

Spelling Bee Competition

Organising a Spelling Bee at school is a great way for your pupils to learn new words and raise money for Anaphylaxis UK at the same time. Win-win!

You can make this as big or small as you like; whether it's a simple class Spelling Bee during a lesson, or hosting an event and invite parents/carers along. Ask for a contribution from pupils to take part and pop it in your Anaphylaxis UK fundraising pot.

What is a Spelling Bee?

A Spelling Bee is a competition which encourages children to learn key spelling words to compete in a friendly and supportive environment. Every child is supported to take part.

Participants are asked to spell words in a round-robin format, where each pupil gets a turn to spell a word that is suitable for their level.

Remember, the aim of the game is to have f-u-n!



It's as easy as A Bee C. Here's how to get started...

➔ Set a date for your Spelling Bee and allow the class enough time to learn their words.

➔ Consider a time limit (e.g. 1 minute) for pupils to spell their words so that your contest moves along without any undue delay. Perhaps you could give your spellers time warnings, if needed, and ring a bell when their time is up.

➔ Think about the running order; will it be first names alphabetically, or choose a name randomly from a hat?

➔ When you're ready to start, the teacher/reader should pronounce the word clearly, then use it in a sentence, then read the word again, clearly. For example, for the word 'celery', the reader would say: *Celery. One of the 14 major allergens is celery, which is a vegetable with long, pale green stalks. Celery.*

➔ The pupil then attempts to spell the word correctly and clearly.

➔ If a pupil spells a word correctly, they remain in the game, and await their next turn. If the pupil spells a word incorrectly, they are eliminated and the next participant is given the same word to spell, continuing down the line until the word is spelled correctly.

➔ Keep playing until only one participant is still standing (unless it's a tie!). Applaud the winner(s), take a bow, and present our special Anaphylaxis UK Spelling Bee Certificate.

➔ After the contest is over, take the time to talk to the class about the contest. Ask them what was the most difficult spelling, the easiest and some of the word definitions to start the conversation about allergies.

Key Stage 1

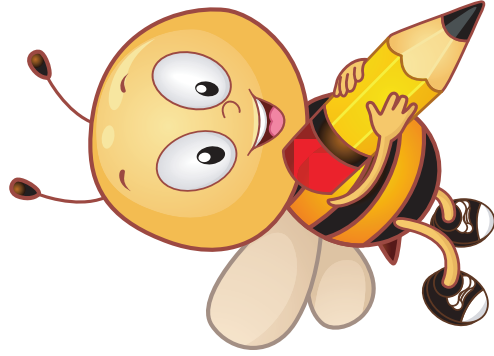
WORD	DESCRIPTION
Bee	A winged insect that collects nectar and pollen, and produces wax and honey
Nut	A fruit consisting of a hard or soft shell that grows on trees – like almonds, hazelnuts and cashews – and one of the 14 major allergens
Egg	A food produced by chickens and other birds, and one of the 14 major allergens
Milk	A white liquid that we can drink, and one of the 14 major allergens
Food	A substance that people and animals eat to give them energy
Soya	A food ingredient made from the soya bean and one of the 14 major allergens
Wasp	A flying insect, with black and yellow stripes around their abdomen, that can sting
Lupin	A popular garden flower with tall, colourful spikes. The seeds from some lupin can be eaten as food and one of the 14 major allergens
Sting	A reaction which may hurt when an insect touches your skin
Dairy	A food made from animal milk, like cheese and butter
Peanut	A legume, or pod, of the peanut plant that ripens underground and is one of the 14 major allergens
Gluten	A protein found in some cereals – like wheat, barley, and rye – and one of the 14 major allergens
Celery	A vegetable with long, pale green stalks and one of the 14 major allergens
Allergy	A reaction your body has to something that's normally harmless like food, insect stings or pollen. The symptoms can be mild, but for some people they can be very serious

Key Stage 2

WORD	DESCRIPTION
Sting	A reaction which may hurt when an insect touches your skin
Gluten	A protein found in some cereals – like wheat, barley, and rye – and one of the 14 major allergens
Peanut	A legume, or pod, of the peanut plant that ripens underground and is one of the 14 major allergens
Celery	A vegetable with long, pale green stalks and one of the 14 major allergens
Sesame	A plant with small flat seeds, used to make oil or as an ingredient in cooking, and is one of the 14 major allergens
Allergen	A food or substance – such as animal fur, pollen, dust – that can cause an allergic reaction
Reaction	A response to a situation or influence. An allergic reaction is caused by a release of chemicals in the body when exposed to an allergen
Medicine	A substance to keep people healthy and to help heal those who are unwell
Symptoms	Something you experience when you are unwell, such as a tummy ache, temperature, sickness or rash
Awareness	Knowing and understanding something that is happening or exists
Adrenaline	The first treatment given to someone having a severe allergic reaction
Ingredient	One part of a mixture. For example, if we're making a cake, flour is one ingredient you'll need
Crustacean	An animal that usually has an exoskeleton, such as crab, lobster, or prawn
Anaphylaxis	A severe allergic reaction that can be life-threatening



Congratulations on completing The Spelling Bee



This certificate is presented to

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