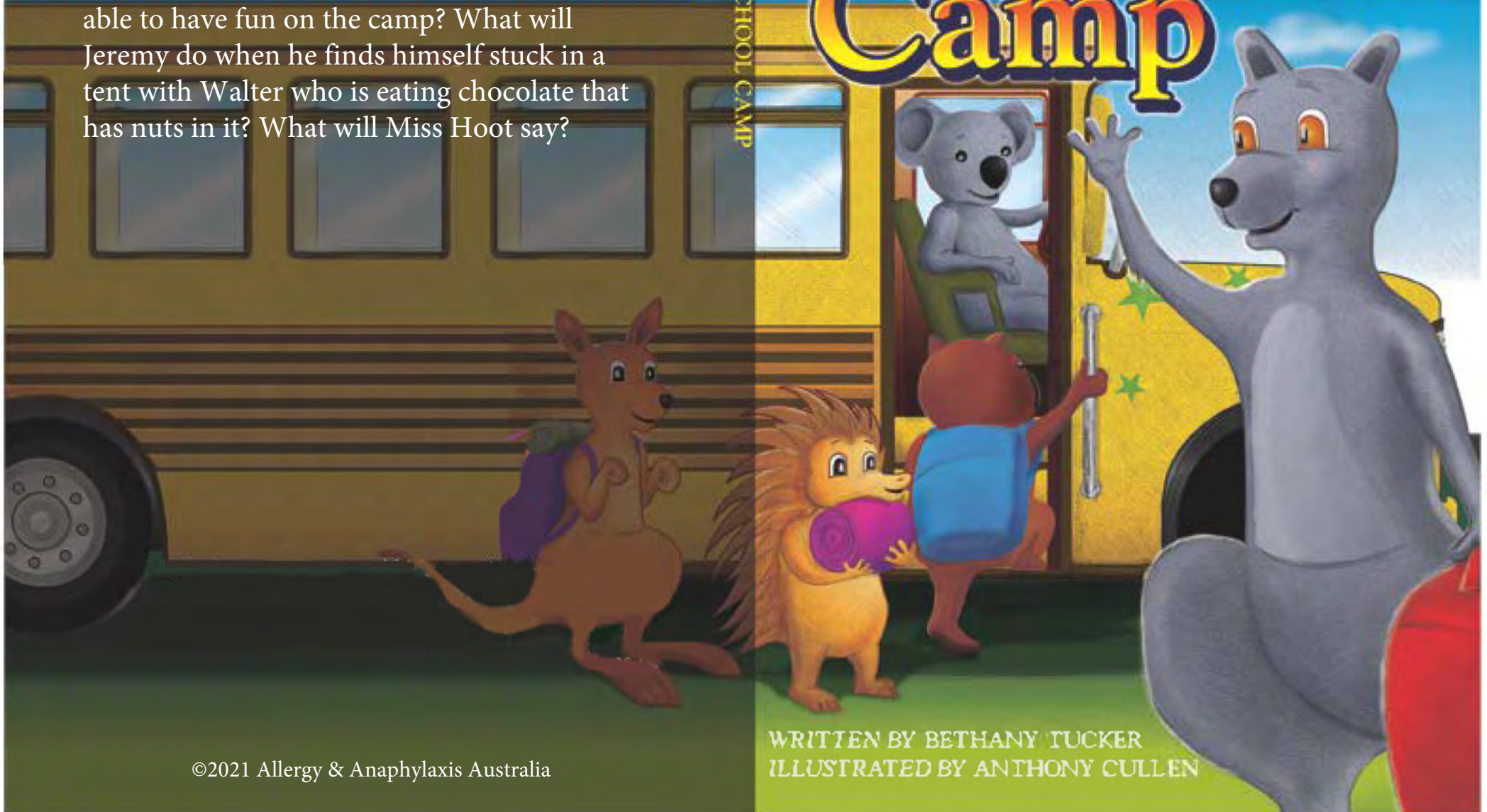


Jeremy the wallaby is going on his first school camp with his friends. Everyone is excited but when Jeremy learns that he has to make special arrangements because of his food allergies he isn't happy at all. Will he still be able to have fun on the camp? What will Jeremy do when he finds himself stuck in a tent with Walter who is eating chocolate that has nuts in it? What will Miss Hoot say?

JEREMY'S FIRST SCHOOL CAMP

Jeremy's First School Camp



WRITTEN BY BETHANY TUCKER
ILLUSTRATED BY ANTHONY CULLEN

Jeremy's First School Camp



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Meet Jeremy

Jeremy the wallaby has a severe allergy to eggs and nuts. He also has allergic rhinitis and asthma.

He lives in a rocky outcrop near a billabong with his Mum and Dad. Jeremy's friends are Bruno the kangaroo and Edward the wombat.

To my daughter who manages her allergies so well and to my son who is a fantastic support

- B.T.

