



***Importance of School Nurse Education  
&  
How-To Strategies for Parents of Gluten-Free Kids***

*Brought to you by:  
Rudi's Gluten-Free Bakery*



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.

# Watch & Win!!

Three webinar participants will be randomly selected to win a prize pack from Rudi's Gluten-Free Bakery. Each winner will receive:

- 100% organic cotton t-shirt.
- Large canvas bag ready for your next grocery trip!
- Kitchen items, including a refrigerator magnet, a sticky note set to track your grocery list, and a clip to keep your Rudi's Gluten-Free Bakery bread fresh.
- 1\$ off coupon for your next Rudi's Gluten-Free Bakery purchase.



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Watch & Win!!

**Three more webinar participants** will be randomly selected to receive a prize pack of Rudi's newest gluten-free products. Each winner will receive:

- 1 bag of Rudi's Gluten-Free Multigrain Hamburger Buns
- 1 bag of Rudi's Gluten-Free Multigrain Hot Dog Rolls
- 1 bag of Rudi's Gluten-Free Pizza Crust



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Welcome!

## **Nina Spitzer**

- *Diagnosed with celiac disease 15 yrs ago*
- *President, Greater Phoenix Chapter of Celiac Disease Foundation*
- *Educator, SNAP (School Nurse Awareness Program)*
  - *Gluten-free consultant*
  - *Former schoolteacher*



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# *It's That Time of Year Again...*



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Understanding Your Rights

- Be proactive early on!
- Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990:
  - *Acknowledges that the disability may not require special education services but a plan is needed to ensure the student receives an appropriate education accommodating the disability within the classroom.*
  - *Law must accommodate a special diet, including a gluten-free diet, the only known treatment for celiac disease.*



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# 504 Plan: What You Need to Know

## **Requires a signed document from your child's physician that...**

1. Certifies celiac diagnosis
2. Explains foods that are off-limits
3. Gives details on food substitutions

## **Requires your child's school to...**

1. Review doctor's written documentation
2. Identify team of school officials that will ensure your child's safety
3. Notify key school personnel



# Meeting with the 504 Plan Team

*Identify team members, which may include:*

- ① School administrators
- ② Child's teacher
- ③ School nurse
- ④ Counselor
- ⑤ Psychologist
- ⑥ Cafeteria staff



# Meeting with the 504 Plan Team

*Prepare an agenda:*

- ① Define celiac
- ② Review safe vs. unsafe foods
- ③ Ask for copy of school menu & discuss appropriate modifications
- ④ Explain cross-contamination
- ⑤ Gluten-containing items other than food?
- ⑥ Gluten-ingestion signs and proper protocol
  - *Importance of individual needs!*
- ⑦ Urgency of restroom needs (if applicable)
- ⑧ Communications request



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Getting Your Child On-Board

- The most important team member!
- Your *positive attitude* can impact your child's *self-reliance* and *self-care*
- Teach your child how to be an *empowered advocate* for themselves:
  - Local support groups encourage sharing experiences
  - Sign up for a gluten-free cooking class
  - Valuable books



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Valuable Books

- ***Kids with Celiac Disease: A Family Guide to Raising Happy, Healthy Gluten-Free Children***; Danna Korn
- ***Gluten-Free Kids: Raising Happy, Healthy Children with Celiac Disease, Autism and Other Conditions***; Danna Korn
- ***The GF Kid: A Celiac Disease Survival Guide***; Melissa London
- ***Cilie Yack is Under Attack: A Story About a Boy with Celiac Disease***; Caryn Dalty
- ***Mommy, What is Celiac Disease?***; Katie Chalmers
- ***Adam's Gluten-Free Surprise***; Debbie Simpson
- ***Amy Goes Gluten-Free: A Young Person's Guide to Celiac Disease***; Hilarie Staton, MD, Alan M. Leichtner, MD, MPH, Athos Bousvaros, Joe Staton
- ***Nick and the Shrinking Inner Spaceship***; Marcia Schmitz, Nick



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# *Support from School Support Team*

