

# Pottsville Beach Public School

## POTTSVILLE BEACH PUBLIC SCHOOL IS AN 'ALLERGY AWARE SCHOOL'

### So What Does That Mean For Us All?

The school is committed to minimise the risk to children with documented allergies to nut products; **the school encourages parents, children and staff to AVOID bringing foods that contain nuts to school.** This allergy aware practice applies to those ingredients specifically listed as nuts. The school acknowledges that it is impractical to ask parents not to send food which states 'may contain traces of nuts' on the label.

***We suggest that the peanut butter sandwiches are a great afternoon tea snack!***

Did you know that you can buy a Nut Free chocolate spread i.e. Scooby Doo Chocolate Mud Spread. Tastes just as good as Nutella but no nuts! As food allergies are common, it is much easier to buy food products which are clearly labelled 'Nut Free'.

We acknowledge that some families have notified school administration of whereby they require foods with nuts for nutritional purposes due to restricted diets.

The school takes an active approach to minimising risks; a note is given to the class where there is a child that has severe allergies, teachers encourage children to wash hands after eating and reinforce the no sharing of food policy. Teachers will engage children in learning with new resources to educate students about being '**Allergy Aware**'. The aim of this program is for students to:

- understand the importance of supporting students with food allergies;
- help children with food allergies avoid their trigger;
- learn what Action to take if someone has a severe allergic reaction/anaphylaxis.

The school provides regular training to staff in **Anaphylaxis Management** – this provides clear guidelines to follow in the event of an emergency management of a child suffering anaphylaxis. Staff are informed of the children with allergies and are observant to the first signs of a reaction – *rash, welts, abdominal pain, swelling of the face, lips, and eyes* and are trained in the use of the adrenaline injector medication.

### How can parents help?

- Discuss with their child about being allergy aware
- Avoid packing lunches with foods that contain nuts