

NUT AWARE POLICY

RATIONALE

Our aim is to provide a safe learning environment for all people in our school community.

To support this, Bellevue Heights Primary School is a 'Nut Aware School'. This policy aims to increase our community awareness regarding nuts at school, in order to minimise health risks including anaphylaxis to children with documented allergies to nut products.

WHY? Anaphylaxis is a severe form of allergic reaction which is potentially life threatening. 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.

This means that we encourage parents, children and staff to avoid bringing foods that contain nuts to school. Products that contain nuts include:

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

The school acknowledges that it is impractical to ask parents not to send food which states 'may contain traces of nuts' on the label. This nut aware policy applies to those ingredients specifically listed on the product label.

SCHOOL RESPONSIBILITIES

- Reinforce appropriate avoidance and management strategies.
- Keep updated Health Care Plan information and a photo in the relevant class roll book and the first aid room.
- On advice from a Health Care Plan, individual classes may need to develop class specific measures.
- Ensure that the canteen and other school lunch providers are sensitive of the Nut Aware Policy.
- Provide additional information to classes with children who have had previous anaphylaxis to nuts.
- Ensure that any food items donated for school events such as sports day, fundraising events, etc are labelled with 'this product may contain nuts', and wherever possible ask that a list of ingredients be provided.
- Ensure families from EALD backgrounds are made aware of the Nut Aware policy and understand about the severity of anaphylactic reactions.

PARENT RESPONSIBILITIES

Parents/caregivers of children with previous anaphylaxis:

- Provide the school with a Health Management Action Plan that documents first aid response and an Epi-pen to be kept in a clearly defined location agreed to by parents and the school.
- The name and contact details of the doctor who signed the Health Management Action Plan.
- Support the class teacher/s and other staff in implementing the Health Management Action Plan.

All Parents are asked to support the school's 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 eg birthday cakes or class parties.

STAFF RESPONSIBILITIES

All Staff have a duty of care to support the school's Nut Aware Policy by:

- Being aware of Health Management Action Plans for anaphylactic students in their direct care and know where Epi-pens are stored.
- Incorporating it as part of the class health programme.
- Teaching children the importance of washing their hands before and after eating.
- Considering the policy when catering for camps / sleepovers etc.
- Reminding students and parents of the Nut Aware Policy prior to school events where food is available for sharing and / or purchase.
- 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:

- Informing parents and caregivers via the newsletter.
- Publication on the school website.
- Informing families new to the school community via the Enrolment Information Package.
- Providing staff with regular training opportunities in the use of Epi-pens.