



Nut Awareness Policy

Secret Harbour Primary School



Nut Allergies and Anaphylaxis

When a person with a nut or peanut allergy eats a nut, or food containing nuts, the immune system releases chemicals to protect the body. These chemicals can affect the respiratory system, gastrointestinal tract, skin, and the cardiovascular system.

In severe cases, nut allergies can cause anaphylaxis. This is a sudden, potentially severe allergic reaction that can cause a person's blood pressure to drop, airways to narrow and tongue to swell, resulting in serious breathing difficulties, loss of consciousness and, in some cases, even death. Anaphylaxis usually occurs within minutes of exposure to a triggering substance, but some reactions may be delayed by as long as 4 hours.

Goal

To provide a safe learning environment for all students and minimise the risk for students suffering from nut allergies.

Objectives

The objectives of the Nut Awareness policy are to:

- To provide a safe learning environment for all students.
- To raise awareness about severe nut allergies in the school community.
- To review awareness of nut allergies regularly.
- To ensure medication are kept at hand and checked for expiry.
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Implementing Nut Awareness

In the classroom

Teachers will:

- Encourage students to wash/sanitise hands before and after eating.
- Discourage sharing of food between students.
- Inform parents of Nut Awareness in class meetings and communications at the beginning of the year. Specific information about anaphylaxis to be included if there is a child with an allergy in the class.
- Ensure their Anaphylaxis training is current and they know where medication is kept.
- Ensure specific information reading medical needs of students are clear for relief staff.

Students will:

- Wash or sanitise hands before and after eating.
- Bring a nut free lunch to school as much as possible.
- Eat in an alternative area if eating items that contain nuts, particularly if there is a known allergy in the class.

Parents and Caregivers:

- Are requested **NOT** to send food to school that contains nuts (especially peanuts). This includes sandwiches with peanut paste or Nutella.
- Read communications from teachers and the school about Nut Awareness.
- Ensure that if they provide the school with medication/epipen if they have a child with an allergy and they update medication prior to expiry.

School Wide

- The school canteen adheres to the Healthy Canteens Guidelines and our school's Nut Aware Policy.
- Fundraising events and school camps adhere to the Nut Awareness Policy and additional information may be provided to parents to reinforce this.

Disseminating Information to parents, carers and staff:

The Secret Harbour School community will be informed of Nut Awareness by including details:

- In the school policy
- In the school parent handbook
- During the school enrolment process
- Parent information meetings in term 1 and in class handouts
- Newsletters and via Connect

**The school acknowledges that due to food processing practices it is impractical to eliminate nut products entirely from any environment where there is food.*

Additional information:

<https://allergyfacts.org.au/>