)
Stephanie Boyd 14:28
Braidan Pohlner 12:35

IF YOU FAIL TO PREPARE YOU’RE PREPARED TO FAIL.

Mark Spitz
SECONDARY CAMPUS SPORTS REPORT

SSV MALLEE CROSS COUNTRY TEAM 2013

This team has been selected from the results obtained in the Inter House Cross Country and from students who have been regularly training. Students who were injured or on school based programs on the day of the house competition will have an opportunity to be selected if willing to train.

Students selected will be expected to complete training requirements of at least 3 sessions per week, one of which will be weekly sport. If you are unprepared to fulfil these requirements you must let Mrs Lonergan know ASAP so you can be replaced.

VICTORY BELONGS TO THE MOST PERSEVERING.

AGE CHAMPIONS 2013

GIRLS                      BOYS

12/13 Years:
1. Demi Elliott  (O)  Charlie O’Connor-Byrne  (O)
2. Laura Hayter  (I)  Callum Nixon  (I)
3. Megan O’Connor  (I)  Adam Morrish  (O)
4. Macey Evans  (I)  Jake Cresp  (I)

14 Years:
1. Tenille Smith  (O)  Thomas Hedley  (O)
2. Madeleine Hahnel (I)  Tom Morrish  (O)
3. Parris Linklater  (O)  Matt Dale-Hill  (I)
4. Charlee Pengelly  (I)  Peter Darley  (O)

15 Years:
1. Sarah O’Connor  (I)  Nicolas Vine  (I)
2. Ellen Morrish  (O)  Aidan Down  (I)
3. Gabrielle Torpey  (O)  Kyle Sporn  (O)
4. Adriana Smith  (O)  Cale French  (I)

16 Years:
1. Kelsey Richardson  (I)  Ethan Davies  (O)
2. Ashlee Morrish  (I)  Kade Lonergan  (I)
3. Shania Lanigan  (I)  Samuel Mead  (I)
4. Lorraine Ralph  (O)  Timothy Gloster  (O)

17 Years:
1. Tori Linklater  (O)  Braidan Pohlner  (O)
2. Lauren Morrish  (O)  Jaeden Corbett  (O)
3. Esther Manley  (O)  Keith Griffin  (O)
4. Tayla Willsmore  (I)  Gus Lynch  (I)

18 - 20 Years:
1. Stephanie Boyd  (O)  Lynden Burns  (I)
2. Kate O’Connor  (I)  Toby Simmonds  (O)
3. Laura Gloster  (I)  Ashley Burns  (O)
4. Julia Woodall  (I)  Jonathon Boseley  (O)

OPEN CHAMPIONS 2013

Ellie Morrish  (O) & Luke Coates  (O)
Congratulations, OLYMPIC
Last week the students in Outdoor and Environmental Studies made a trip to the Northern Grampians as part of their studies. The students were excited, trailer was packed and Mr Stewart had his coffee, so off we went in the school bus, with Miss Cross following in her ute. We departed school at 2pm and headed to the Grampians.

The camp aimed to develop experience – based on relationships with, and knowledge of, natural environments. But for the students, it was a chance to have some fun away from school. Over the 3 days students were able to experience rock climbing, abseiling, cooking their own food and camping in tents.

One of the biggest highlights (besides from the rock climbing and abseiling), was meeting season’s biggest loser contestants. And yes ladies, the Commando is that hot in real life.

We were lucky enough to have fine weather during the day but had to endure some heavy downpours at night.

Big thanks to Miss Cross for all her help on the camp. It couldn’t have gone ahead without her. All students involved should be proud of their efforts. It was a great camp.
PAYMENT OF ACCOUNTS:

Parents/guardians are reminded that school fees are due and payable now.

Money can also be paid for Technology, Textiles, Netbooks and camps & excursions.

Cheques are to be made payable to Ouyen P-12 College or you may pay via EFT.

BSB - 063-732
A/C - 1000-1994

Please use your child’s name as a reference.

Bobbie Stacey
Business Manager

WANTED:

◊ Old wooden rulers, to be used in the Prep Music class as sturdy puppet handles. Please send any that you find to either campus.

◊ Julia Woodall would like to borrow a dress making mannequin to assist with her studies in Year 12 Visual Communication and Design. She will take all care and responsibility for the mannequin. Please phone the school if you can assist.

