

### Our approach with child's name

The goal is to provide an environment where child's name can learn that she/he might have to make slight adjustments in the "brand" she/he uses or eats but that she is not "special". She/he can learn self-management skills without being consumed by the illness. An atmosphere designed to foster responsible decision making will ultimately help her/him perform well both in and out of the classroom.

Thank you for your help and support.

### What should I watch for?

While on a gluten-free diet, it is unlikely that child's name will exhibit any noticeable symptoms of disease. A strict gluten-free diet is a medical requirement for her/his health. Gluten, even in small amounts, damages her/his intestine and causes major behavioral problems. Lunchroom supervisors might need to remind her not to swap food or touch other foods which could cross-contaminate his or her meal. It is also important that table surfaces are clear of crumbs or other residue from WBRO (wheat, barley, rye, others.) If she/he has ingested gluten, she/he may exhibit one or more of the following:

<ul style="list-style-type: none"><li>● abdominal bloating and pain</li><li>● anemia</li><li>● behavior changes</li><li>● bone pain</li><li>● concentration difficulties</li><li>● diarrhea</li><li>● fatigue</li><li>● gas</li></ul>	<ul style="list-style-type: none"><li>● growth delays</li><li>● joint pain</li><li>● legs (tingling/numbness/nerve damage)</li><li>● excessive weight loss</li><li>● muscle cramps</li><li>● seizures</li><li>● stools - pale, foul-smelling</li><li>● weight loss</li></ul>
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Symptoms may or may not occur in the digestive system. For example, one person might have diarrhea and abdominal pain, while another person has irritability or depression. In fact, **irritability** is one of the most common symptoms in children. Symptoms can present themselves almost immediately or up to as many as 24 hours after exposure. In some cases the patient may not exhibit any visible symptoms. The severity of these symptoms will vary, but are not likely to require medical intervention. **However**, I should be notified if child's name has ingested or is exposed to gluten. Similar symptoms may exist between gluten sensitivity and Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD) and many other illness-please remember this in case of any disciplinary issues.

### What are the restrictions?

If child's name complies with the gluten-free diet, she/he will be able to actively participate in all academic and social activities with few exceptions. Most activities involving food products would be off limits, unless the food is gluten-free. It is important that the chaperones be informed of the special needs that may be involved.

**Restroom Usage:**

It is important to remember that if child's name comes into physical contact with ANY gluten, it will be necessary to remove all protein residues as quickly as possible. The soap available in school restrooms will also need to be free of WBRO. If this is not possible in everyone, please designate which one will have the appropriate supplies, and allow access to it as needed. (I have supplied her/her own)

**For all unknown supplies**

Look in the Gluten free grocery shopping guide, google, call the company, or contact me for any unknown information about a food, craft item, or any product. If need be I can look for a substitute

**Health Lessons:**

When lessons are presented on health-related topics, such as hand-washing or tooth brushing, it will necessary to contact me to ensure that appropriate products are available that do not contain WBRO .

**Sensory Tables:**

Safe items include cornmeal, rice, beans, sand or water.

**Science:**

Special consideration needs to be given when conducting laboratory experiments. All supplies and materials containing WBRO should be avoided. I have latex gloves for her.

**Sewing, dress up**

Starches, sizing and laundry detergents can contain WBRO and should be investigated prior to use.

**Stickers and Envelopes:**

Most stickers and envelopes that need to be licked contain gum arabic, which can be a hidden source of WBRO . At this time there are no alternatives.

**Drama:**

Materials used in some types of make-up may be derived from WBRO; it is possible that he or she is also Contact the manufacturer to determine if an item is safe, or call me for sources of possible alternatives if needed. Also looking in the book and google are helpful.

**Art and Art Supplies**

Many of the popular brands of clay, crayons, paste, stamps and paints contain WBRO. Please contact me before you run out or if you need something for an upcoming activity since the supplies normally have to be ordered online. Substitutions will also need to be made if any craft projects involve pasta, cereal rings or other food items containing WBRO Corn or rice pastas can be used for stringing activities, sorting and patterning and there are available alternatives to most other items. While I have provided all that I was told about that you might need for art supplies. Please know cross contamination is important here as well. That if you were to use your stamps that you use on your gluten ink pads on my GF one they will no longer be GF. If she/he is needing to use your stamps please use the gloves I have sent for her/his. If she/he need to have a handprint or footprint then use her ink pads. Also with any model magic

if you can limit the area or make sure she/he will not come into contact with the surfaces that it is being used on until it can be cleaned.

Here are some of the art supplies that I find safe and use already.

Almost anything she/he could need as far as supplies can be found here  
<http://www.discountsschoolsupply.com/Product/ProductList.aspx?category=-1&scategoryid=0&keyword=Gluten+free&page=1&pagesize=24&Sort=0&&CategorySearch=-1>

Elmer's glue All products are gluten free except for the Elmer's Finger Paints. The finger paints contain wheat and oat products.

#### RECIPES FOR ART SUPPLIES

##### Gluten-Free Paper Mache

Mix 2 parts glue (gluten-free, see list above) with 1 part warm water

Dip each piece of paper into mixture, wipe off excess and apply to project.

#### **Birthdays, School Activities :**

Things like pizza parties, birthdays, ice cream parties, holiday activities are not a problem. Many popular items can be created using alternatives that are free of WBRO. There are also many store bought substitutes can be purchased. Examples: doughnuts, muffins, cupcakes, pizza, ice cream, cookies, pastas, crackers, cookies, puddings, candies, frosting, and so much more. There is no reason the children should miss out on a reward or activity because of child's name being GF if I am given enough notice to find and purchase the item or make it.

#### **Snacks:**

There are many popular snack items which do not contain WBRO. I have provided a small list for the parents and many other products can be bought as well. For the times there is a gluten snack brought in I have provided an "emergency stash". When you have to use these items please make sure that someone that has not handled the gluten filled food gets my child's snack so that she/he does not get cross contaminated as well as contaminating the entire box/bag of food.

The children's hands are washed and any area that have been eaten on be wiped down so she will not accidentally get crumbs left behind on other's hands and spaces.

#### **How Can I Help?**

The importance of communication between you and I cannot be overemphasized. As with all diseases, it is imperative that you please heed these requests. Children frequently share food. It is important that the classroom teacher be aware of food sharing when it involves a child with gluten sensitivity. Maintaining a gluten-free diet in a "gluten-filled" society is very difficult. child's name and I certainly appreciate your support.

Please leave a copy of this for any substitute that will be working with child's name in the school so they will be aware of my daughter's condition and will understand how to help her meet her needs as well.

***PLEASE*** keep me informed of classroom/school activities involving food. Working with me to have the appropriate gluten-free substitutes will allow child's name to participate in activities, rather than feeling left out or forgotten. Please inform me when the supplies of emergency snacks are running low.