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Chapter One

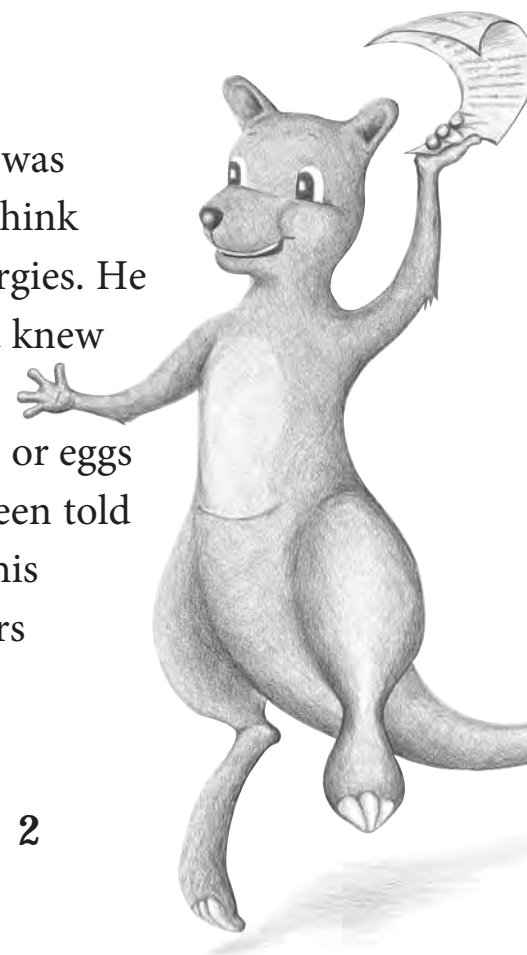
Special arrangements

Jeremy bounced up and down on the spot, flapping an excursion note in front of his Mum. ‘We’re going to camp, he said. ‘Can I go? Pleeeeease.’ Jeremy’s Mum smiled. ‘Of course,’ she said.

Jeremy read the note again. The whole class was going camping at the beach. They would be going rock climbing and surfing. There was even going to be a sand sculpture contest. He had already decided what he was going to build – a massive skateboard.

‘I can’t wait!’ Jeremy continued to wave the note around happily. ‘Sounds good, Jeremy,’ said his Mum. ‘I’m sure we can make special arrangements about your food.’

Jeremy stopped bouncing. Special arrangements? He was tired of having to think about his food allergies. He was older now and knew he wasn’t allowed to eat nuts or eggs AT ALL. He had been told so many times by his parents, his teachers and even



his friends. He just wanted to be like everybody else and go away to camp and have fun.

He hated having allergies.

‘I can look after myself Mum. I’m big enough. I won’t eat anything that will make me sick, I promise.’ Jeremy pleaded. ‘Don’t worry, we’ll work the food out and then you can just go along and have a good time,’ Jeremy’s Mum said. She was always trying to make him feel better.

‘Maybe I can go with you?’

‘No way,’ said Jeremy. ‘That’d be so embarrassing. Everyone will think I am a real baby.’ Jeremy was sure

the other kids would tease him if his Mum went along with him to camp, especially Walter. Walter always teased him about everything.

‘Well, we’ll see what we can do,’ said his Mum. Jeremy knew what that meant. His Mum would talk to everybody about his allergies and there would be a big fuss about his food.

Chapter Two

Off to camp with Mum

Jeremy was right. His Mum talked to his teacher, Miss Hoot, and the camp organisers. They all decided his Mum should come along to camp. His dad thought it was a great idea too.

‘You won’t even know I am there, Jeremy,’ his Mum promised. ‘Besides, I am not the only parent coming along. The school needs other helpers as well.’

Jeremy was still worried about being teased but he didn’t have much

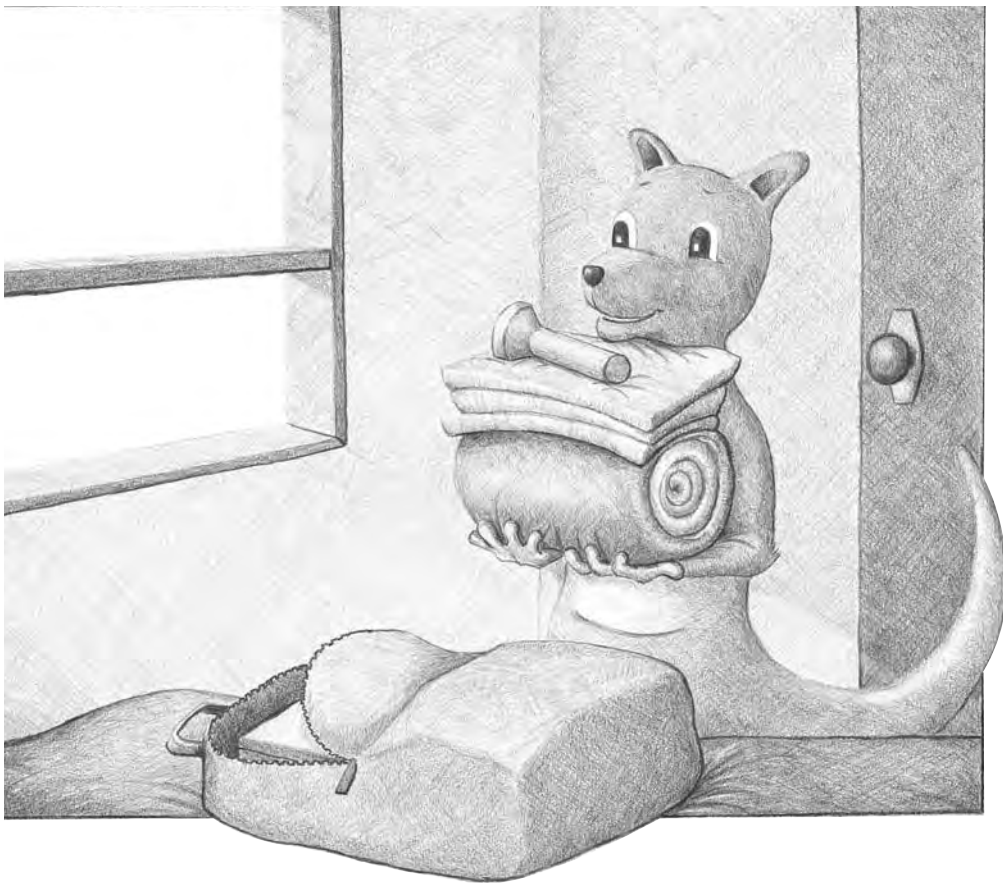
of a choice. He had to accept it – or not go.

