



St Mary's Primary School Bairnsdale

Nut Aware Policy

The 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, hence the reference to "Nut Aware" school.

Purpose:

- To provide a safe learning environment for all members of St. Mary's Primary School.
- To raise awareness of all members of the community regarding severe allergies.

Food allergies affect approximately 1 in 50 children and it is likely that at school children will encounter and may accidentally ingest one of the many products which cause an allergic reaction. Students with a food allergy may react to tactile (touch) exposure or inhalation exposure. Not every ingestion exposure will result in Anaphylaxis but the potential always exists. This means we encourage parents, children and staff to avoid bringing foods that contain nuts (especially peanuts) to school. Products that contain nuts include:

- Nuts
- Peanut butter
- Nut spreads such as Nutella
- Some fruit and nut bars and muesli bars
- Some biscuits and cakes
- Chocolates and any other products that have nuts listed in the ingredients

Preventative Strategies:

School Community Responsibilities

- All parents/guardians of students in the school to be notified that there is a student/s with a life threatening food allergy and the foods which cause this allergy. Notification sent home with a list of foods that should not be brought to school
- Reinforce appropriate avoidance and management strategies
- **Ensure a Health Care Plan contains a photo and relevant information of the child is in the first aid room and provided to the child's teacher**
- Individual classes may need to develop class specific measures
- Ensure that food ordered through lunch orders are sensitive of the Nut Aware Policy
- Provide additional information to classes with children who have had a previous Anaphylactic reaction to nuts
- New families are informed of this policy when starting at school, with reminders at our Orientation Day and on Parent Information nights
- Keep an Epi-pen in an agreed area and have staff member responsible for checking expiry date of Epi-pen
- Discourage parents sending in "food" as a treat or celebration for an entire class

Parent Responsibilities

Parents/Caregivers of children with previous Anaphylaxis:

- Prior to entry into school (or, for a student who is already in school, immediately after the diagnosis of a life-threatening allergic condition), the parent/guardian should meet with the school to develop an individualised Anaphylaxis plan

- Provide the school with a Health Care Plan with a documented plan for first aid response
- Provide an Epi-pen to the school for use with their child. They will need to ensure that the Epi-pen is clearly labelled and not out of date, and replace it when it expires or after it has been used. It must be kept in a clearly defined location agreed to by parents and school.
- Provide written authorisation for the school to administer the Epi-pen or other medication or to assist a child to administer the medication.
- The name and contact detail of the doctor who signed the Health Care Plan
- Support the class teacher/s and other staff in implementing the Health Care Plan.
- Teach and encourage children to self-manage.

All parents are asked to support the Nut Aware Policy by:

- Being sensitive and supportive to the needs of students with a history of Anaphylaxis
- Providing children with healthy food options that do not contain nuts
- Encouraging children to wash their hands before and after eating

Staff Responsibilities

All staff are asked to support the Nut Aware Policy by:

- Incorporating it as part of the class health and hygiene program
- Wash hands before and after eating
- Teaching children the importance of washing their hands before and after eating
- Maintain Nut Aware supervision at eating times and discourage students from sharing food
- Consider the policy when catering for camps and excursions
- Take Epi-pen, medications and Medical Plans on camps, excursions, sporting events and water safety program. If the classroom teacher is not attending the event it is their responsibility to relay relevant information and medication to the attending staff member
- Have up to date training in:
 - What is an allergy?
 - What is Anaphylaxis?
 - What are the triggers for allergy and Anaphylaxis?
 - How is Anaphylaxis recognised?
 - How can Anaphylaxis be prevented?
 - What should be done in the event of a child having a severe allergic reaction?
 - Epi-pen use.

Promoting the Nut Aware Policy:

The policy will be promoted by:

- Contacting parents via note pro-forma when food containing nuts is sent in to remind them of school policy.
- Parents and caregivers being informed via the school newsletter.
- New families to the school community being informed via the Enrolment Information Package.
- Staff being informed and provided with training opportunities.
- A treatment information poster will be displayed in the first aid and staffroom outlining the treatment system:
 - Lie child down and reassure,
 - Take out of container, check solution is clear in colour,
 - Pull off grey cap, place black tip or pen on outer thigh at right angles to leg,
 - Press hard into thigh until auto injection functions, it will click. Hold for 3 seconds,
 - Remove Epi-pen and place in container (avoid needle stick injuries),
 - Cover injection site with Band-Aid (avoid contact with blood),
 - Reassure child, keep calm and warm,
 - Note the time Epi-pen was given and send with child to hospital.

NB. An ambulance must be called immediately a child who is known to have severe allergies displays symptoms.

REVIEW

Implementation: May 2020

Updated: May 2023

Review: May 2025