

Nut Aware Policy

General Statement:

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 causes 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.

Definition:

Anaphylaxis is a severe form of allergic reaction which is potentially life threatening. It can be fatal within minutes; either through swelling that shuts off airways or through a dramatic drop in blood pressure. There are many causative agents for anaphylaxis with nuts often being the precipitative factor.

Anaphylaxis is preventable. Avoidance of specific triggers is by far the best option. Management is via immediate injection of adrenaline and emergency transfer to hospital.

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

Rationale:

- Our aim is to provide a safe learning environment for all people in our school community. To support this, Jackson School is a 'Nut Aware School'.

Aims:

increase our community awareness in order to minimise the risk of children and staff with documented allergies to nut products.

Our school has developed and will maintain a whole-school action and implementation plan when dealing with critically life threatening allergies.

Implementation:

Prevention Strategies

School Community Responsibilities

- A list of foods that should not be brought to school.
- Reinforce appropriate avoidance and management strategies
- Keep updated Health Care Plan information and a photo in the relevant medical management plan folders
- Individual classes may need to develop class specific measures
- Ensure that the café is sensitive to Nut Awareness
- Provide necessary training to staff
- Ensure any donated food items for fun days and 'treats' are labelled with 'this product may contain nuts'
- New families are informed of this policy when starting at the school, with reminders published regularly in the newsletter
- Keep an Epi-pen in an agreed on area and have a staff member responsible for checking expiry date of Epi-pen

Parent / Carer Responsibilities

Parents/Caregivers of children with 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 details 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.

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
- Considering the Nut Aware Policy when sending food to school for shared functions, e.g. birthday cakes, class parties

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 and swimming lessons. If the classroom teacher is not attending the event it is their responsibility to relay relevant information and medication to the attending staff member
- Reminding students and parents of the Nut Aware Policy prior to school events where food is available for sharing

- 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

Evaluation:

This policy will be reviewed every 3 years or more often if necessary due to changes in regulations or circumstances.

Ratified by School Council: _____

Review Date: _____

School Council President

Jackson School Principal