The camp grew closer and it was all anyone could talk about at school. Miss Hoot banned talking about camp in class because she couldn’t get any teaching done. Jeremy and his friends talked about the camp every recess and lunch instead.

The night before the camp, Jeremy had to pack all of his things. He had been given a list and he ticked everything off as he crammed them into his backpack.

- ✓ Sleeping bag
- ✓ Towel and soap
- ✓ Torch





His Mum was going to take along his allergy medical bag including his EpiPen® so he didn't need to worry about packing that.

He had to write his name on everything he owned, even his toothbrush.

Jeremy finally finished packing just before bedtime. His backpack was so big, it looked like he was going away forever.

It was early when Jeremy got up and still dark outside. He said bye to his Dad and headed off to school with his Mum.

Jeremy felt strange going to school this early. The buses were waiting and most kids were there already. He saw his best friend Bruno jumping up and down. Bruno had saved a seat for Jeremy on the first bus. They were going to sit behind their friend Edward.

Jeremy looked around and saw that, luckily, Walter was getting on the other bus. He also noticed a few other parents going as well. It made

him feel a bit better. He left his Mum talking to the teachers and bounced onto the bus with his friends.

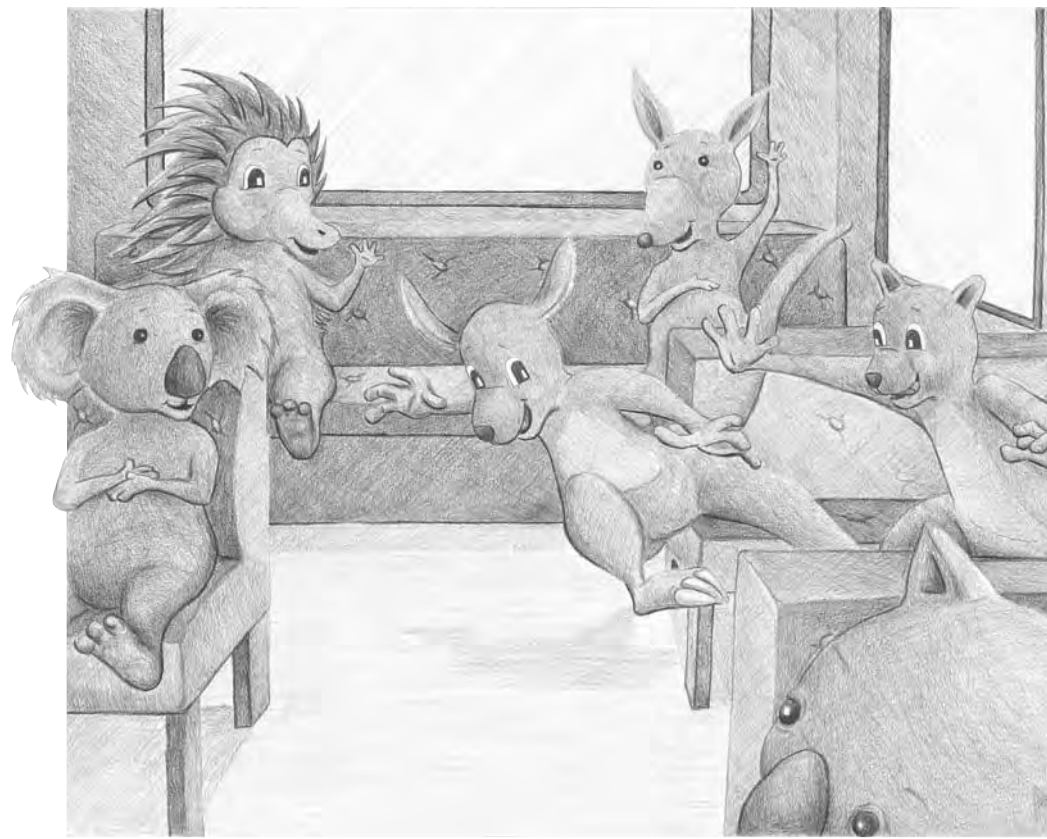


Chapter Three

The journey

The bus rolled down the winding roads. Each time the bus turned a bend Jeremy and Bruno tried to squash each other. Jeremy shoved Bruno so hard on one corner that he fell into the aisle. Miss Hoot looked around just as Bruno hit the floor. She gave Jeremy a warning.

As the trip was getting longer, the noise on the bus was getting louder. Everyone started cheering when a car honked its horn at them. Miss Hoot had to stand up at least three times to make everyone be quiet.



The bus eventually stopped at a picnic area that had a shop. Most of the kids ran and bought pies for lunch. Jeremy found his Mum.

‘Here’s your lunch Jeremy,’ she said.
Jeremy examined his sandwich.

It had gone soggy and didn't make him feel hungry at all.

'Can't I have a pie, Mum?'

His Mum sighed. 'You know you shouldn't Jeremy. It's not worth it. We don't know the ingredients. What about I give you some money for a packet of chips instead? We can check the ingredients and make sure they're okay for you.'

'Oh, alright,' he said quickly before she changed her mind. Bruno was calling him. Jeremy raced off. At least he could get something. Anyway, everyone had started playing soccer and he wanted to be goalie.