LOST:

◊ Jaivon Stacey has lost his school jumper. His name is on the neck-band. Please return to Jaivon if you know its whereabouts.

THANK YOU: Many thanks to Doug Williams for supplying us with some prime Lucerne hay for our Community Farm. Doug is a great supporter of our Agriculture and Automotive programs.

HEART DISSECTION: With smiles on their faces the Year 11 PE students recently dissected animal hearts.
WORK EXPERIENCE
By now all Year 11 students should have their work experience organized, the work experience forms need to be signed by both the parent and student and sent to the employer for their signature, if you are have not done so please do as soon as possible.

2013 VCE/VCAL CAREERS TRIP FOR YEAR 11
Sunday 11th – Tuesday 13th August
I am seeking expressions of interest from students and parents regarding participation in the Excursion. Please read the Expression of Interest form, add extra comments and ideas, sign and return so as planning can commence.
Deposit of $100 per person will be required by Friday, May 3rd. Please see me if you have any concerns or questions.

2013 EXPERIENCE LA TROBE EVENTS!
Designed especially for Year 10, 11 and 12 students and their parents, Experience La Trobe offers a taste of what it’s like to be a uni student for a day.
Workshops will include sought-after areas of interest, including physiotherapy and podiatry, animal and veterinary biosciences, agricultural science, law and sport journalism.
- Bendigo - Friday, July 12th
Information brochures are available from Sue Sly.

WONDERING WHAT TO DO IN THE FUTURE?
myfuture is Australia's career information & exploration service. You will find current career information, articles and links to thousands of resources to assist you on your career journey.
My Guide is your personalized career exploration service. Do activities to build your career profile, explore career ideas, consider career options and develop your career plan. You can revisit your My Guide account at anytime to update and review your information.
The Facts Access information on career related topics. Select a topic and search, browse or read through detailed information.
Take a tour of myfuture http://www.myfuture.edu.au/

UNDERCOAT A website dedicated to design. This website showcases the work of design students worldwide as well as provides information on design courses.
Link: http://www.undercoat.net/

THE MACPHERSON SMITH RURAL FOUNDATION
Applications for 2014 MSRF Foundation Scholarships are now open, and will close on Thursday, July 18th.

They are targeted at Year 12 students from regional/rural Victoria who aspire to achieve tertiary qualifications, and who have demonstrated significant leadership capabilities.
Financial support is valued at $45,000 ($15,000 per annum for three years).
Please see Sue Sly if you are interested in applying for this scholarship http://msrf.org.au/scholarship-and-programs/applications

TERTIARY STUDIES & CAREERS EXPO ADELAIDE - 12 & 13 MAY 2013
Over 200 other exhibitors, are excited to be taking part once again in this major education and careers expo at the Adelaide Convention Centre.
Admission is free and the opening hours are Sunday, May 12th 10:00am-4:00pm and Monday, May 13th 9:30am-1:30pm

ATTENTION HIGH SCHOOL STUDENTS WITH A PASSION FOR WRITING!
Enter The University of Adelaide Creative Writing Competition and you could win an Amazon Kindle and a workshop with a Creative Writing expert.
You can submit up to two pieces of work (fiction or non-fiction) with a maximum of 1500 words each. Entries close at 5pm on Friday, July 19th. Entries need to be submitted by email to humss.office@adelaide.edu.au.
Please include your full name, age, year level at school as well as contact details. Full details can be found at http://www.hss.adelaide.edu.au/writing-competition/university.html

HOSPITALITY TRIPLE CERTIFICATE COURSES
The hospitality industry is one of Australia’s largest and fastest growing sectors. Qualifications below offer a wide range of unit selections to meet a diverse variety of venue types and job roles.

MADEC MILDURA is running the following courses during the July School Holidays.
Please note that there are maximum numbers attached to the programs.

<table>
<thead>
<tr>
<th>Course</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Responsible Service of Alcohol</td>
<td>$35 per student</td>
</tr>
<tr>
<td>Responsible Service of Gaming</td>
<td>$35 per student</td>
</tr>
<tr>
<td>Food Handler’s Certificate</td>
<td>$35 per student</td>
</tr>
<tr>
<td>Prepare and Serve Espresso Coffee</td>
<td>$75 per student</td>
</tr>
</tbody>
</table>

Total cost for the four courses is $180. Students need to be at least 16 years of age at the commencement of the course.
Dates and application forms are available from Sue Sly and need to be returned to the school with the money / cheque by Thursday, May 23rd. Please book early to secure your place.
Please make the cheque out to MADEC (Mildura and District Education Council).

