



Lobethal
LUTHERAN SCHOOL
Historically Grounded, Future Minded

Allergy Awareness Policy

Lobethal Lutheran School (LLS) has a duty of care to provide a safe work and play environment for all by catering for the unique health requirements of all members of its community.

The following policy has been put in place to encourage awareness and understanding of the condition and minimize the risk to the person with this condition.

What is anaphylaxis?

Anaphylaxis is a severe and sudden allergic reaction. It can occur when a susceptible person is exposed to an allergen. Common allergens are foods, insect stings, medications and latex. Reactions usually begin within minutes of exposure and can progress rapidly over a period of up to two hours or more. Anaphylaxis is potentially life threatening and always requires an emergency response.

Where a trigger for anaphylaxis is known, measure will be taken to prevent exposure, however, it may not always be possible to avoid triggers.

Responsibility of the School:

- Ensure staff and students are given opportunities to learn about allergy aware practices and support people with an allergy.
- Endeavour to minimize the exposure of children at risk of an allergic reaction to known allergens.
- Encourage avoidance of triggers.
- Inform families in the school community about the 'Allergy Aware' policy and practice.

Responsibility of the staff:

- Staff are trained in first aid, and given the opportunity to volunteer for additional training.
- Ensure safe storage of medications.
- Encourage self-management.
- Work with families to review and update care and support planning.
- Understand and apply allergy aware practices.

- Strongly discourage the sharing of food.
- Talking with other children about ways to help the child at risk to keep safe.
- Ensure the action plans for each child are enforced within the school setting.

Responsibility of the staff:

- New and relief teachers to be trained in the use of an EpiPen and be made aware of children at school who are at risk of an allergic reaction.
- Relief teacher notes to contain 'Health Care Plan' for children in their class and a copy of the 'Serious First Aid Concerns' poster.

Responsibility of the parent:

- Inform the Principal of the school of the health needs of the child upon enrolment and when the health needs of the child change.
- As requested, and if appropriate, negotiate an individual health care plan for school support of the student's health with the principal and staff.
- Provide written requests for the school to administer prescribed medications (Medication Authority Form).
- Provide a current action plan (less than 2 years old).
- 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 (and any associated medication) when it expires or after it has been used.
- Provide food in clearly labeled containers (label lunch boxes and drink bottles).
- Encourage their children to only eat food which they have been provided.
- Parents may provide a small supply of 'special' treats to be kept in the classroom in the event that food is given out in class. This is to be clearly labeled.
- Parents may also supply food for their child to eat at class parties as an alternative. This is to be clearly labeled.

Other Guidelines

- Teachers to be aware of containers, craft materials, cream and other items that contain allergens (nuts, milk, eggs). They need to be washed thoroughly.
- Party food to be checked by teachers.
- Teachers to check bird seed and other pet foods for allergens.
- Sharing of food, utensils and containers is not permitted, unless under strict supervision (i.e. class parties).
- Everyone is encouraged to wash their hands before and after eating.
- Food is not encouraged as a reward/treat.
- Planning of camps/excursions takes into account food supply services, including discussion with parents about the full menu.

'NUT AWARENESS'

As part of the Lobethal Lutheran School's 'Allergy Aware' policy we encourage the awareness of food allergies. A food allergy is a sudden reaction to a food chemical (protein). A severe allergic reaction can cause swelling of the airways, resulting in difficulty breathing and possible death if not treated immediately. Ground nuts (of which peanuts are a variety) and tree nuts (which include such nuts as almonds, cashews and Brazil nuts) can be a cause of severe allergic reaction

in young children. As there are students at Lobethal Lutheran School with a life threatening Nut Allergy, it is vital that all members of the school community (students/staff/parents) strive to make the school a nut free environment. It is, however, essential that families are aware that the school cannot guarantee a nut free environment and as such we endeavour to teach all members of the community about allergy awareness.

At Lobethal Lutheran School we encourage parents to please not send to school:

- Nuts (tree nuts or peanuts) or foods containing nuts.
- Processed or prepackaged foods which have nuts or nut products listed as all or part of their ingredients, such as- biscuits, muesli bars, nut chocolates and chocolate bars.
- Nut butters e.g. peanut butter, Nutella.
- Foods which have been prepared/cooked using nut oils (eg peanut oils).
- Nuts or nut products to be used for school lessons or play activities.

PLEASE NOTE

Foods which contain the manufacturer's warning on their packaging- 'May contain traces of nuts'- are permitted.

There is no need to avoid these foods at home, unless your child has an allergy. Many are important contributors to healthy eating.

Lobethal Lutheran School will:

- Educate the school community about the seriousness of nut allergies and the need to be aware in this area.
- Ensure all staff (including relief teachers) are aware of children in the school who are allergic to nuts and/or nut products.
- Train staff in the use of Epipens as well as in the recognition and treatment of anaphylaxis
- Ensure each child with a known allergy has a health care plan, supported by medication authority forms and action plans.
- Ensure health care plans are reviewed yearly.
- Encourage the use of nut-free foods for recess, lunch, cooking at play activities, and speak to families if inappropriate foods are repeatedly sent to school.

It is the responsibility of parents to:

- Ensure they do not send food to school which is listed above.
- Carefully read packaging labels to become more aware of the foods they are sending to school and what these contain.
- Make an appointment with the Principal to discuss any issues they have with the 'Allergy Aware' policy.

It is the responsibility of parents of children with food allergies to:

- Inform the school if their child/ren is/are allergic to any nuts or nut products, preferably during the enrolment process, or otherwise as soon as the condition is known.
- Provide a current action plan and medication authority forms to the school.
- Meet with the principal and child's teacher to develop a health care plan, and review this yearly.
- Keep the school informed of any changes to their child's condition.
- Ensure that this information is included on the child's Student Healthcare & Information Form.
- Provide food in clearly labeled containers (label lunch boxes and drink bottles).

- Encourage their children to eat only food which they have provided.
- Parents may provide a small supply of 'special' treats to be kept in the classroom in the event that food is given out in class. This is to be clearly labeled.
- Parents may also supply food for their child to eat at class parties as an alternative. This is to be clearly labeled.

SCHOOL LUNCHES AND SPECIAL OCCASIONS

As much care as possible will be taken to ensure nut products are not used in food supplied at school, however LLS cannot guarantee that food will be nut free and as such parent discretion is warranted when allowing the child to eat these foods.

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