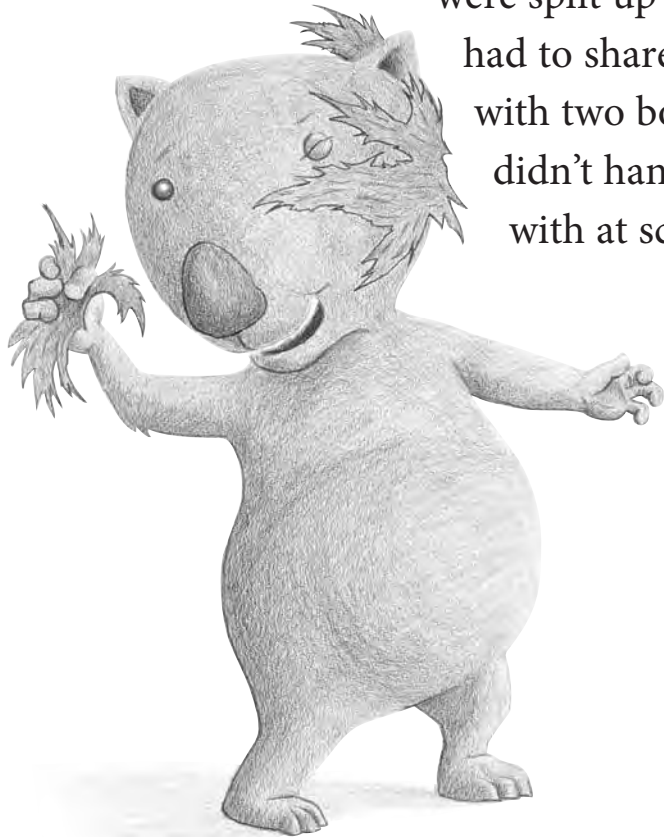
They piled back onto the bus after lunch. Miss Hoot told them they would be arriving at the camp soon.

As the bus turned the last corner everybody cheered. They could see the ocean and a row of tents stretching out along a grassy area in front of the sand.

Chapter Four

The photo

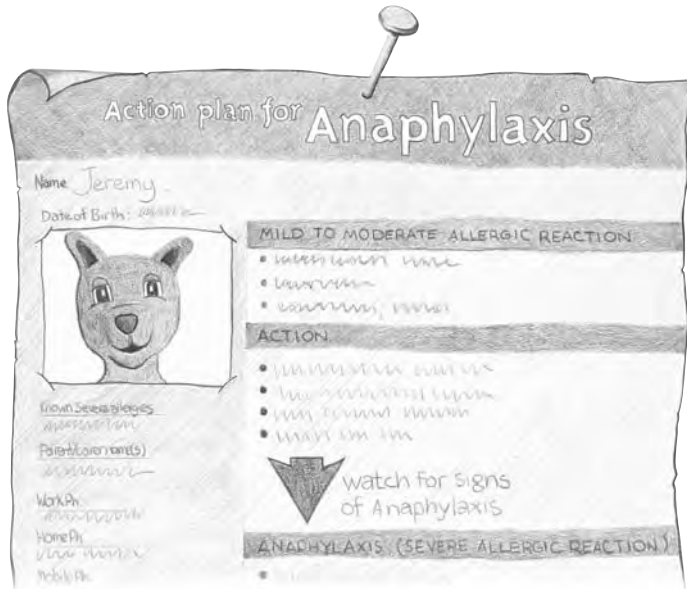
Jeremy and Bruno ran off to their tent together. They were in number seven. Groups of friends were split up so they had to share a tent with two boys they didn't hang out with at school.



Jeremy was so relieved when Walter ran past him into another tent.

That afternoon they were allowed free time on the beach. Edward had started to build a cool fort. The other boys joined in, but pretty soon they were having a full scale battle throwing lumps of seaweed at the girls.





They ate dinner together in a big tent. Jeremy was just enjoying his food when he felt a tap on his shoulder. It was Walter.

‘Hey, nice photo,’ Walter laughed in a mean way and pointed to the area in the tent where the food was prepared.

The girls fought back until they all noticed Miss Hoot and the other teachers striding across the sand towards them.

‘Dinner time!’ called Miss Hoot sternly. ‘I hope you were behaving yourselves.’

Jeremy blushed a deep purple.



Stuck on the tent pole was a medical form like the one they have at school. It had information about food allergies and a photo of Jeremy looking like he just woke up. Jeremy hated that photo. It was bad enough that it hung in his classroom at school but he didn't realise it would have to be at camp as well. Jeremy couldn't finish his food. He could hear Walter giggling with his friends.

To make things worse Jeremy was on cleaning duty. He had to sweep out the big tent. Everytime he thought about Walter it made him upset but he didn't know what to do. He didn't want to tell on him and he

didn't want his Mum finding out. She might tell Walter off for him. THAT would be embarrassing!

Chapter Five Marshmallows

The logs and leaves crackled and sizzled on the campfire. Everyone had just finished their third campfire song when somebody started to pass around a bag of



marshmallows. They were Jeremy's favourites. He had eaten marshmallows heaps of times before but Jeremy could see that these ones were a different brand than the ones he usually ate. He grabbed the bag and quickly turned it over. Even in the campfire light he could see the warning: MAY CONTAIN TRACES OF NUTS.

Jeremy angrily passed the bag onto Bruno who was sitting next to him. Bruno took the bag and shovelled two into his mouth.

Everyone had started singing again. Jeremy looked around the circle at

the campfire. The only one that wasn't singing was Walter – his mouth was too stuffed full of marshmallows to open it. Even Jeremy's Mum was laughing and singing away. He saw her look at him over the light of the campfire.