Sue Sly
Careers Coordinator
SHEEP SALE ROSTER:

<table>
<thead>
<tr>
<th>May 9th</th>
<th>May 23rd</th>
<th>June 6th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workers:</td>
<td>Workers:</td>
<td>Workers:</td>
</tr>
<tr>
<td>Racheal Cook</td>
<td>Vanessa Anderson (50921379)</td>
<td>Janeece Hahnel (50921634)</td>
</tr>
<tr>
<td>Narelle Latta</td>
<td>Justine Cresp</td>
<td>Tina Godden</td>
</tr>
<tr>
<td>Anne Bush</td>
<td>Sharon Doyle</td>
<td>Olivia Cheema</td>
</tr>
<tr>
<td>Alison Brackenridge</td>
<td>Helen McKay</td>
<td>Melinda Clarke</td>
</tr>
<tr>
<td>Christine Price</td>
<td>Debra Moore</td>
<td>Katie Anderson</td>
</tr>
<tr>
<td>Amanda Foster</td>
<td>Tamara Allender</td>
<td>Melanie Grace</td>
</tr>
</tbody>
</table>

Meeting: Bit of a break – next meeting isn’t until May, 13th. Minutes of the last meeting will be out shortly for those who have paid their memberships and indicated how they want to receive minutes.

Membership: Our annual Parents’ Association memberships are due. This nominal amount entitles you to receive minutes, vote at meetings, and a DEECD insurance cover when working at a PA function. It’s set at $2 per parent/guardian/care-giver. These can be popped in an envelope with the slip below and returned to either campus. Thanks to the dozen parents who have done this. So far we have 2 male and 10 female members.

Sheep Sale – Will be back to normal fortnightly operations from May 9th. Check the roster to see if you’re part of the changes. Again, thanks all for your continued support of the sale kiosk.

Building project – It hardly seems twelve months since we were wrapping up our campaign for funding support for Stage Two of the building project. Parents’ Association plans to put funds towards some of the new “play” equipment. Any ideas? Bring them to the next meeting.

Parents Victoria Online Conference - May 19 - 25. Topics will be listed soon. Meanwhile, go online to www.parents.victoria.asn.au to register to participate in the conference. You could read about the COAG decisions re Gonski, or of the PV submission to DEECD re the proposed changes to school attendance regulations – interesting reading.

Justine Cresp – President
Raelene Vine – Secretary

MEMBERSHIP & MINUTES

NAME/S: ..............................................................................................................

$ ENCLOSED ..................

Please select

YES  I would like to receive a printed copy via my child

Child: ...................................................... Yr. level. .................................

YES  I would like to receive minutes via e-mail

e-mail: ..............................................................................................................

COMMENTS: .....................................................................................................
# MALLEE DELI LUNCH ORDERS

## Sandwiches
- $4  
  - Chicken & Salad  
  - Ham & Salad  
  - Ham, Cheese & Tomato  
  - Egg & Lettuce  
  - Egg  

   All sandwiches are available as rolls for $5.  
   Choose your own filling.  
   ✦ Gluten Free Available

## Wraps
- $5  
  - Chicken Carrot, Lettuce, Sweet Chilli Sauce & Sour Cream  
  - Chicken, Lettuce, Pineapple & Mayo  
  - Ham, Capsicum, Lettuce & Mayo  
  - Cheese & Vegemite  

   ✦ Gluten Free Available

## Toasted Wraps
- $4  
  - Baked Beans & Cheese  
  - Spaghetti & Cheese  

- $5  
  - Ham, Tomato, Egg & Cheese  
  - Ham, Pineapple, Cheese & Pizza Sauce  
  - Chicken, Cheese, Pineapple & BBQ Sauce

## Hot Food
- Party Pies $1  
- Pies & Pasties $3.80  
- Sausage Rolls $3  
- Mini Pizza $2.50  
- Steamed Dimsims $0  
- Hot Dogs $3  
- Cheese Burger $4  
- Chicken Burger $5  
- Veggie Burger $5  
- Quiche & Salad $6  
- Ham & Cheese Toastie $3  
- Chicken & Gravy $4  
- Lamb & Gravy $4

