



McAuley Catholic Central School

Nut/Shellfish Minimisation Policy

NUT / SHELLFISH MINIMISATION POLICY

References

Arch Diocese of Canberra Goulburn
Medical Welfare of Students 2012

NSW Department of Education & Communities
Anaphylaxis Procedures for Schools 2012

McAuley Catholic Central School is committed to providing a safe environment that meets the safety 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 nuts, shellfish and ant bites. The key to preventing an anaphylactic reaction is to avoid exposure to the trigger.

McAuley Catholic Central School has developed a nut/shellfish 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, peanuts or shellfish** to school. There is an increased risk of other food allergies in allergic children and because of the risk of cross contamination it is usually recommended that allergic people avoid **all** contaminants.
- 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/shellfish 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 do not send shellfish to school. In particular prawns etc. in salads, pizzas etc.
- 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.
- Parents to consult with the canteen coordinator regarding the permitted foods / foods to be avoided listed and displayed in both canteens.

A continuing awareness program will be provided through a range of strategies. Support for this initiative will be demonstrated at the beginning of each year, K-10 staff in their Class or Pastoral Class will

- teach 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.
- posters will be displayed in the staffroom of the anaphylactic students, posters are also displayed in K-6 classrooms and canteen.
- It is the teacher's responsibility to ensure that Epiens accompany students when they go off campus. eg. Sport, excursions.
- Epipens are kept in the First Aid Room on the Primary Campus and in the Front Office (on top of the safe) on Secondary Campus.

Nut/Shellfish Minimisation Exposure Practice For Primary Campus

Recess and Lunch Duty 1 Teachers will check lunch boxes for food items containing known anaphylactic triggers such as nuts / shell fish (K-6 classes)

Items containing known triggers will be removed from lunch boxes and placed in a paper bag with a red "Friendly Reminder" note to go home – (K-6 classes)

Students who have items containing known triggers and no other lunch is available will be asked to sit outside the staffroom. (Year K-6 students only)

A friend may accompany them. The students will be supervised by staffroom teachers and will then wash their hands using the hand sanitiser located near the primary staffroom door before returning to the playground.

A Food Allergy Alert notes will be issued to the child (K- 6) to take home and inform parents. Food Allergy Alert cards (and medicated hand-wash) are located near the primary staffroom door.

Teachers will monitor and remind Year 7-10 students to be aware of foods that they are eating may contain known triggers and to wash their hands after eating or return the food item to their school bag for consumption at home.

Examples of letters home to parents/carers - to be printed on red paper:

Dear Parents

It was noticed that your child had a nut / shellfish product in their lunch box today.

In accordance with our **Nut/Shellfish Minimisation Policy**, please ensure nuts, nut products, shell-fish, prawns etc.) are NOT BROUGHT TO SCHOOL.

Thank you for your support.

Parent's Responsibility.

Parents or caregivers of students with known Anaphylaxis reactions are required to inform the school of the triggers of severe allergic reaction.

An Action Plan designed by a medical practitioner is to be supplied to the school and recommended medication required for such an event.

These Action Plans are kept in student files and displayed in Staffrooms, K-6 classrooms and Year 7-10 Casual Teachers Information Day Planners.

Approved by:	McAuley Executive
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Policy Revision Date:	August 2018