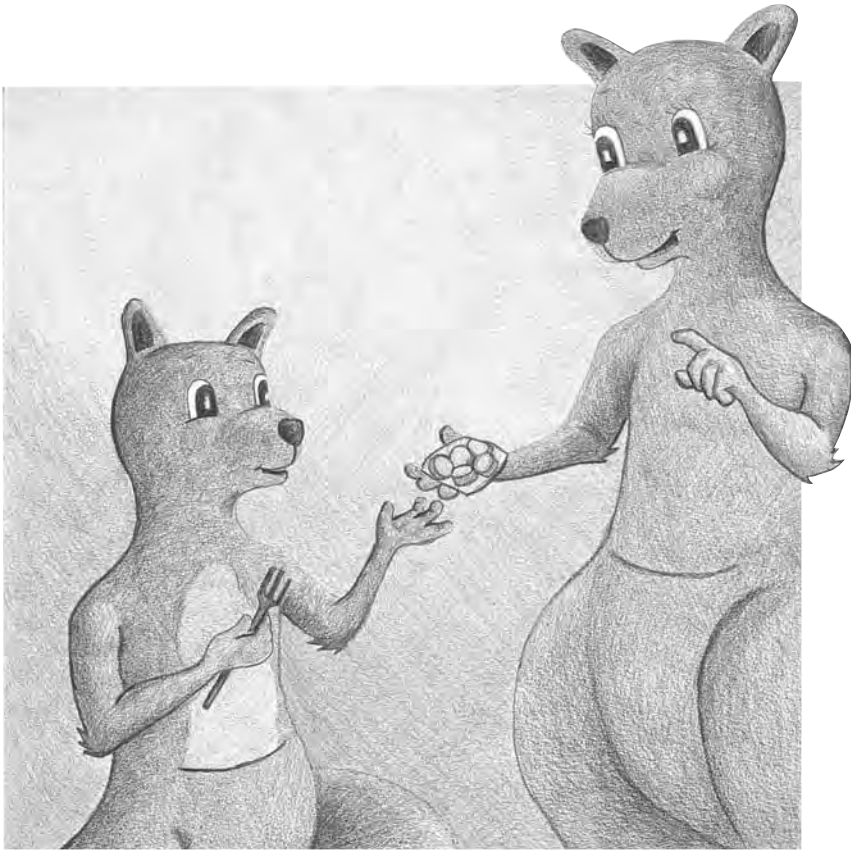
His Mum stared at him for a little while then she started making some kind of weird signal to him. Jeremy didn't have a clue what she was doing. She was pointing and waving her paw in the direction of the tent. Jeremy looked around to see if anyone was watching. His Mother looked like she was trying to do some sort of strange dance.

Jeremy decided to ignore her. How much worse could it get? He couldn't eat what he wanted, Walter was making fun of him and now his mother has gone completely crazy. Jeremy was starting to wish he had stayed at home and hung out with his Dad instead.

Next thing he knew he felt a paw tap him on the shoulder. Jeremy knew it would be Walter come to give him a hard time. He didn't want to turn around.

The paw tapped again, harder this time.

'Get lost Walt...' Jeremy started to yell.



'Who's Walt?' whispered his Mother. She handed him a small bag. Then she was gone.

Jeremy looked down at the little

bag she had given him. It was marshmallows. The brand he could eat. Jeremy grabbed one out of the bag and stuffed it in his mouth.



Chapter Six

The feast

Nobody really wanted to go to bed but Miss Hoot stood up and told everyone it was time to go back to their tents. She gave everybody a speech about behaving and making sure they all stayed in their tents.

‘Goodnight everyone,’ she said loudly.

Jeremy and Bruno raced back to the tent. The two other boys sharing their tent, Toby and William, bounced in just after them. But they

weren’t by themselves. Laughing and giggling behind them was another boy. It was Walter.

‘Hey, what are you doing in here?’ said Bruno.

‘What do you reckon?’ whispered Walter.

The boys all started to heap the stuff they were carrying out onto the top of the sleeping bags. Jeremy could see there were chocolates and different kinds of lollies.

‘We’re going to have a midnight feast,’ said Walter, tearing open one of the chocolates with his mouth.

‘What else would we be doing?’

‘Go and do it in your own tent then,’ said Bruno bravely.

‘Can’t,’ said Walter. ‘That Edward



friend of yours would dob us in. Anyway, you can have some.’

Jeremy looked at the lollies on the sleeping bag. He supposed some of them must be OK for him but he didn’t want to sit there and check the ingredients in them, not with Walter watching.

‘Forget it,’ said Jeremy. He couldn’t think of anything else to say.

‘Well, suit yourself,’ said Walter. As he spoke little bits of chocolate sprayed into the air.

Jeremy tried to ignore him. He didn’t like what was happening at all.

He didn't want to stay in the tent but he didn't want to go outside and look like a dobber either.

Chapter Seven

Nuts

It felt really hot and crowded in the tent. The other boys were happily munching away and trying not to laugh too loudly. They didn't want the teachers to hear them so everything was said in a loud whisper.

Little bits of food were going all over the tent and the sleeping bags.

Suddenly Jeremy smelt a smell that always made him feel sick. He realised one of the boys must have opened something with nuts in it.



Bruno realised as well.

‘Hey. Has that got nuts in it?’ Bruno asked the boys sitting nearest to him. ‘Put it away.’

Jeremy was starting to feel worried.

He decided he didn’t care if he got them into trouble, he was feeling really uncomfortable in the tent. He quickly unzipped the flap and bounced out. Bruno followed him. They could hear the other boys in the tent whispering but they couldn’t hear what they were saying.