## Salads
- $5  
  - Caesar  
  - Chicken Caesar  
  - Tossed

## Drinks
- Water $2  
- Orange Juice $2.50  
- Apple Juice $2.50  
- Small flavoured milk $2.50  
- Big M $3.70  
- Farmers Union $3.90  
- LOL (rasp/trop/blic) $2.50

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Lunch orders must be placed in an envelope and sealed properly.  
Please mark on the envelope money enclosed and amount of change required.  
Mark the envelope as per required campus. ie - Primary or Secondary.
WHAT IS FOOD ALLERGY?
Food allergy now affects 1 in 10 infants* and about 2 in 100 adults. The risk of severe food allergic reactions can sometimes be unpredictable. Some children do outgrow their food allergy. The most common triggers in childhood are egg, milk, peanut and tree nuts. Other common triggers include fish, shellfish, sesame, soy and wheat. Peanuts, tree nuts, seeds and seafood are the major triggers for lifelong allergies. Some food allergies can be severe, causing potentially life threatening reactions known as anaphylaxis.

WHAT IS ANAPHYLAXIS?
Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (e.g. skin, respiratory, gastro-intestinal and cardiovascular). A severe allergic reaction or anaphylaxis usually occurs within 20 minutes to 2 hours of exposure to the trigger and can rapidly become life threatening.

COMMON TRIGGERS OF SEVERE ALLERGIES OR ANAPHYLAXIS INCLUDE:

- **Food**
  Milk, eggs, peanuts, tree nuts, sesame, fish, shellfish, wheat and soy are the most common food triggers, which cause 90 percent of allergic reactions; however, any food can trigger anaphylaxis. It is important to understand that in some people even very small amounts of food can cause a life-threatening reaction. Some extremely sensitive individuals can react to just the smell of particular foods being cooked (e.g. fish) or even kissing someone who has eaten the food they’re allergic to.

- **Bites and Stings**
  Bee, wasp and jack jumper ant stings are the most common triggers of anaphylaxis to insect stings. Ticks, green ants and fire ants can also trigger anaphylaxis in susceptible individuals.

- **Medication**
  Medications, both over the counter and prescribed, can cause life threatening allergic reactions. Individuals can also have anaphylactic reactions to herbal or ‘alternative’ medicines.

- **Other**
  Other triggers such as latex or exercise induced anaphylaxis are less common. Occasionally the trigger cannot be identified, despite extensive investigation.

BASICS ABOUT FOOD ALLERGY
A food allergy is an immune system response to a food protein that the body mistakenly believes is harmful. When the individual eats food containing that protein, the immune system releases massive amounts of chemicals, triggering symptoms that can affect a person’s breathing, gastrointestinal tract, skin and/or heart.

Symptoms of food allergy can include; hives, swelling of the lips, face and eyes, abdominal pain, vomiting, swelling of the tongue, breathing difficulty, or a sudden drop in blood pressure. If left untreated, these symptoms can be fatal.

It is estimated that up to 2% of Australians, including 1 in 10 infants*, suffer from food allergies and some of them will experience a life-threatening (anaphylactic) reaction.

There are more than 170 foods known to have triggered severe allergic reactions. Examples include kiwi fruit, banana, chicken, mustard and celery.

Currently, there is no cure for food allergy. Avoidance of the food is the only way to prevent a reaction.

Adrenaline is the first line treatment for severe allergic reactions and can be administered via an autoinjector called the EpiPen® or the Anapen®.

Food allergy is the leading cause of anaphylaxis outside the hospital setting.

Approximately 10 people die from anaphylactic reactions each year in Australia and some of these may have been triggered by food.

HOW TO RECOGNISE A REACTION

Mild to moderate allergic reaction
- Hives, welts or body redness
- Swelling of the face, lips, eyes
- Vomiting, abdominal pain, tingling in the mouth

Severe allergic reaction: ANAPHYLAXIS
- Difficult/noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (in young children)

If you suspect a food has caused a reaction, avoid that food, talk with your doctor and have it investigated. If you know you have a food allergy, then always avoid that specific food trigger. Always have your emergency medication close by as accidents do happen.

If you, your child or someone you care for has a reaction to any food, seek medical advice. If you are worried about a serious reaction, call an ambulance or go directly to hospital.

This information has been taken directly from the Food Allergy Awareness website.