*Important staff include:*

- ① Child's teacher
- ② School nurse
- ③ Cafeteria staff
- ④ School counselor



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Your Child's Teacher

- Front line of support!
- Will know when and how to react specific situations that arise:
  - *Alert you of upcoming events, i.e. field trips, parties*
  - *Suspicious art supplies in future lessons*
  - *Time of accidental gluten ingestion?*
  - *Is the school nurse truly merited?*
  - *Social issues of concern*
  - *Are your child's restroom needs different from others?*



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# School Nurse

- Supports the health needs of children with celiac disease
- Assist him or her by providing education
- Ability to handle accidental gluten ingestion:
  - *What is your child's comfort level?*
  - *Is a trip home warranted?*
- Keep an extra set of clothes in the nurse's office should a change be needed



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# School Nurse Education:

## *Importance of the School Nurse Beyond Support Team*

Best person to recognize undiagnosed celiac disease in school environment!

- *Chronic digestive problems*
- *Abdominal bloating*
- *Short stature*
- *Skin rashes*
- *Cognitive problems, i.e. inability to concentrate, lack of mental alertness*
- *Tooth enamel defects*
- *Canker sores*
- *Behavioral problems, i.e. acting out, mood changes*



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Cafeteria Staff

- Watchful eye on both ingredients & cross-contamination
- Create relationship so that staff contacts you when new, questionable items appear on menu
- Assistance in observance of cross-contamination at your child's lunch table
  - *As child gets older he or she will take on this responsibility*



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# School Counselor

- **Challenges of celiac go beyond deciding what foods to eat**
- Can come to your child's assistance if he or she is:
  - *Being teased*
  - *Not adhering to the gluten-free diet*
  - *Socially or emotionally challenged by the gluten-free lifestyle*



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Lunchtime at School

- Include child in planning of lunches!
  - *Decide on meals they will enjoy*
- School lunches
  - *Plan should be in place prior to start of school year*
- Packing a lunch
  - *Insulated lunch bag*
  - *Wide-mouth Thermos*
  - *Frozen ice packs*



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Gluten-Free Lunch Box Ideas

## ***Tried and True:***

- Peanut butter & jelly on cinnamon raisin bread
- Pizza
- Chicken nuggets
- Chicken Waldorf salad
- Sweet potato and avocado sandwich with poppy seed spread
- Don't forget leftovers!



***www.Glutenfreeville.com: 6 Tips + 75 GF School Lunch Ideas***



**www.CeliacCentral.org Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.**



# August 2010 Gluten-Free Lunch Calendar

Rudi's Rockin'  
Gluten Free  
School Lunch



Breads!

Pizza crust!

Rolls!

Buns!

**TIP!!** Add a side of  
fruits & veggies!!

We ♥ these  
companies!  
\* organic Valley  
\* organic Prairie  
\* Justin's Nut  
Butter  
\* SunShine Burger

Use any of our 6  
products to make  
your kid's lunches  
super fun, tasty,  
nutritious and  
Gluten Free!!

	Mon	Tue	Wed	Thu	Fri
	1 Cinnamon PB and J	2 Hoagie with our roll	3 Cheese pizza	4 Turkey and hummus	5 Veggie burger
	8 Tuna melt	9 Cheese sandwich	10 Hot dog	11 Cinnamon PB and J	12 Veggie pizza
	15 Turkey and cheese	16 Cheese pizza	17 Hoagie with our roll	18 Tuna melt	19 Veggie sandwich
	22 Cinnamon PB and J	23 Veggie burger	24 Veggie pizza	25 Cheese sandwich	26 Hoagie with our roll
	29 Hummus and bread	30 Veggie dog	31 Tuna melt		

[www.rudisglutenfreebakery.com](http://www.rudisglutenfreebakery.com)



Rudi's Gluten-Free Bakery



Rudi's Gluten-Free



# September 2010 Gluten-Free Lunch Calendar

Rudi's Rockin'  
Gluten Free  
School Lunch



Breads! Pizza crust! Rolls! Buns!

**TIP!!** color code your GF containers!

We ♥ these companies!  
\* organic Valley  
\* organic Prairie  
\* Justin's Nut Butter  
\* SunShine Burger

Use any of our 6 products to make your kid's lunches super fun, tasty, nutritious and Gluten Free!!