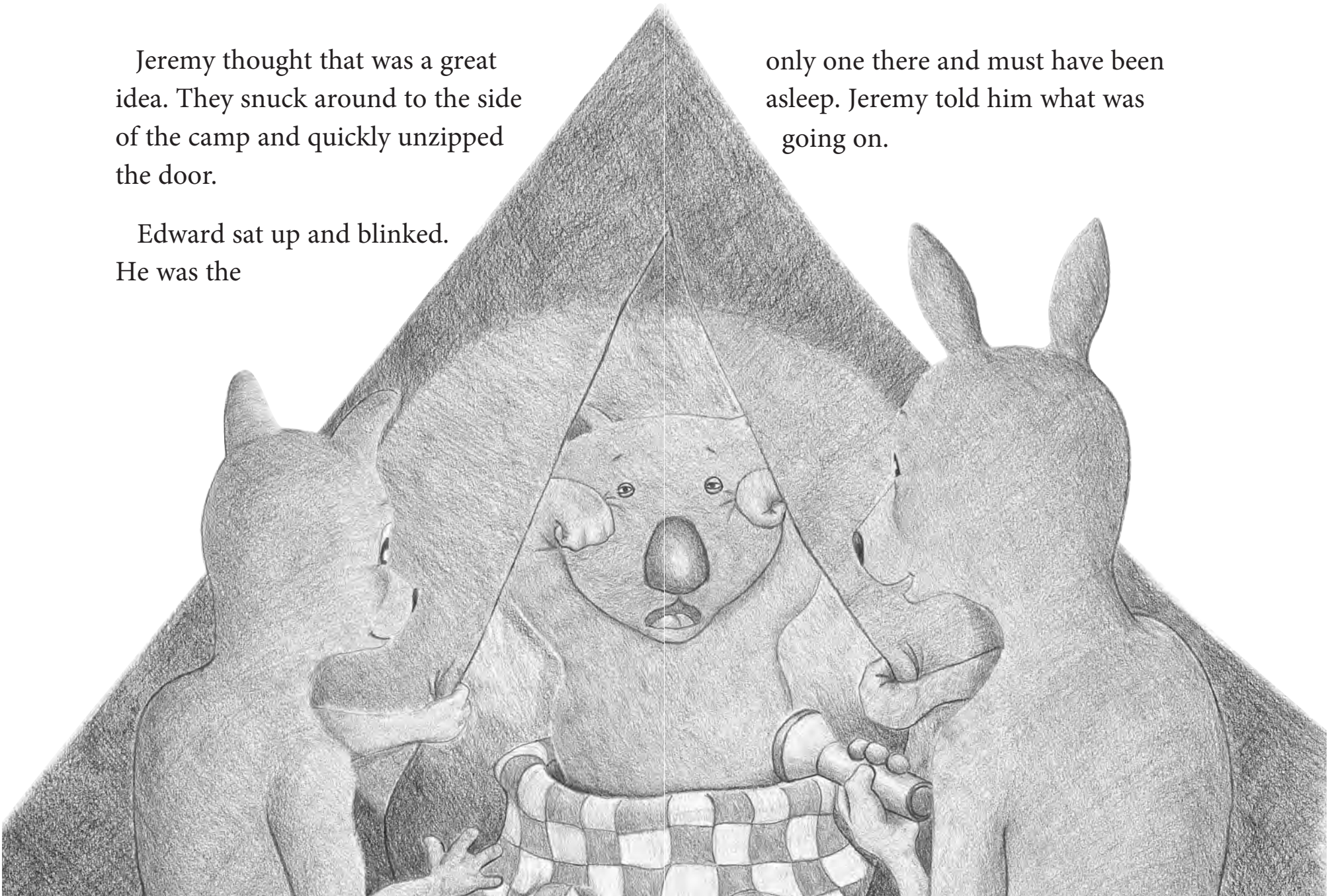
Jeremy started to feel better out in the fresh air. The moon was really bright so it was easy to look around the campsite. They could both see the teachers were still up but they didn’t want any problems.

‘Let’s go to Edward’s tent,’ said Bruno.

Jeremy thought that was a great idea. They snuck around to the side of the camp and quickly unzipped the door.

Edward sat up and blinked. He was the

only one there and must have been asleep. Jeremy told him what was going on.



'Stay here then,' yawned Edward.

The three boys were still talking quietly when they heard Miss Hoot's voice over at the other side of the campsite. She sounded angry. Jeremy and Bruno could hear Walter trying to give her an excuse for being there when he should have been in his own tent.

'So where are Jeremy and Bruno then?' she demanded.

Jeremy thought he was going to be busted. He could hear Miss Hoot flapping over towards their tent.

Chapter Eight

Edward's tent

Why didn't you come and get me?' asked Miss Hoot.

