



# WOODSIDE PRIMARY SCHOOL



Government  
of South Australia

Department for Education

P: (08) 8389 7083 E: dl.0495\_info@schools.sa.edu.au W: www.woodsideps@sa.edu.au

## WPS Allergies and Nut/Dairy Aware School Policy

### Context

We have students in our school with a life-threatening food allergy – anaphylaxis to nuts and dairy. 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.

### Rationale

The policy is founded on the belief that DfE requires schools to promote and construct learning environments that are safe and supportive. Students and staff may have anaphylactic (severe allergic) conditions, that include nut and dairy allergies. This means that exposure at school may constitute a risk to their health and wellbeing. It is not possible to guarantee that the environment will be completely free of potential hazards due to current food processing practices. The emphasis is therefore on raising awareness and adopting the reasonable procedures termed as 'Allergy and Nut/Dairy Awareness'.

### Purpose

- To raise awareness regarding severe allergies for all members of the Woodside Primary School community and show care and concern for others within our community
- To provide a safe and inclusive school environment for all members of the school community
- To support families of children who send their child to school and try to allow children with severe allergies to feel as safe as possible.

### The Nut/Dairy Aware policy will be managed by:

- Parents and caregivers being requested not to send food to school that contain nuts/dairy where possible.
- Students actively being encouraged not to share food.
- All students being encouraged to wash hands thoroughly after eating.
- All staff being made aware of students and staff who have anaphylactic responses, including nut/dairy allergies.
- Staff participating in first aid training in understanding and dealing with Anaphylaxis (severe allergic reactions) as the need arises.
- Staff supervising eating at recess and lunchtime. Supervise students during eating time and being vigilant in regard to this policy. Students who bring food to school that contains nuts or nut products or dairy will be asked to eat food away from other students and to wash hands before going to play.
- Liaise and support the Canteen staff to comply with Allergy and Nut Awareness policy.
- To inform parents of Woodside Primary School's Allergies and Nut/Dairy Awareness Policy when they enrol their children
- Ensure school community is regularly informed via newsletters and other correspondence about our Allergies and Nut/Dairy Awareness Policy
- Inform students and their families when there is a student in the class with severe allergic reactions
- Governing Council endorses and supports this policy



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## Management of students with Nut/Dairy allergies

- Students who have been identified by a doctor as having anaphylaxis as a result of a nut/dairy allergy will be required to submit to the school a Health Care Plan.
- Clear instructions as per the health care plan are distributed to the
  - Class and Specialist teachers at the beginning of the year
  - Relief teachers' as part of their daily instructions
  - Yard duty bags contain a photo of the child and instructions of what to do if a reaction occurs
- Letter sent to all parents with a child in the same class with a child with an allergy. (See Example at end of this policy). Alternative letter sent to rest of school community.
- Epipens are stored in various locations around the school as negotiated with parents in the Health Care Plan and clearly labelled with 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 some staff are trained in First Aid Level 4.

***This school acknowledges that due to food processing practices it is impractical to eliminate nuts or nut products or dairy 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/Dairy "Aware" School.***

***Policy developed October 2020***

## 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 can involve administering an adrenaline injection (epipen), giving antihistamine and calling an ambulance.

## Why we are a nut aware environment.

We currently have children who have anaphylactic reactions to nuts and dairy. 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 or cheese or yoghurt 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/dairy.

## 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



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- Get other people to believe just how real this allergic reaction can be. Often other people believe that parents are over-reacting.

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/dairy by not sending foods to school that contain nuts/dairy.

Example letter to parents of children in class with a child with a severe allergy - delete references to nut or dairy depending the allergy.



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Dear Parents/Caregivers

This year a student in your child's class has a severe allergy to nuts/dairy. If this student eats or comes in contact with these foods, he/she may experience a severe anaphylactic reaction, requiring emergency medical care and hospitalisation. He/She can also have an allergic reaction merely from being near such products.

The child's specialist has provided the school with a Health Care Plan, which recommends that the student's environment is kept free of nuts/dairy and nut/dairy products. It is strongly recommended that children in the school and particularly this class, do not eat food that the child is allergic to, while at school. We have a duty of care responsibility to maintain a safe environment for children with severe allergies by putting in strategies to minimise risk of exposure to known allergens.

The nut products concerned include: nuts and any other product with nuts as an ingredient. Nut products include peanut butter, Nutella, muesli bars, cookies or biscuits with nuts in them, chocolate with nuts in it and other items of food with nuts or crushed nuts present.

Any packaged food which states "this item may contain traces of nuts" is acceptable. Only food with obvious nut content causes greatest risk for the student.

A "no sharing of food" policy will be followed in the class and is intended to further safe-guard the child concerned and other students with mild food allergies. We ask that you reiterate this point with your child.

All children will be encouraged to wash their hands after eating. The child's family greatly appreciates your support for their child's wellbeing.

Please sign and return the slip below to the class teacher as soon as possible. If you wish to discuss this matter further, please contact one of the Leadership Team.

Yours sincerely,

Cassie Ackland  
Principal

Class Teacher

.....  
WOODSIDE PRIMARY SCHOOL: Allergy Information

Class: .....

Date: .....

Student's Name:.....

I/We have read the information regarding the student in my child's class with severe allergic reaction to nuts/dairy and nut/dairy products and will reinforce the importance of my child following the stated class procedures to minimise the risk of exposure.

Parent/Caregiver name: .....

Parent/Caregiver signature: .....



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Example letter to parents of children NOT in a class with a child with a severe allergy

Dear Parents/Caregivers

We have students in our school with a life-threatening food allergy – anaphylaxis to nuts and dairy. This year none of these students are in your child’s class. However if these students eats or comes in contact with these foods, they may experience a severe anaphylactic reaction, requiring emergency medical care and hospitalisation. They can also have an allergic reaction merely from being near such products.

It is strongly recommended that all children in the school, do not eat food that these children are allergic to, whilst at school. We have a duty of care responsibility to maintain a safe environment for children with severe allergies by putting in strategies to minimise risk of exposure to known allergens.

A “no sharing of food” policy will be followed across the school and is intended to further safe-guard the child concerned and other students with mild food allergies. We ask that you reiterate this point with your child.

All children will be encouraged to wash their hands after eating.

Any packaged food which states “this item may contain traces of nuts” is acceptable. Only food with obvious nut content causes greatest risk for the student.

The families of these children greatly appreciates your support for their child’s wellbeing.

If you wish to discuss this matter further, please contact one of the Leadership Team.

Yours sincerely,

Cassie Ackland  
Principal

Class Teacher