



## Statement:

From time to time, we may have students in our school with life-threatening food allergies to nuts resulting in an anaphylactic response. This is a medical condition that causes a severe, potentially fatal reaction to specific foods. These reactions can be triggered by contact, ingestion or inhalation. **From term 3 2023, we have students in our school with this medical condition.**

## Allergic Reactions:

Some allergic reactions to nuts can happen immediately or a person may not feel anything until a few hours after eating food containing nuts or being exposed to the protein.

Most reactions can

- Affect the skin - in the form of red bumpy rashes (hives) or redness and swelling in the mouth
- The gastrointestinal tract – in the form of belly cramps, diarrhoea, nausea or vomiting
- The respiratory tract – symptoms can range from a runny nose, itchy, watery eyes & sneezing to the triggering of asthma with coughing and wheezing, difficulty breathing and some throat swelling
- **In severe cases** nut allergies can cause anaphylaxis – a sudden, potentially severe allergic reaction that can involve various symptoms in the body. This can cause a person's blood pressure to drop, airways to narrow and tongue to swell, resulting in serious breathing difficulty, loss of consciousness and in some cases, even death

## The Nut 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 before and after eating
- Staff supervising eating at lunchtime. If teachers notice a nut product being brought 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. Parents will be reminded that nut products are not to be brought to school
- Staff being made aware of students and staff who have allergic and anaphylactic responses to nuts
- 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 / caregivers will be informed via the newsletter at the start 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

## **Responsibilities**

### **Students:**

- Don't share food
- Don't bring nut and nut products to school
- Wash hands after eating
- Get help immediately if a school friend has a reaction

### **Staff:**

- Don't bring nuts/nut products to school
- Wash hands after eating

**ALWAYS TAKE  
NUT  
ALLERGIES  
SERIOUSLY**

### **Parents / caregivers of students with nut allergies:**

- Must inform the school of their child's diagnosis and provide updated information and how their child's allergy is managed
- Must provide a copy of a Health Care Plan
- Must provide an adrenaline auto injector (i.e. EpiPen) and/or any other medication that has been prescribed, it must be clearly labelled and within date
- Must replace their adrenaline auto injector (i.e. EpiPen) and/or any other medication that has been prescribed, before the expiry date or when used (dates to be checked each school term)

### **Parents / caregivers of all students:**

- Will be requested NOT to send foods containing nuts to school as they have been identified as posing a significant risk to children in the class/school
- Are requested NOT to bring nuts or nut products on to school grounds, either for personal consumption or if bringing food to share for community events (eg bake sale)
- Are requested to check with their child's teacher before providing food to share with the class

### **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
- Specialist teachers, relief teachers and pre-service teachers will be informed of students with allergies during their induction
- 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. Office staff to ensure the EpiPen is current and alert families to provide a new one prior to the expiration date
- All 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.*