McAULEY CATHOLIC
CENTRAL SCHOOL

NUT MINIMISATION POLICY
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McAuley Catholic 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.

Several students at McAuley Catholic Central School have severe anaphylactic allergies triggered by peanuts. The key to preventing an anaphylactic reaction is to avoid exposure to the trigger.

McAuley Catholic Central School has developed a nut minimisation policy in line with the Catholic Education Office Policy and Procedures. Emergency response plans are in place for all school activities.

It is possible to minimise the risk factors within the school environment with parent/carer assistance in adopting the following strategies:

- Please do not send nuts or peanuts to school. There is an increased risk of other food allergies in peanut allergic children and because of the risk of cross contamination it is usually recommended that peanut allergic people avoid all nuts.
- Please do not send foods containing nuts or peanuts to school. In particular peanut butter, hazelnut spread (Nutella), certain muesli bars, chocolate bars and biscuits containing nuts. This applies to items with nuts as a listed ingredient, but does not apply to those foods labelled ‘may contain traces of nuts’.
- No foods containing nuts will be sold in the school canteen.
- No nut oils such as peanut oil should be used.
- Please avoid nuts and peanuts in birthday cakes or treats that may be brought to school.
- Please encourage thorough washing of hands and face with a damp cloth if children have eaten these foods before coming to school.
- Provide drink containers and lunch boxes which are clearly labelled with the name of the child for whom they are intended.
- Discourage any trading or sharing of food.
- Continue vigilance when there is a change from usual routines e.g. excursions, family picnic days at school, sports carnivals or discos.

A continuing awareness program 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 education programs; and
- reminders of our allergy friendly approach which will regularly appear in the school newsletters.

Thank you in anticipation of your support of this initiative.
Nut Minimisation Exposure Practice For Primary Campus

- “Crunch & Sip” break at 10 am students will take their lunch boxes into their classrooms.

- Teachers will check lunch boxes for food items containing known anaphylactic triggers such as nuts / shellfish. This will only happen in the first two weeks of the year to educate students.

- Items containing known triggers will be removed from lunch boxes and placed in a paper bag with a “Friendly Reminder “ note to go home – Kindergarten children only.

- Students who have items containing known triggers will be asked to sit outside the staffroom. Year 1-6 students only. A friend may accompany them. The students will be supervised by staffroom teachers.

- Children who have eaten foods containing known triggers will be requested to wash their hands using hand sanitiser pump bottle, before leaving for the playground. Hand sanitiser is located near the staffroom door. A Food Allergy Alert card will be issued to the child to take home and inform parents. Food Allergy Alert cards are located near the staffroom door.

**Examples of Bag Labels: to be printed on red paper.**

**Friendly Reminder**

Please find enclosed a food product containing nuts or shellfish.

It has been returned for consumption at home.
Please check to ensure nut or shellfish products are not brought to school as we have a child in our school with a severe allergy to nuts and shellfish.

Thank you for your understanding.

**Food Allergy Alert**

[Name] ate their lunch containing either nuts or shellfish. Every precaution was taken to minimise risk exposure to our nut allergic student in Kindergarten.

Please check to ensure nut or shellfish products are not brought to school as we have a child in our school with a severe allergy to nuts and shellfish.

Thank you for your understanding.