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## NUT FREE Policy

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### **Preamble:**

Medical advice in consultation with the Association of Independent Schools, School Council and Staff, saw the introduction of a Nut-Free School Policy in 2007. Living Waters follows the majority of schools in Australia in improving student safety through the establishment of a "Nut Free" environment.

At any given time a number of students in our school have a severe peanut/nut allergy. These students cannot be exposed to nuts in ANY form, as this will trigger an anaphylactic reaction. Anaphylaxis requires an immediate injection of adrenalin, ambulance attendance and hospitalisation.

Given the life threatening nature of anaphylaxis, the elimination of peanut/nuts and food containing nuts within the school, is clearly the appropriate response.

### **Action:**

For some children the severity of such allergies means that if someone in our school eats peanuts and then touches school furniture, resources or playground equipment, the item is then contaminated with enough peanut residue to trigger a severe reaction. Therefore we also ask that children, who have peanut butter for breakfast on school days, wash their hands thoroughly and clean their teeth before coming to school.

### No student is to bring the following foods to school:

Peanut butter sandwiches, dips or crackers, Nutella, sandwiches or dips

Biscuits, cakes and muesli bars with nuts in them

Chocolate containing nuts eg Snickers

Dried fruit & nut mixes

This does not include products that contain the warning "may contain traces of nuts".

Our paramount concern is for the safety and well being for all children in our care. To keep these students safe and well at school, all must comply with this policy. Teachers will do everything they can to assist by reinforcing the policy through class discussions.

### **Communication:**

Regular reminders are placed in the school newsletter and on the school website so that new parents and children to our school will be aware of this issue. All prospective families will be made aware of the policy at the enrolment interview by the school.

### **Providing support to students at risk of anaphylaxis;**

#### ***It is the responsibility of the parents of a child who is allergic to peanuts to:***

- Inform the Enrolment Officer and Principal of the school of the health needs of the child upon enrolment and when the health needs of the child change;
- When requested by the Principal, negotiate an individual health care plan for school support of the student's with the Principal and staff;
- Provide documentation from a Registered Medical Practitioner to the school giving details of the following:
  - documentation of the allergic triggers;
  - documentation of the first aid response including any prescribed medication;
  - identification and contact details of the doctor.

- Provide clear identification of the child, photo;
- Provide written requests for the school to administer prescribed medications;
- Provide the equipment and consumables for carrying out health care support procedures as specified in the student's individual health care plan, including where relevant, the appropriate EpiPen;
- Replace the EpiPen when it expires or after it has been used.

***It is the responsibility of parents to:***

- Ensure that all products sent to school with their child are peanut free;
- Their child washes their hands if they have eaten any peanut based foods prior to school.

***It is the responsibility of the Principal or their representative to:***

- Seek information from the parent about allergies as part of health information at enrolment or as part of regular health updates.
- Where the information from the parent indicates that their child has allergies, provide a copy of the form at Appendix 1 to the parent for completion.
- If the form indicates the student has an allergy and has either been hospitalised or prescribed an EpiPen or both, a meeting should be organised with the parent.
- Meet with the parent and:
  - Provide the parent with the sheet 'information for Parents and Carers' (Appendix 2) and 'Emergency Response Plan' (Appendix 3).
  - Request the parent receive documentation from their Registered Medical Practitioner (Appendix 4) so that they can provide it to the school.
  - Coordinate for all staff to be trained in the usage of an EpiPen.
  - Routinely communicate to the school community the school's stance on a peanut free environment via school newsletters, staff memo's, class newsletters.
- Conduct an assessment of potential exposure to allergens in the student's routine and of issues to be addressed in implementing an emergency response plan. Consider:
  - routine class activities, including lessons in other locations around the school;
  - non-routine classroom activities;
  - before school, recess, lunchtime, other break or play times;
  - sport or other programmed out of school activities;
  - excursions.
- Ensure all foods sold from the canteen are peanut free and has displayed the emergency response plan (Appendix 5)
- Develop an individual health care plan in consultation with relevant staff, the parent and student (Appendix 3 and 4) to incorporate:
  - Information to be displayed with the emergency response plan (Appendix 5) ;
  - Medical information provided by the child's medical practitioner;
  - Emergency contacts.
- Review the Health care plan annually at the beginning of the year, particularly informing and up skilling the classroom teacher on the administration of the EpiPen in the case of an anaphylactic reaction.

***It is the responsibility of the teachers to:***

- Monitor the food being eaten by the children in their class.
- Send any child who has a peanut based product for recess or lunch to the Reception and ensure that they wash their hands before returning to class.
- Attend any training session regarding the recognition of symptoms of an anaphylactic reaction and the administration of an EpiPen provided by the school.