



# Our Lady of Hope School

## Greenwith Campus

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### POLICY DOCUMENT

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<b>FOOD ALLERGY AND ANAPHYLAXIS AWARENESS POLICY</b>
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# **OUR LADY OF HOPE SCHOOL FOOD ALLERGY AND ANAPHYLAXIS AWARENESS POLICY**

## **1.0 RATIONALE**

Our Lady of Hope School and Greenwith Primary School are committed to ensuring that all students in our care are safe and their wellbeing is maintained. At our schools, there are a number of students who have allergies to certain foods that may include such items as peanuts, eggs, fish, tree nuts, dairy and sesame seeds. It is everyone's responsibility to ensure that the possibility of exposure of children with allergies to such allergens is minimised. In this regard, the focus of this policy is allergy awareness, with an emphasis on education, raising awareness and prevention, as well as planning for the safety of the children. In implementing this policy it is recognised there is a need for a flexible approach to ensure that the strategies that are put in place are the most appropriate and suitable for the child and the schools involved.

## **1.1 Anaphylaxis**

Anaphylaxis is the most severe form of allergic reaction. Up to five percent of children are at risk. The symptoms of anaphylactic shock may include hives, itching, swelling, watery eyes, runny nose, vomiting, diarrhoea, stomach cramps, coughing, wheezing, throat tightness/closing, difficulty swallowing, difficulty breathing, dizziness, fainting, loss of consciousness or a change of skin colour. The most dangerous symptoms are breathing difficulties or a drop in blood pressure, which can be potentially fatal.

These allergic reactions are normally very quick. Symptoms usually become apparent immediately when the person comes in contact with the allergen and can threaten the allergic person's life within minutes.

At present, there is no cure for anaphylaxis and some people may never grow out of it. A tiny amount of the allergen, a trace amount, is sometimes enough to cause a reaction that may threaten the life of these children with allergies.

## **1.2 Understanding**

Two of the most difficult challenges for a parent of an anaphylactic child are:

- a. to send their child off to school and try to allow them to have as normal a childhood as possible, and
- b. getting other people to believe just how real and potentially fatal this allergy can be.

Often, other people may not be sensitive to the seriousness of anaphylaxis and its dangers to children who have it. Some people believe that the parents of anaphylactic children are over-protective. Unfortunately, parents that have an anaphylactic child can never be too careful. Our approach in the area of allergy awareness is an opportunity to show our concern and care for others within our school communities.

## **1.3 Schools' policy**

Our Lady of Hope School and Greenwith primary School are sensitive to the needs of students who have food allergies. The schools undertake to educate their school communities about the dangers of food allergens to susceptible children and to employ strategies that will reduce the possibility of such exposure.



## **2.0 SCOPE**

This policy applies to all children, families, staff and volunteers that are a part of the Our Lady of Hope and Greenwith Primary School communities.

## **3.0 PROCEDURE**

In applying the policy, the following guidelines, processes and procedures will be implemented:

- a. Parents of students with food allergies are to inform the school at the time of enrolment or when made aware of the allergy and are to play a key part in the development of an action plan for their child. Parents are responsible for the development of the action plan in consultation with their child's doctor and for submitting the action plan to the school.
- b. If required a prescribed epipen/medication must be supplied by parents. The parents are responsible for noting the use by date and updating medication when required. The prescription label must show the child's name clearly. An anaphylaxis form completed by the student's Doctor must accompany all medication. Staff will make an effort to remind parents of due dates, however, the responsibility remains with the parent/s to ensure there is an adequate supply of medication that is within the expiry date.
- c. The staff will receive epipen training as part of their First Aid training.
- d. Epipens and other necessary medication will be kept in the First Aid room.
- e. When required Staff, parent and student awareness will be raised about the dangers of exposing allergic children to allergens contained in food and food products and is included in the Transition packs for new families to the school.
- f. Staff will be informed of action plans and will be kept up to date about any changes by Senior First Aid staff.
- g. Admin staff responsible for First Aid i.e. Receptionist, will forward action plans at the end of every school year to parents of relevant students and request that they be reviewed by the child's doctor. At the end of each year medication is to be collected by parents and returned on the first day of school with a revised and current anaphylaxis plan from the doctor.
- h. Photos and medical information about students with allergies will be updated each year, displayed in the first aid room cupboard, and distributed to classroom teachers, specialist teachers, relief teachers via the TRT folders and children at risk booklets in yard duty bags.
- i. A medi alert is strongly recommended for all anaphylactic children and is the parents' responsibility to organise.
- j. The schools will maintain a list of foods and products that are considered allergens to a proportion of the student body. This list, detailed in Appendix A, will be reviewed and where necessary updated at the beginning of each year or when there is a new enrolment. Parents will be encouraged not to pack any of the items listed in Appendix A in their child (ren)'s lunch box. They will further be encouraged to consider safe alternatives.
- k. When reviewing and updating the list of allergens, careful consideration will be given to the implications of adding the item to the list of foods that parents are encouraged not to pack in children's lunch boxes and that the canteen is not to sell. Where it is deemed that adding an item to the list would not be practical or viable, alternative strategies may be put in place to ensure the safety of the child/children involved.
- l. Where a particular class has a child or children with allergies, the classroom teacher will, after consultation with the child/children's parents, advise parents and children of the class about this and about the importance of following the school's policy and guidelines in this area.



