



Reynella Primary School

ALLERGIES and NUT AWARENESS POLICY

Context:

We have students in our school with a life-threatening food allergy – anaphylaxis to nuts. This is a medical condition that causes a severe /even fatal reaction to specific foods. These reactions can be triggered by contact, ingestion or inhalation. There is also a huge concern in regard to contamination of equipment whether this is play equipment, desks or other classroom materials.

Purpose:

- To raise awareness regarding severe allergies and to provide a safe learning environment for all members of the Reynella Primary School community.

The policy will be managed by:

- Parents and caregivers being requested **NOT** to send food to school that contain nuts. This includes peanut paste, nutella, all nuts and cooking oil containing peanut oil, as well as foods containing nuts.
- Students being encouraged **NOT** to share food.
- Students being encouraged to wash hands after eating.
- Staff supervising eating at lunchtime. When teachers notice nut product being bought into the classroom the identified child will be sent to the front office to eat their lunch. All children will be encouraged to wash their hands.
- Staff being made aware of students and staff who have anaphylactic responses, including nut allergies.
- Staff participating in first aid training in understanding and dealing with Anaphylaxis (severe allergic reactions) as the need arises.
- School lunch providers complying with the Nut Awareness Policy.
- Parents and caregivers being requested **NOT** to send boxes that have previously contained nut products, e.g. cereal boxes, muesli bars with nuts, cake boxes, biscuits.

The policy will be promoted by:

- Parents and caregivers being informed via the newsletter at the commencement of each school year.
- New families to the school community being informed via the Enrolment Information Package.
- Governing Council being informed and ratifying the policy.
- Staff being reminded of their duty of care and provided with training opportunities.
- Students being informed via teachers and the newsletter.

Management of Students with Nut Allergies

Students who have been identified by a doctor as having anaphylaxis as a result of a nut allergy will be required to submit to the school a Health Care Plan.

Clear instructions as per the health care plan are distributed in the:

- Class folder handed out at the beginning of the year
- NIT teachers' folders, handed out at the beginning of the year
- Relief teachers' information folder – clearly identified in red
- Yard duty bags contain a photo of the child and instructions of what to do when a reaction occurs

Epipens are stored in the front office under each child's name. They are checked at the end of the year to ensure they have not expired. There is a spare Epipen in the front office for emergencies.

All staff are trained in First Aid and Front Office staff are trained in Senior First Aid.

This school acknowledges that due to food processing practices it is impractical to eliminate nuts or nut products entirely from an environment where there is food. Many food packaging labels include the phrase 'may contain traces of nuts'. Foods with packaging labels that contain the phrase 'may contain traces of nuts' are acceptable. Thus Nut "Aware" School.

Allergies and Nut Awareness

What is Anaphylactic Shock?

An anaphylactic reaction is a very severe and sometimes life threatening reaction that occurs when some people are exposed to particular products eg peanuts, dairy, eggs, fish and sesame seeds to name a few.

How is Anaphylactic Reaction Treated?

All children who have an anaphylactic reaction have an Emergency Plan that we also use at school to ensure the most effective treatment is provided for any of the children concerned. This will involve administering an adrenaline injection, giving antihistamine and calling an ambulance.

Why we are a nut aware environment.

We currently have children who have anaphylactic reactions to nuts. These reactions can be triggered by contact, ingestion or inhalation. There is also a huge concern in regard to contamination of equipment whether this is play equipment, desks or other classroom materials. For example if a child ate a peanut butter or Nutella sandwich and touched the play equipment, a child with a severe allergy could suffer an anaphylactic reaction from touching the same equipment. The resulting medical emergency could be avoided by minimising exposure to nuts.

Two of the hardest things for parents of a child at risk of anaphylaxis to do are:

- send their child to school and try to allow them to have as normal childhood as possible
- get other people to believe just how real this allergic reaction can be. Often other people believe that parents are over-reacting and are neurotic.

Unfortunately, when we have a child at risk of anaphylaxis we can never afford to be blasé. We are requesting that families try to understand this situation and assist us to minimise risk of exposure of these children to nuts by not sending foods to school that contain nuts.

In line with other local schools, Morphett Vale East and Hallett Cove Schools, we are also bringing in nut aware guidelines. We see this as another opportunity to show concern and care for others within our community and enact our 'duty of care' to children.

For more information log onto www.allergy.org.au

What products are identified as presenting a high risk for students with a severe allergy to nuts?

Please read labels carefully to help keep all of our children safe.

FOOD

Nutella, peanut paste, nuts

Any snack including nuts.

PRODUCTS

Any boxes that have previously contained nut products:

cereal boxes

- muesli bars with nuts

- cake boxes

- biscuits



**Government
of South Australia**

Department for Education