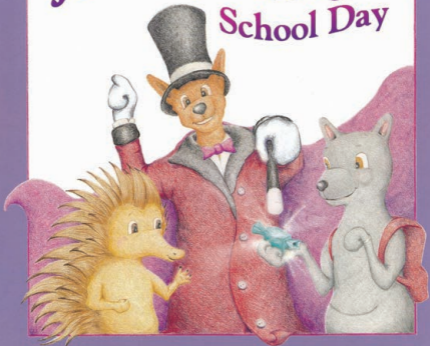


Jeremy's Magic School Day



WRITTEN BY BETHANY TUCKER ILLUSTRATED BY ANTHONY CULLEN

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Jeremy bounced into school just as the bell rang. He was so excited. The teachers had organised a magician to visit the school. Jeremy loved magic and he couldn't wait to see the show.





Jeremy hopped over to his class. There was a new girl waiting in the line. Jeremy had to stand next to her. 'I'm Poppy,' she said. 'I know who you are. You're Jeremy. You're allergic to nuts and eggs.'

Jeremy nodded.

'I know all about allergies,' Poppy continued proudly. 'My sister has an allergy to milk. She could get really sick if she had some. She is never, ever allowed to drink it.'

'Is that your medical kit?'

Poppy pointed to their teacher, Miss Hoot. She had a small bag safely tucked under her wing. 'Does it have your special medicine in it?' Jeremy nodded again. 'Miss Hoot carries it everywhere I go' he said.





Did you hear about the magic show today?' asked Poppy. 'I've already seen it at my old school. Did you know the magician hands out magic lollies?'

'What do you mean magic lollies?'

Jeremy loved lollies.

'You know, like wish lollies. You close your eyes, make a wish and stuff the lolly into your mouth at the same time. Then your wish comes true.'





Jeremy liked the sound of these lollies. He could wish for a new skateboard.

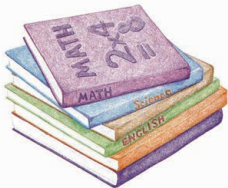
'Oh,' said Poppy. 'But you won't be able to eat one Jeremy. They'll have nuts and egg traces for sure. They're chocolate.'

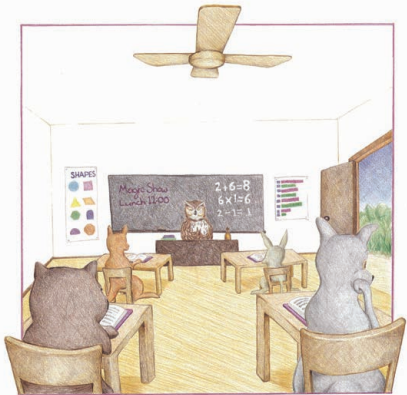
Jeremy knew Poppy was probably right. He wouldn't be able to eat one. And if he couldn't eat one, he wouldn't get his wish.

Miss Hoot clapped three times. The class clapped back. It was time to do work but Jeremy couldn't stop thinking about the wish lollies. Maybe Poppy was wrong. Maybe he would be allowed to eat one.

He thought about it all morning. He asked Miss Hoot about the lollies. She said he would have to wait and see. 'Just enjoy the show, Jeremy,' she said.

'Remember, don't eat any lollies until we have checked the ingredients.'





At lunch, Jeremy shared the Banksia table with friends Bruno and Edward. Poppy sat down at the Banksia table too.

'Miss Hoot said I should sit here' she said.

'Is this where you eat lunch Jeremy? Is this your special table?'

Jeremy was glad when Bruno answered.

'We eat here,' explained Bruno.

'We don't have any nuts or egg at this table so we can sit next to Jeremy. If we have lunch with nuts or egg then we sit at the Wattle table. Then we always have a drink and wash our hands.'





After a play, it was time for the show. The whole school squashed into the hall. Jeremy tried hard to forget about the wish lollies.

The show was fantastic. The magician did all sorts of amazing tricks. Jeremy couldn't believe how good she was.

'And now,' boomed the magician into the microphone. 'It's time for the grand finale. Everyone close your eyes and count to three.'

The whole school closed their eyes and yelled back, 'One... Two... Three !'

There was a loud clap. When everyone opened their eyes they were holding shiny purple wrappers.



'These are magic chocolate wishing lollies,' the magician said. 'You must make a wish and eat your lolly at the same time. Then your wish will come true.'

Jeremy looked down at his paw. The wrapper sparkled. He really wanted to eat it but knew he shouldn't.





Miss Hoot hurried over to where Jeremy was sitting. 'Jeremy,' she called.

Jeremy hopped over to see her, the lolly tight in his paw. 'You had better throw that lolly away,' she said kindly. 'It's not for you.'

Jeremy looked at the lolly. Poppy had been right. He knew he couldn't eat it. His wish was gone for good. Jeremy threw the lolly into the bin.

EXIT





Miss Hoot smiled. 'Come with me Jeremy.'
Jeremy followed Miss Hoot around to the back of the stage. The magician was getting ready to go home.

'Excuse me,' said Miss Hoot. 'My little friend here was unable to eat one of your wish lollies because of his allergies. I was wondering if maybe you could cast your spell on one of these instead.'

Miss Hoot held out a container. In it were the safe lollies Jeremy's mother had given her at the start of the year.





'Of course,' said the magician.
She waved her wand and said the same
spell as before. Jeremy had his eyes shut tight.
One...Two...Three...Clap!







When he opened his eyes one of his special lollies was in his paw.

‘Go ahead Jeremy,’ said Miss Hoot. ‘Eat it up... and don’t forget to make your wish.’



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 with adrenaline (epinephrine). In the community setting, an adrenaline injector, such as EpiPen® is used as first aid treatment for anaphylaxis before an ambulance is called.

A food allergy is an immune system response to a food protein that the body mistakenly believes is harmful. When the person eats food containing that protein, the immune system releases massive amounts of chemicals, triggering symptoms of an allergic reaction. Some allergic reactions are mild or moderate and some are severe (anaphylaxis). Anaphylaxis occurs when the respiratory system (breathing) and/or cardiovascular system (heart and blood pressure) are involved. Anaphylaxis usually occurs rapidly after exposure to the food.

Milk, eggs, peanut, tree nuts, sesame, fish, shellfish, wheat, soy and lupin are the most common food triggers, which cause 90% of allergic reactions, however, any food can trigger anaphylaxis. It is important to understand that even small amounts of food can cause a life-threatening reaction.

Anaphylaxis can also be caused by insect stings (bees, wasps, jumper ants), medications and latex.

Currently there is no cure for food allergy. Avoidance of the food/allergen is the only way to prevent an allergic reaction.

Need Help Managing Allergies?

Phone: 1300 728 000

Email: coordinator@allergyfacts.org.au

Website: www.allergyfacts.org.au

Allergy & Anaphylaxis Australia is a registered charity and Australia's only national support organisation, dedicated to helping individuals and carers alike in managing allergy and the risk of anaphylaxis.

Our Vision: improved quality of life for all Australians living with allergic disease. We listen, guide and educate Australians living with allergic disease. We advocate on their behalf to ensure their voice is heard.



**Allergy & Anaphylaxis
Australia**

Your trusted charity for allergy support



Jeremy's Magic School Day

Jeremy the wallaby is now at school with his friends Bruno and Edward. A visit by a magician has surprises for everyone. Poppy the new classmate says the visitor has magic wish lollies.



What is Jeremy going to do? He is allergic to nuts and eggs. Jeremy's friends and the school make sure the day is just as magic and safe for him even though he has allergies.