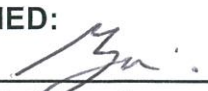

- m. Staff will remind children at the start of each year about the importance of being allergy aware, the list of foods recommended that should not be brought to school and the strategies to minimise the risks.
- n. Staff will be required to educate children about allergy awareness and the importance of not sharing food or drinks, and parents will be strongly encouraged to do the same.
- o. Staff will supervise their class while they eat their recess and lunch.
- p. Staff or others preparing food for children or conducting a practical food studies activity will avoid the use the products list in Appendix A, and will use safe alternatives based on advice from the child's parents.
- q. Where it is felt by staff or others that it is not possible to use safe alternatives, the activity must not proceed without consultation and approval from school leadership.
- r. Staff doing craft projects involving food packaging should ensure that packaging associated with the foods listed in Appendix A are not used.
- s. Staff organising a shared lunch, snacks or birthday treats, will
  - 1. advise parents of the foods that we discourage from being sent to school
  - 2. make parents aware of specific food allergies that children in their class or others classes participating in the shared meal have and request that food items with allergens not be sent as part of the class event.
- 3. In the event a child has severe allergies to multiple food sources, which makes the organisation of a class party problematic, then staff may negotiate with the parents of the child an action plan so that the class party or shared meal may proceed in a manner that does not compromise the safety and wellbeing of the child but also does not lead to that child or others from missing out on such activities.
- 4. The school canteen will not prepare, stock or sell products that contain the items listed in Appendix A, without first consulting with the schools' leadership, parents of students with allergies and other relevant bodies. This procedure does not extend to products that contain the warning 'may contain traces of (nuts, eggs etc)'.  
  
Parents of children who have allergies and who are concerned about food served from the canteen are encouraged to take responsibility for ensuring that their child can consume food from the canteen and are invited to speak to the canteen manager about their concerns prior to ordering food products which they are unsure about.
- 5. In implementing this policy it is recognised that some bread and/or roll products may be produced on equipment that may also be used to produce bread and/or rolls and/or other products that contain sesame seeds.

## ATTACHMENTS

### Appendix A

Letter to parents re list of foods and products that contain allergens for OLOH students.

SIGNED:

 _____ (Chairperson)	<u>25/11/19</u> (Date)	 _____ (Principal)	<u>25-11-19</u> (Date)
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## APPENDIX A TO CAMPUS FOOD ALLERGY AND ANAPHYLAXIS AWARENESS POLICY

### FOOD ALLERGY POLICY

The following is a list foods and products that contain allergens for a number of students at Our Lady of Hope and Greenwith Primary Schools.

- All Nut products
- Pastes which include nuts (peanut butter, Nutella, dips etc)
- Biscuits, cakes, muesli bars or confectionary with nuts in them (e.g snickers)
- Sesame seeds
- Raw Eggs: cooked eggs are acceptable
- Shellfish e.g. molluscs, crustaceans
- Kiwi fruit

#### Shared Lunches and Class Celebrations

Dear Parents,

We are having a shared lunch/class celebration on \_\_\_\_\_ at \_\_\_\_\_.

We have students in our class who are allergic to the following items: (list items)

Please be aware of this when preparing food and do not send any food items containing these products.

Thank you for your cooperation with this.

\_\_\_\_\_

Classroom Teacher