

## Nut Free/ Reduction Policy

### Rationale

West Pennant Hills Public School has an increasing number of students who suffer from severe nut allergies. To provide a safe environment for all students and to minimise the risk of exposure to a high risk allergen, the school is promoting a nut-free environment.

### Outcomes

- To provide a safe and supportive environment in which students at risk of anaphylaxis can participate equally in all aspects of schooling,
- To raise awareness about anaphylaxis and the school's anaphylaxis management guidelines in the school community,
- To prevent / minimise exposure to high risk allergens.

### Anaphylaxis

Anaphylaxis is a severe, rapidly progressing allergic reaction that is potentially life threatening. The most common allergens in school aged children are peanuts, eggs, tree nuts (eg cashews), cow's milk, fish and shellfish, wheat, soy, sesame and certain insect stings.

The key prevention of anaphylaxis in schools is knowledge of the student who has been diagnosed as at risk, awareness of allergens, and prevention of exposure to those allergens. Partnerships between schools and parents / caregivers are important in helping the student avoid exposure.

### Risk Minimisation

The key to prevention of anaphylaxis is the identification of allergens and the prevention of exposure to the known allergens.

Strategies include:-

- All students diagnosed with severe allergic reactions have a current ASCIA Action Plan
- Parents to supply all medication and or EpiPen,
- Spare EpiPen kept on site in case of emergency,
- All staff made aware of all students diagnosed with severe allergic reactions,
- All parents / caregivers request **not** to supply their children with peanut butter sandwiches and other nut products,
- Sharing of foods is discouraged and actively supervised at eating times,
- Casual staff provided with details of students diagnosed with severe allergic reactions with in their class,
- The canteen committed to not providing students with products containing nuts or traces of nuts,

- Parents of anaphylactic students encouraged to provide alternative treats for the teacher to have on hand for special occasions,
- Staff trained in the use of the EpiPen,

**Please note**

- Products that contain nuts include Peanut butter, Nutella, fruit & nut bars, chocolate and any other products that have nuts listed in their ingredients.

**Whilst it is not possible to guarantee that nut products will not be in the school due to the number of students bringing food for recess and lunch – the school requests all members of the West Pennant Hills community make every effort to support this policy so as to ensure the safety and well-being of all students.**