



District Nurse Coordinator Phyllis Lang to Participate in Local AAFA Panel Discussion

The Nashoba Valley Asthma & Allergy Education Support Group will host a panel discussion on Monday, September 21 at the Nashoba Valley Medical Center, Ayer at 7:00 p.m.

The topic will be "Food Allergies at School: How to Work with Your Child's School Nurse to Develop an Individual Health Care Plan." Learn about various policies and procedures for managing food allergies in school, and the components of an effective individualized written plan to address the prevention and treatment of allergy exposures and reactions.

GDRSD District Nurse Coordinator, Phyllis Lang will be among the panel of speakers. Mrs. Lang is also the school district advisor to the GDRSD Food Allergy Support Team (FAST).

Donation of Food Allergy Related Books to GDRSD School Libraries

The Groton Dunstable Food Allergy Support Team (FAST) presented fifty books dealing with food allergy awareness to the GDRSD school libraries in June.

FAST worked with the school district to select age appropriate books for all levels from preschool through High School. These books will be available to students when they return to school in September. FAST was able to provide these books through generous grant funding from the Groton Dunstable Education Foundation, Inc. (GDEF).

These books are a wonderful way to increase the awareness of food allergies and their severity at all grade levels. All children as well as teachers and school personnel can benefit from these books; not just those with allergies.

FAST is dedicated to providing information and support to families coping with allergies, promoting allergy awareness in our school community, and working with the Groton-Dunstable Regional School District to ensure a safe environment for children with allergies. For additional information or a list of books donated, please contact gdfast@yahoo.com.

Are You a Parent or Caregiver of a Child with an Allergy?

FAST is a group of parents partnered with the school district whose mission is to support other families coping with severe and life-threatening allergies, promote allergy awareness in our school community, and work with the school district to ensure a safe environment for children with allergies.

We would like to invite parents and caregivers of children with a food, latex, insect or environment allergy or anyone interested in this health topic to join us at our next meeting at the Peter Twomey Youth Center on Monday, October 19 from 7:00-8:30 p.m. Meetings are scheduled for 10/19, 11/16, 1/11 2/8, 3/15, 4/12, and 5/17.

We are planning lots of fun and informative sessions this year. Please join us! Contact Lisa Chau at adfast@yahoo.com if you would like additional information.