May is Food Allergy Awareness Month
1 in 13 children & teens in the U.S. have food allergies

Emergencies are never planned!
If you care about someone with food allergies (even if they think it’s “mild”) encourage them to get educated on how to avoid and treat reactions. It could save their life!

most fatal food allergic reactions were...
- between ages 12 and 21
- peanut/tree nut (walnut, almond…) allergy
- accidentally eating allergen
- delay in use of epinephrine (EpiPen/Auvi-Q)
- only mild reactions in past

Food Allergy Safety Tips

AVOID THE ALLERGEN Read every ingredient label every time. Watch out for hidden ingredients and cross contact. Some people can have reactions without even eating the food.

BE PREPARED Develop an Emergency Action Plan http://www.foodallergy.org/document.doc?id=234 with your allergist and always have prescribed epinephrine (EpiPen/Auvi-Q) with you. Know how and when to use it. Don’t let it expire or get too hot or cold; don’t leave it in your vehicle.

COMMUNICATE Let your friends know how they can help you avoid reactions, assist in an emergency, and where you keep your emergency medication. Explain to anyone preparing your food that even a trace amount of allergen can cause a reaction.

Learn more at www.whyriskit.ca and http://www.allergyhome.org/resources/families-and-other-caregivers/

Congratulations!
Tim Enroth, a sophomore, won gift cards to Freebirds. His name was drawn after he submitted the correct answer to the last contest question about alcohol related injuries.

ENTER TO WIN
a Main Event gift card. Put your name and the answer to the question on the last page of this newsletter in the black PTSA box (in the front office) by May 18.
Good luck on your tests!

Study hard and sleep and eat well before your tests.

Important testing dates are on page 3 of the Brennan Buzz.

www.nisd.net/brennan/sites/brennan/files/Brennan%20Newsletter%20February%202015_0.pdf

Be positive. Do your best.

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**ANAPHYLAXIS** (an-uh-fil-LAX-is) is a **severe allergic reaction** that happens quickly and may cause death.

It can be caused by food, insect stings/bites, medications or latex.

Symptoms of anaphylaxis can develop rapidly after exposure to an allergen, usually reaching peak severity within 5 - 30 minutes, but this may be delayed up to 2 hours. ~FARE

Allergists recommend that all individuals at risk for anaphylaxis carry **2 epinephrine auto-injectors** (EAs) with them at all times.

Always call 9-1-1 after using them to get additional treatment and to be monitored for a biphasic (second) reaction.

**EpiPens/Auvi-Qs** can’t save your life if you don’t have them with you!

If you carry a phone, you can carry your emergency meds...no excuses.

Take them everywhere every day!

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**KnowTheFAACTs about Food Allergies**

The severity of a reaction cannot be accurately predicted by the degree of severity of past reactions. An individual who previously had only “mild” reactions can later have dangerous and even life-threatening reactions.

Food Allergy & Anaphylaxis Connection Team (FAACT) [www.foodallergyawareness.org](http://www.foodallergyawareness.org)

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**Blood Drive** May 26

Sponsored by Brennan’s AFJROTC

If you donate, please have your ID and proper paperwork. Eat and hydrate well before and after donating.

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It only takes one person to change your life: **YOU.**

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**Know the FAACTs about Epinephrine**

When injected, epinephrine works rapidly to constrict blood vessels, which helps increase blood pressure and keep blood flowing to vital organs. (Anaphylaxis can cause a severe and life-threatening drop in blood pressure.)
Volunteer opportunities

If you’re interested in volunteering, please check out the amazing display near the library done by the Gifted and Talented 2 class. There are loads of options to consider for the summer, or whenever you have extra time. Options include: the SA Food Bank, Strong Foundation, Haven for Hope, Alamo Breast Cancer Foundation, San Antonio Library, Humane Society, Susan G. Komen, Wounded Warriors SA, Ronald McDonald House, and SAM Ministries.


Consequences of using drugs

The effects of drugs can vary depending upon the kind of drug taken, how much is taken, how often it is used, and how quickly it gets to the brain. Drinking alcohol, inhaling substances, taking illegal drugs, and misusing prescription drugs can all cause serious damage to the body. Some drugs severely impair a person’s ability to make healthy choices and decisions and can lead to dangerous situations and addictions.

In addition to overdoses, addictions, and accidents, possible effects of...

**Alcohol** - poor coordination, slurred speech, confusion, depression, short-term memory loss, slow reaction times, alcohol poisoning

**Marijuana** - elevated heart rate, mood swings, red eyes, lung damage, paranoia, hallucinations

**LSD** - hallucinations, panic attacks, confusion, depression, frightening delusions, sleeplessness, mangled speech, convulsions, increased heart rate, coma, delayed flashbacks

**Cocaine** - elevated heart rate, breathing rate, blood pressure, and body temperature; hepatitis or HIV (shared needles), nose damage (snorting); difficulty breathing, heart attacks

**Ecstasy** - increased heart rate, cramps, blurred vision, nausea, depression; paranoia, anxiety, and confusion (permanent with chronic use); raised body temperature (organ damage or death)

For more info http://kidshealth.org/teen/homework/problems/know_about_drugs.html#cat20017

Drug overdoses KILL MORE than guns, falls, and traffic accidents! ~CDC

9 OUT OF 10 PEOPLE WITH ADDICTION STARTED USING SUBSTANCES BEFORE THEY TURNED 18

One person dies every 19 MINUTES from drug overdose in the United States

Prescription Drug Abuse
PTSA Healthy Lifestyles Newsletters
are on Brennan’s website http://www.nisd.net/brennan/
Parent/Community ~ PTSA ~ Healthy Lifestyles
e-mail questions, comments, or suggestions to satxfast@gmail.com
Check out Brennan PTSA’s Facebook page at
http://www.facebook.com/BrennanPTSA

Student PTSA members may: list membership on college and job applications, volunteer for service hours, or apply for PTSA scholarships. https://sites.google.com/a/nisd.net/brennan-ptsas/

New Nurse ~ Holly Shields
Nurse Shields has been a nurse for 22 years! She has worked in Neuro Trauma Intensive Care, Surgical Trauma Intensive Care, and Medical Intensive Care Units. She served in the Air Force for 7 years, was deployed to Iraq, and taught how to build and operate a tent hospital. She is married to an elementary school art teacher and has 2 girls (a Brennan 10th grader and a Luna 7th grader).

Help the nurse help you
Inform Nurse Shields about your chronic medical conditions and ensure that she has your emergency medications, proper forms, and emergency contacts.

During the summer, get new meds and paperwork from your doctor for conditions like asthma, food/insect allergies, and diabetes. Make sure your shot records are up to date for high school (and college).

Contest Question
What emergency medication should people with severe food allergies always keep with them?
Neatly print your name, grade, and the answer from page 2 and put it in the PTSA box (in the front office) by May 18.

Take a moment to show you appreciate someone who does something you take for granted!
KIND WORDS CAN BE SHORT AND EASY TO SPEAK, BUT THEIR ECHOES ARE TRULY ENDLESS.
~MOTHER TERESA

Teacher Appreciation Week ~ May 4 - 8
Nurse Appreciation Day ~ May 6
Mother’s Day ~ May 10
Father’s Day ~ June 21

BEING TOLD YOU’RE APPRECIATED IS ONE OF THE SIMPLEST AND MOST UPLIFTING THINGS YOU CAN HEAR.

Brennan Bears Care
Watch out for each other by letting a staff member know if you have a concern.

Northside’s 24 hour anonymous tip line is 397-SAFE (397-7233)
or send a text message to safe@nisd.net