

St Joseph's School

Is a "Nut aware" school



Rationale

From time to time, we have children attending St Joseph's School who suffer from an anaphylactic reaction to peanuts/tree nuts. These reactions can be serious and even life threatening.

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, and 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.

Parents of children who suffer from anaphylaxis due to allergic reaction are required to provide an EpiPen for their child's use at school, if required. These should accompany the child on all activities outside the classroom. The school also maintains an EPIPEN (automatic injector device to administer adrenalin) in our first aid kit for emergency situations.

As caregivers we need to take all precautions necessary to minimise risk of a life threatening anaphylaxis. As a community we can work together to minimise risks associated with being exposed to these foods that are a trigger to such attacks.

What Does this mean?

For our school

- Our school tuckshop will not have for sale food items that contain nuts. This does not apply to foods labeled "may contain traces of nuts".
- No food is allowed to be shared between children at lunch time.
- Awards of food/sweets will not be given that contain nut ingredients e.g. chocolates.
- Education for students on Food Allergies and Healthy Foods is incorporated into the school curriculum.
- We ask parents to ensure that birthday cakes are peanut and nut free.

For parents

- We encourage parents not to send peanut butter on sandwiches, or Nutella (to minimize the risk from person to person contact).
- Emphasise the importance of hygiene when eating food at home and at school – washing hands.
- While we can never entirely enforce or regulate what comes from home in each child's lunch box nor where foods contain traces of nut oil, we hope people will assist in working toward minimising the risks and looking at alternatives from nut products.