	Mon	Tue	Wed	Thu	Fri
				1 Turkey and hummus	2 Veggie burger
	5 Tuna melt	6 Cheese sandwich	7 Hot dog	8 Cinnamon PB and J	9 Veggie pizza
	12 Turkey and cheese	13 Cheese pizza	14 Hoagie with our roll	15 Tuna melt	16 Veggie sandwich
	19 Cinnamon PB and J	20 Veggie burger	21 Veggie pizza	22 Cheese sandwich	23 Hoagie with our roll
	26 Hummus and bread	27 Veggie dog	28 Tuna melt	29 Cheese pizza	30 Hoagie with our roll

www.rudisglutenfreebakery.com Rudi's Gluten-Free Bakery Rudi's Gluten-Free



# Snack Time

- Gluten-free granola or energy bars\*
- Shelled nuts
- Popcorn
- Fruit
- Crackers and cheese



*\*NFCA's Gluten-Free Status of Energy Bars, update Sept. 2011! CeliacCentral.org/nfcaresources*



www.CeliacCentral.org Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# ***Social Activities:*** *Opportunities to Plan Ahead*

- ***Field Trips:***
  - What part of the trip might involve food?
  - Call ahead & make arrangements
  - Option of staying back?
- ***School Parties:***
  - Be sure gluten-free items are on hand, for both your own child & their classmates



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Social Challenges of Being a Celiac (Gluten-Free) Student

*Remember...being a kid in school always has its social challenges. Eating gluten-free only adds to the challenges!*

- Stress the importance of not cheating
- Provide solutions
  - Example: What will they do if their friends offer gluten-containing items or suggest trading lunches?
  - School support team should be ready to step in and offer guidance



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Arts & Crafts

- Child's teacher needs to be "gluten-wise"
  - *Play Dough*
  - *Some glues and pastes*
  - *Some paints*
  - *Pasta/macaroni, Cheerios, Fruit Loops*
- Fingers can easily find their way to the mouth!
- As a parent, you can:
  - *Investigate*
  - *Offer substitution suggestions*



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Outside of School

**Venues may change, but needs are the same! Preparation is key.**

- ① Always anticipate by planning ahead
- ② Explain using positive language
- ③ Be prepared for possible accidental gluten ingestion
- ④ “Attitude Is Everything”



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Case Study: Rachel

- Today: 13 yrs old, 7<sup>th</sup> grade
  - 3 yrs old: diagnosed with Type I Diabetes
  - 5 yrs old: diagnosed with Celiac
- Example of positive attitude and good support system from Day 1!
- Accomplishments:
  - Karate black belt in March 2011
  - Avid traveler, including France, England & 19 States



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# You ask, We answer.



- ① How can I learn to teach the school nurses in my area?
- ② What's the best way to deal with teachers who use food as treats?
- ③ What are some tips for managing home economics class for middle school kids?
- ④ How can we care for the confidence, comfort and self-esteem of our gluten-free or allergic children to make them feel included?



# Ambassadors for Celiac Disease



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Ambassadors for Celiac Disease


**About NFCA** **Celiac Disease** **Resources** **News** **Events** **Education** **Act Now**

**DONATE**  
**VOLUNTEER**  
**ADVOCATE**  
**SHARE**

## CELIAC DISEASE AWARENESS NEEDS YOU!

Our dedicated volunteers, generous contributors, and involved community members are key players in the NFCA's success. There are several ways to lend a hand!


### Donate



NFCA aims to be the cornerstone in funding for awareness, education, screening and treatment of celiac disease. Your support will provide the funds to make that happen.

Most Popular: [Donate Online](#)

### Volunteer



Whether you help at an NFCA event, host your own fundraiser or distribute brochures, your efforts will be appreciated. Join the 700+ people helping the cause!


Start now: [Sign-up to be a Volunteer](#)

### Advocate



Read about the latest regulatory action related to celiac disease and the gluten-free market. Join the NFCA in advocating for celiac disease through the legislative process.

