Introduction

St Albert’s Catholic School is committed to ensuring that all students in our care are safe and that their wellbeing is maintained.

Within our school community there are several children with known allergies including some children whose allergies cause an anaphylactic reaction. This reaction can be life threatening therefore we have practices put into place to minimise this serious health risk.

Rationale

Our school is sensitive to the needs of students whose health is affected by allergies. Our role is to educate the school community about safe practices that will enable all our students to be in a safe learning environment. This policy includes the following areas as advised by the Australian Society of Clinical Immunology and Allergy Inc (ASCIA) and Anaphylaxis Working Party.

- Medical Care Plans for children with known allergies.
- Education of those responsible for the care of children concerning the risk of food anaphylaxis.
- Implementation of practical strategies to avoid exposure to known triggers.
- Age appropriate education of children with severe food allergies.

Medical Care Plans for children with known allergies

If a student is identified with an allergy that causes a serious health risk for him/her the school requires a Medical Care Plan to be written by the child’s doctor, using the forms as suggested by Australian Society of Clinical Immunology and Allergy Inc (ASCIA).

The child’s photo and Medical Care Plan are placed in prominent places through out the school.

ie:

- Canteen
- Staff Room
- Sick Room
Education of those responsible for the care of children concerning the risk of food/other products anaphylaxis.

All staff:

- are informed about each known child’s allergies and their Medical Care Plan.
- work in partnership with child’s families to ensure safe practices are in place.
- Receive up to date Epi –Pen training yearly.

Implementation of practical strategies to avoid exposure to known ‘Food”triggers.

- Staff are also advised not to bring nuts and nut products to school for recess/lunch due to the trigger from the smell of these products and traces on hands, mouth and clothes.
- Teachers, students and parents should be made aware of checking the detail on food labels to gain further information about products.
- Children are not to share their food with each other.
- Children with severe food allergies should only eat lunches and snacks that have been prepared at home, or from the school canteen.
- Bottles, other drinks and lunch boxes provided by the parents for their children should be clearly labelled with the name of the child for whom they are intended.
- The use of food in crafts, cooking classes and science experiments may need to be restricted depending on the allergies of particular children.
- No cakes to be brought in for birthdays.

If a child in our school has a nut allergy

WHOLE SCHOOL NUT FREE ZONE

- Parents of classmates are asked to eliminate nuts from their child’s “school” food. For some children the allergy is so sensitive that the smell or touch of nuts can cause a reaction.
- A letter is sent home outlining safe practices for that class community. There are obvious choices such as no peanut butter or Nutella sandwiches, muesli bars containing nuts or snacks containing “nuts”. This is due to the higher risk of person to person contact in younger children. If a child in these classes brings food containing nuts they will need to sit near their teacher while eating and then wash their hands afterwards.

Implementation of practical strategies to avoid exposure to other known ‘triggers.

- Provide both Elastoplast / Johnson & Johnson bandaids.
- Bees – ensure all lawn/grassed areas on the school grounds are treated regularly for clover.
Age appropriate education of children with severe allergies.

- Class teachers will work in partnership with the families informing the concerned child’s class the necessary information to ensure the safety of the child.

Conclusion

This will be an ongoing journey of maintaining a safe environment for all our students as we will need to address the issue of allergies as they are identified support each child with “new” allergies.

Signed:

Chairperson School Board: Sean Drake  ………………………
Principal: Jason Mittiga  ………………………
Date: February 2013  Review Date: February 2016

APPENDICIES

1. Parent Letter
2. Anaphylaxis (severe allergy) Care Plan
3. Allergy Poster

References:
Website: www.allergy.org.au (ASCIA)
ASCIA (Australasia Society of Clinical Immunology and Allergy)
The peak professional body of Clinical Immunologists and Allergists in Australia and New Zealand.
Anaphylaxis Australia
Website: www.allergyfacts.org.au

**Please note that the use of the generic term: Epi-Pen is a trade name and other brand/type are/can be also used. Ie. Anapen**

***THIS POLICY SHOULD BE READ IN CONJUNCTION WITH ST ALBERT’S ANAPHYLACTIC REACTIONS & FIRST AID POLICIES***
APPENDIX 1

Dear

This letter is to inform you that our school is a NUT AWARE SCHOOL and in particular OUR CLASS IS A NUT FREE AREA due to student (s) allergies to nuts, nut products and products containing traces of nuts.

As a NUT AWARE SCHOOL we are trying to:

- educate staff, students and families about how nuts and nut products can cause an allergic reaction for some people;
- build awareness about how staff, students and families can ensure safety at school for students with nut allergies by being cautious and aware of the dangers of nut products.

For some students exposure to nuts may cause a life threatening allergic reaction (anaphylaxis) requiring emergency medical intervention. To reduce the chance of this occurring we ask:

- that you do not send nuts and nut products to school
- check the labels of food being brought to the school
- remind your child to NOT share any food with other children – this is not being unkind – this is being sensible
- when sending food for class parties be aware of the ingredients
- if your child has eaten nuts/nut products before coming to school ensure that your child’s face, hands and mouth have been thoroughly washed before entering the school
- if you are volunteering at the school ensure that you also adhere to being “nut free”

We appreciate your support with these procedures. Please contact me at school if you require further information.

Sincerely

Jason Mittiga
Principal
APPENDIX 2

A first aid guide for education and children's services

Anaphylaxis (severe allergy)

Exposure or suspected exposure to trigger

Are the following signs or symptoms present?

NO SIGNS OR SYMPTOMS—COMPLETELY WELL

ACTION
- Remove trigger
- If bee venom, brush or scrape away, being careful not to break sac
- Watch for further symptoms
- Give medication (if prescribed)

MILD TO MODERATE ALLERGIC REACTION
- Swelling of lips, face, eyes
- Hives or welts
- Abdominal pain, vomiting

ACTION
- Stay with child and call for help
- Give medications (if prescribed)
- Locate EpiPen® or EpiPen® Jr
- WATCH FOR SIGNS OF ANAPHYLAXIS

ANAPHYLAXIS (severe allergic reaction)
- Difficulty/breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Loss of consciousness and/or collapse
- Pale and floppy (young children)

ACTION
- Give EpiPen® or EpiPen® Jr AS PRESCRIBED
- Keep EpiPen® for ambulance
- CALL AMBULANCE

See over for instructions on how to give EpiPen® or EpiPen® Jr

OBSERVE
- Anxious
- Breathing
- Signs of life

TO CALL AMBULANCE: Dial out, then 000 or mobile 112
Say what state you are calling from, the person's condition and location

INFORM EMERGENCY CONTACTS in accordance with DECS guidelines

Department of Education and Children's Services SA with input advice from Australian Red Cross SA Division and St John Ambulance Australia SA Inc, 2007 and Australian Society of Clinical Immunology and Allergy (ASCI/A)
We are an ALLERGY SMART SCHOOL.

We are very careful about the foods we bring to school.

We eat our own food at school.

We keep nut products at home.

Thank you for helping to make our school safe for everyone.