



NUT Minimisation Policy

PURPOSE

St Anne's Central School is committed to providing a safe environment that meets the special needs of our students. Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. The key to preventing an anaphylactic reaction is to avoid exposure to the trigger.

Food allergies

Food allergies are immune reactions to the protein parts of individual foods. The most common foods that can cause allergies (allergens) are: peanut and other nuts; egg; milk; fish; sesame; wheat; and soy.

Children with eczema can develop allergies in the first year or two of life. They can have quite acute reactions, often the very first time they are exposed to the food.

Accidental exposure to some foods can cause a dramatic reaction called 'anaphylaxis', which can quickly become life-threatening and requires emergency first aid treatment.

Typical symptoms are: rapidly spreading welts; swelling; breathing difficulties; and, in extreme cases, allergic shock and collapse.

Effectively managing the allergy involves completely avoiding the offending food(s).

Response

St Anne's Central school has developed a nut policy in line with the Catholic Education Office Policy and Procedures. The school has adopted the following strategies to minimise the risk factors:

- Please do not send nuts or peanuts to school



- Please do not send food containing nuts or peanuts to school (peanut butter, hazelnut spread, Nutella, certain muesli bars, chocolate bars and biscuits containing nuts)
- No foods containing nuts will be sold in the canteen
- No nut oils such as peanut oil
- Please avoid nuts and peanuts in birthday cupcakes or treats
- Please encourage thorough washing of hands
- Discourage any trading of food
- Continue vigilance when there is a change of routine e.g. excursions, sport carnivals or discos

Continue awareness will be provided through a range of strategies. Support for this initiative will be demonstrated through:

- Teaching the children about the need for appropriate health and hygiene when raising awareness of the range of allergic reactions that may affect people in the community;
- Highlighting values such as tolerance, understanding and an appreciation for the uniqueness of others and their needs through values programs such as MJR; and
- Reminders of our allergy friendly approach which will regularly appear in the school newsletter

Thank you for supporting this initiative.