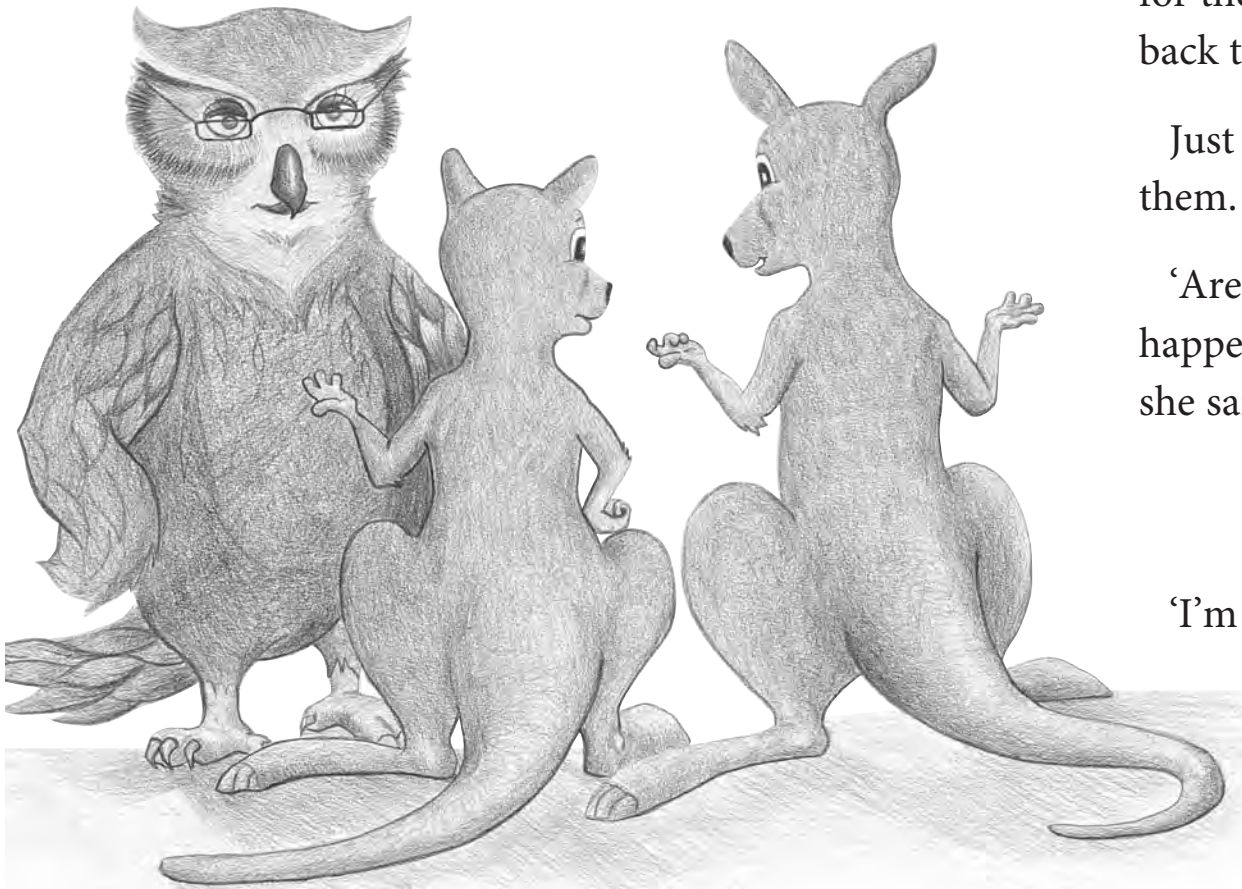
Jeremy didn't say anything. He just stood next to Bruno. They had just explained to Miss Hoot what had happened.

Miss Hoot smiled. 'You did the right thing by leaving the tent Jeremy. Well done!'

Just then Toby and William came running out of the other tent yelling and screaming. Walter had eaten too many lollies. He had just been sick

everywhere, all over the sleeping bags.

‘Gross,’ said Bruno holding his nose.



Miss Hoot frowned and strode off in Walter’s direction. Jeremy and Bruno knew that Walter, Toby and William were going to be in huge trouble.

‘You two can sleep in Edward’s tent for the rest of the camp,’ she called back to Jeremy and Bruno.

Just then Jeremy’s Mum raced up to them.

‘Are you okay Jeremy? I heard what happened. You don’t feel sick do you?’ she said. She looked really worried.

‘I’m fine Mum. I told you I can

take care of myself,' said Jeremy.

'With my help,' chimed in Bruno.

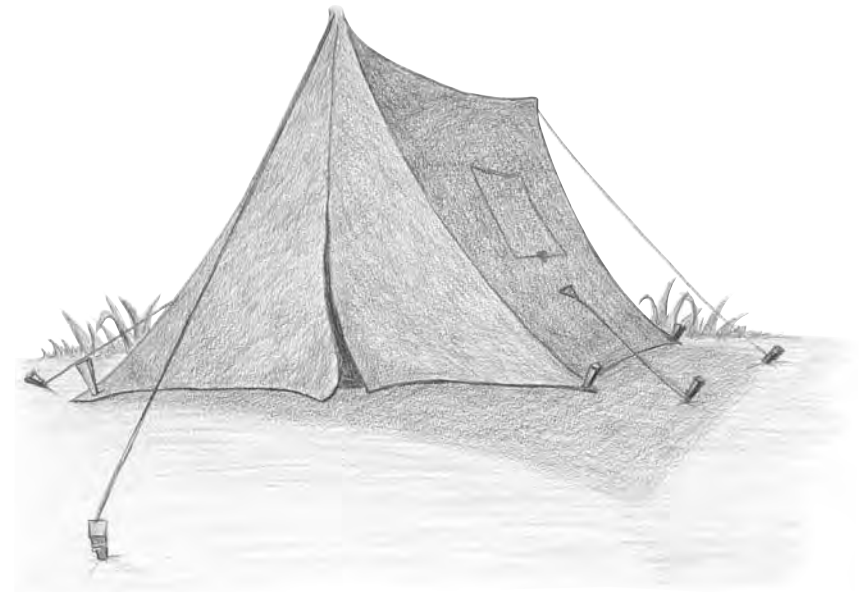
'Guess you can,' she said. 'Now, if you are sure you feel okay, you had better go back to Edward's tent and get some sleep. It will be a busy day tomorrow.'

Jeremy hoped his Mum wasn't going to kiss him goodnight in front of Bruno.

She didn't. She just gave him a quick hug.

'Come on,' said Bruno 'Let's go back and tackle Edward. I bet he has fallen asleep again by now.'

'For sure,' said Jeremy. He pushed Bruno aside and bounced off in the direction of Edward's tent.



