

Burton Primary School Nut Awareness Policy

Burton Primary School is currently a Stage 2 Nut Aware School

PURPOSE:

- To provide a safe learning environment for all members of the Burton Primary School community.
- To raise the awareness of all members of the community regarding severe allergies.
- To continually review awareness of nut allergies in our school.

MANAGEMENT

Stage 1 (no identified student in the school)

- Information placed in newsletters and on website about nut allergies.
- Enrolling parents asked for information about possible allergies.

Stage 2 (on enrolment of an identified students, the school will move to stage 2)

The Nut Aware policy will be managed by:

- Parents and caregivers providing a Health Care Plan from the allergic child's doctor with additional advice from parents. The school's management will be congruent with the allergic child's Health Care Plan from their doctor regarding the severity of reaction.
- Parents and caregivers provide an Epi Pen or any other medication as prescribed by the child's doctor
- Staff will ensure the student's medication is stored in an orange bumbag, which will remain in a known accessible location within the child's classroom at all times, unless the child goes off site for an excursion or camp, where the medication is required.
- Staff will post posters near the classroom door of identified students to remind parents that a child with allergies is in this class.
- Staff will display photographs of anaphylactic students in relevant classrooms, yard duty bag, TRT folders, front office, staffroom, canteen, and first aid room.
- Staff, parents and caregivers being requested NOT to send or bring food to school that contains nuts (especially peanuts). This includes peanut paste, nutella, all nuts and foods cooked in nut based oils, such as peanut oil, as well as foods containing nuts.
- Staff supervising eating at lunch time:
 - Monitoring what foods are being eaten and checking for any obvious foods that are or contain nuts.
 - Students being advised NOT to share food.
 - Students being encouraged to wash hands after eating.
- Students who accidentally bring food that contains nuts or nut products telling their teacher and then being asked to eat that food away from any other students (outside) and to wash their hands before going to play. It is critical that children do not bring these foods to school to ensure the safety of allergic children, so parents will be contacted to remind them when a student brings nut foods or products to school.
- Staff participating in first aid training to be able to understand and deal with Anaphylaxis (severe allergic reactions) as the need arises.
- The school canteen complying with the Nut Awareness Policy

PROMOTION

The policy will be promoted by:

- Parents and caregivers being informed via the newsletter
- New families to the school community being informed via the Enrolment Information Package.
- Governing Council being informed, and approval and support given
- Staff being informed and provided with training opportunities
- Students being informed via teachers, signs and the newsletter

** 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. Thus Burton is a Nut "Aware" School.*

INFORMATION

What Happens When a Person Has a Nut or Peanut Allergy?

When a person with a nut or peanut allergy eats a nut, peanut, or a food that contains nuts or peanuts, the immune system unleashes an army of chemicals to protect the body. The release of these chemicals can affect the respiratory system, gastrointestinal tract, skin, and the cardiovascular system — causing allergy symptoms like wheezing, nausea, headache, stomach-ache, and itchy hives.

People with nut and peanut allergies could have a mild reaction - or it could be more severe. People also react differently in terms of how quickly they may have symptoms of an allergy. A reaction to a particular food could take place immediately, or a person may not feel anything until a few hours after eating it. Most reactions last less than a day and may affect any of three body systems:

- the skin — in the form of red, bumpy rashes (hives), eczema, or redness and swelling around 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, and sneezing to the triggering of asthma with coughing and wheezing.

People have different allergic reactions to nuts and peanuts. Some people may not even recognise an allergic reaction. In fact, people sometimes confuse an allergy with a cold, especially if it's the first time it happens.

In really bad cases, nut and peanut allergies can cause a condition called anaphylaxis (pronounced: ah-nuh-fuh-lak-sus). This is a sudden, potentially severe allergic reaction that can involve various systems in the body (such as the skin, respiratory tract, gastrointestinal tract, and cardiovascular system). 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. Anaphylaxis usually occurs minutes after exposure to a triggering substance, such as a peanut, but some reactions may be delayed by as long as 4 hours.