

**SOUTH THORNIE PRIMARY SCHOOL
NUT MINIMISATION POLICY
2020**



We have students who have been medically diagnosed with the potential to suffer a sudden, severe and potentially fatal allergic reaction to nuts. This is known as anaphylaxis. Even trace amounts of nuts can cause anaphylaxis. Most life threatening reactions occur when nuts are eaten. Serious reactions can also occur from skin contact and inhalation of nut particles.

The Nut Minimisation Policy involves us all:

The Role of all Parents

- Please do not give your children foods containing nuts or peanuts to be consumed at school.
- Be aware that many foods contain traces of nuts (e.g. Nutella, muesli bars, biscuits, Peanut Paste and chocolate bars).
- Encourage thorough washing of hands and face if your child has eaten nut products before coming to school.
- Avoid nuts and peanuts in birthday cakes and fundraising food that may be brought to school.

The Role of Parents with Anaphylactic Children

- To educate their child on nut avoidance.
- To inform the school of the medical situation.
- To provide the school with an action plan devised and signed by the child's doctor.
- To provide an EpiPen in a shock proof, light proof container.
- To respond immediately if contacted in an emergency. Parents are called after the ambulance.
- In a situation where there may be a concern about their child eating celebration cakes to provide a substitute.
- To update the school when new medical information becomes available.
- To keep a note of the expiry date of the EpiPen and replace expired pens.

The Role of the School

- To assist the students in the avoidance an allergic reaction.
- To ensure all staff have training in the use of an EpiPen (first staff meeting of each year – school nurse).
- Teachers will provide anaphylactic information at the relevant level for all students.
- To ensure relief teachers are aware of anaphylactic students. Teachers to note in lesson plan for each absent day and information in Classroom File.
- To follow the Medical Action Plan for each anaphylactic student as provided by parents.
- To ensure the safe, secure storage of EpiPens.
- To take EpiPens and Phenergan for relevant students attending excursions.
- In the case of emergency, as a last resort, another student's EpiPen will be used if their EpiPen is unavailable. Specific permission for this will be sought in advance from each parent supplying an EpiPen.
- To inform parents of the policy through newsletter and P&C meetings. Place reminders in the newsletter.
- To send a copy of the policy to parents with the first newsletter of the year.
- To include photographs of anaphylactic students with the duty roster.
- The external lunch order canteen will not sell nut based products.

The Role of all Students

- Students do not share or accept foods from others.
- Students should wash their hands before and after eating.

Anaphylactic students are to inform a staff member if they have a concern or anaphylactic reaction.

The following grid gives a clear outline of products the school recommends you do/don't send.

	Lunch Orders	Bringing these to School		Sharing foods
		Students	Staff	
Peanuts & Peanut food	X	X	X	X
Food containing nuts	X	X	X	X
Food that "may contain traces of nuts"	OK	OK	OK	X

X = not recommended

Your assistance in providing a safe school environment is greatly appreciated.

Frequently Asked Questions

1. When can my child eat nuts?
If your child eats a nut product before school please ensure that they wash their hands and face well. We request that students do not eat nut products while at school. Some students are very allergic to nuts and any contact can result in a reaction.
2. What about the foods that state "may contain traces of nuts"?
Anaphylactic students should not typically eat foods that state "may contain traces of nuts". However, as this statement is used so widely with foods that do not contain nuts the school requests that parents make a judgement about the suitability of individual foods.
3. What about the cakes brought to school (e.g. cakes/treats)?
Parents are encouraged to ensure that the cakes do not contain nuts. If this is not possible a note advising the class teacher that the cake may contain traces of nuts would be appreciated. Parents of anaphylactic children may prefer to send an alternative at the beginning of the year.
4. Is the school policy consistent with DET Policy? Yes.
5. Isn't anaphylaxis typically related to peanuts?
Anaphylaxis can occur with any severe allergy such as an allergy to other nuts and bee stings. However, in school settings anaphylaxis to peanuts or other nuts has become increasingly common. The foods most likely to cause an anaphylactic reaction are peanuts, tree nuts, milk, eggs, fish, shellfish, sesame, soy and wheat. These 9 foods cause 90% of food allergic reactions.