Chapter Nine

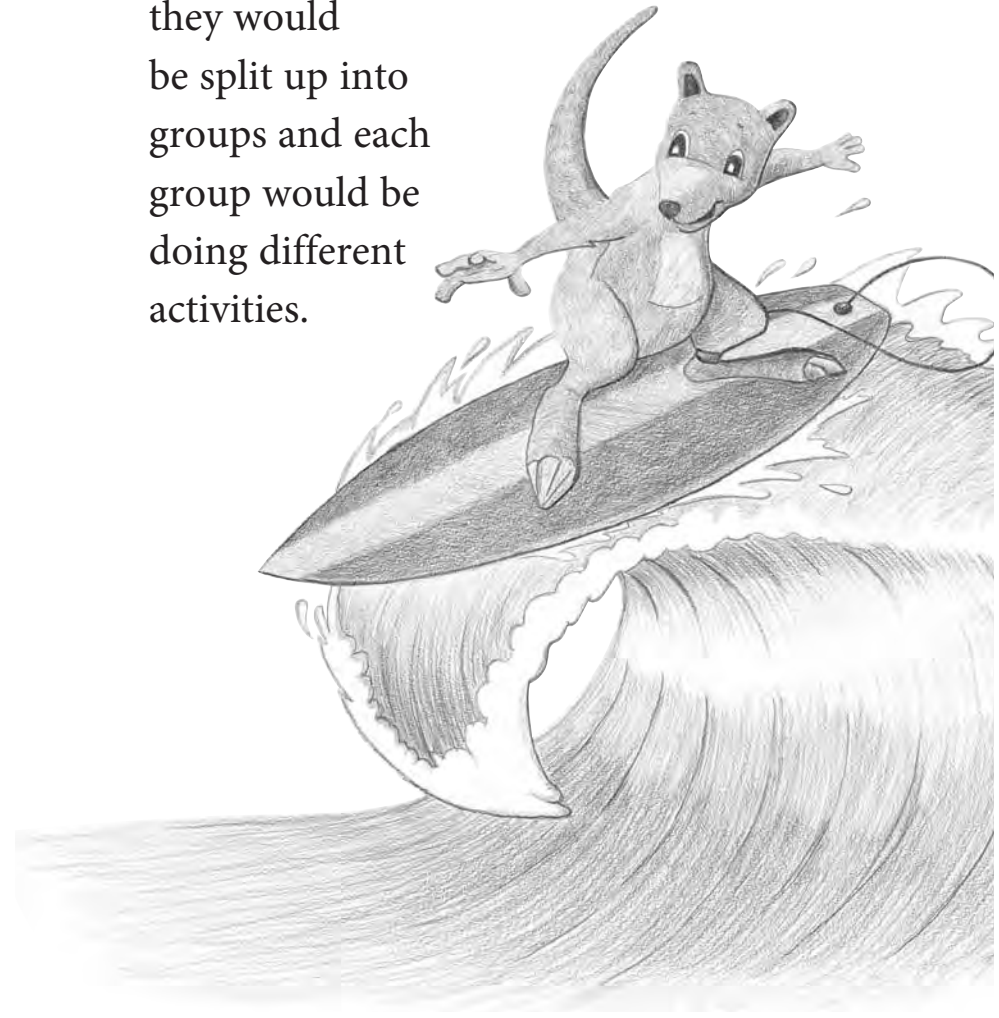
The Green Team

The next morning they had to get up really early. The sun was just coming up over the ocean. The waves were crashing loudly against the sand.

Jeremy, Bruno and Edward ran with everyone down to the beach where Miss Hoot was waiting for them. Jeremy looked around nervously for Walter but couldn't see him. Walter, Toby and William were still in trouble and had to miss the morning activities.

'Good morning!' Miss Hoot called loudly.

Everyone starting cheering when she explained that, after breakfast, they would be split up into groups and each group would be doing different activities.



Jeremy, Bruno and Edward were in the same group. They were the Green Team.

Jeremy couldn't decide whether he liked rock climbing or surfing better. He was having so much fun that the morning went really quickly. Soon it was lunchtime. He had to have a different dessert to everyone else but he didn't have time to worry about it – he had big plans for the sand sculpture competition that afternoon.

Lunch finally finished and they ran back down to the beach and found a good spot to make their sand skateboard.

'Ready, set... go!' yelled Miss Hoot.

The boys began to dig and worked furiously all afternoon.

Jeremy noticed Walter, William and Toby were back and working on a massive pile of sand over the other side of the beach with the Red Team but he couldn't see what they were building.

'Time's up!' Miss Hoot called after what seemed like no time at all.

Jeremy looked at their finished sculpture.

'It looks cool,' said Edward. Jeremy and Bruno agreed.

The Green Team then went around the sand looking at everyone else's sculptures. Lastly, they came to Walter, William and Toby's sculpture.

'Oh no!' cried Jeremy. 'Look!'

'You're kidding,' shouted Bruno.



The other boys had also built a massive sculpture... of a skateboard.

Chapter Ten

The last night

Miss Hoot was going to announce the winners of the contest at the campfire after dinner. This time, Jeremy was prepared. He took his own bag of marshmallows with him, the brand that is safe for him to eat.

Once everyone had found a seat around the fire, Miss Hoot stood up and cleared her throat to get attention.

'I am pleased to announce the winners of the sand sculpture competition,'

she said grandly. 'After much consideration we have decided to award two teams. Congratulations go to the Green Team AND The Red team for their excellent skateboards.'

Jeremy punched his paw in the air. Bruno and Edward were bouncing all over the place. Walter, William and Toby were cheering too. They all went up to Miss Hoot to get their prize. It was a small trophy and a bag of lollies each.

'Oh, Jeremy...' began Miss Hoot.

'I know,' said Jeremy. 'I have to check them before I eat them.'



Jeremy looked at the bag of lollies then turned and threw them over to Walter.

‘Hey Walter,’ smiled Jeremy. ‘You can have mine. I don’t want to get sick.’

Walter caught the lollies. He had two bags now and was already looking like he might throw up again just at the thought of eating them.

Everyone had started singing another campfire song. Jeremy bounced over and sat down next to his Mum.

‘I wish we didn’t have to go home tomorrow. I’m having such a great time,’ he said.

His mum laughed. ‘Me too,’ she said. ‘But don’t worry – there's another camp to look forward to next year.’



Anaphylaxis is the most serious form of allergic reaction which can be 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.