### Share Your Story



One of the most powerful tools that we have in the fight to raise celiac awareness is the personal story of those with it. Tell us yours!

Tell NFCA: [What's your celiac story?](#)



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Ambassadors for Celiac Disease

NATIONAL FOUNDATION for CELIAC AWARENESS

How to Help:  
Donate Volunteer Educate

Questions?  
Contact Us



Join our mailing list

Donate

About NFCA

Celiac Disease

Resources

News

Events

Education

Act Now

Search

Search

DONATE

VOLUNTEER

- Volunteer for NFCA
- **Host a Fundraiser**
- Distribute Brochures
- All-Stars

ADVOCATE

SHARE

## CUPCAKE PARTIES

### Indulge and raise funds for celiac awareness!

The National Foundation for Celiac Awareness (NFCA) and Pamela's Products would like to invite you to host a cupcake party to benefit celiac disease awareness and research. Gluten-free cupcake parties are a fun and easy way to help raise awareness.

#### Here is how:

- Use the Cupcake Party sign-up form below.
- Invite 10-15 guests and kindly ask them to bring a \$15 donation to help fund celiac disease awareness and research.
- Pamela's Products will provide you with baking mixes, frosting, recipes and other goodies to have fun baking and decorating the cupcakes with your friends. (Add some competition to the mix and make it an "Iron Chef" style bake-off!)
- Take some pictures of the cupcakes and the event so we can post them.
- Send NFCA the donations collected and know that you have helped make strides to fund celiac disease awareness and research.



Need inspiration? [Read about Cupcake Party successes.](#)

Host Name \*

Phone Number \*

Shipping Address (No P.O. Boxes Please) \*

#### PATIENT INFORMATION

Do You Have Celiac Disease?  
[Celiac Symptoms Checklist](#)  
Already Diagnosed?  
[Celiac Resources](#)

#### TRAINING & EDUCATION

Health Care Professionals  
[Celiac CME Central](#)  
Food Industry Professionals  
[GREAT Foodservice](#)  
Patients & Professionals  
[Free Webinars](#)

#### CELIAC LIVING

Celiac Diet Information  
[Guides and Resources](#)  
Gluten-Free Cooking  
[Recipes & Meal Ideas](#)  
Celiac Shop  
[Celiac Books and Products](#)

#### NEWS & UPDATES

[News Feeds & Blogs](#)

[Celiac Central Newsletter](#)

#### CONNECT WITH NFCA



#### SPONSORS & PARTNERS

Advertisement



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Resources

- Rudi's Gluten-Free Recipe Box
  - [CeliacCentral.org/rudisrecipes](http://CeliacCentral.org/rudisrecipes)
- New Alternative Appetites Video featuring Rudi's recipe
  - [CeliacCentral.org/cookingvideos](http://CeliacCentral.org/cookingvideos)
- Schools & Parenting Printable Guides
  - [CeliacCentral.org/nfcaresources](http://CeliacCentral.org/nfcaresources)
    - 504 Roadmap
    - Letter to Educator
    - Physician's Letter
    - College Resources
- Gluten-Free Blogger List
  - <http://www.celiaccentral.org/bloggers/>
    - Lots of kid and parent friendly writers, recipes!



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.



# Kids Central

- **NFCA's newest section on CeliacCentral.org – just for gluten-free kids (and parents, too!)**

- Games
- Guides
- Articles
- Fundraising – Sign up now to join NFCA's kids letter writing fundraiser!

- **Coming soon...**

- Celiac and gluten-free basics for kids
  - Vocabulary List
  - Reading List
- Kid-friendly gluten-free recipes
- Pep Talks (Tips for different age groups and social situations)
- Kid Q&As
- Gluten-Free Hot Products for kids
- And more!



# *Thank You!*

Questions? Comments?

We want to hear from you.

[kvoorhees@CeliacCentral.org](mailto:kvoorhees@CeliacCentral.org)



[www.CeliacCentral.org](http://www.CeliacCentral.org) Restoring Health ... Reclaiming Lives.  
National Foundation for Celiac Awareness 2011. All rights reserved.

