



WATERVALE PRIMARY SCHOOL

NUT & DAIRY AWARENESS POLICY- SCHOOL



Watervale Primary School is a NUT & DAIRY AWARE SCHOOL

RATIONALE

Watervale Primary School is committed to creating an allergy-aware environment that promotes the safety and inclusion of all members of our community. Severe allergic reactions, including anaphylactic shock, may be triggered by exposure to nuts, dairy products, and other common allergens.

These reactions can occur even with trace amounts of allergens, making it critical to adopt practices to minimise risk and promote awareness. While it is not possible to eliminate all allergen risks, we are dedicated to fostering an environment where reasonable precautions and education reduce the likelihood of exposure.

GOALS OF THIS POLICY

The goals of this policy are to:

1. Protect the safety and wellbeing of students and staff with severe allergies to nuts, dairy, and other allergens.
2. Raise awareness among students, staff, and the school community about allergens and the potential risks.
3. Provide clear protocols for minimising the risk of allergen exposure in classrooms, common areas, and during school activities.
4. Create an inclusive learning environment where all students feel supported and safe.

POLICY DETAILS

Health Care Planning

1. Health Care Plans:
 - a. Parents are required to provide a formal Health Care Plan, developed in consultation with a medical practitioner, which outlines the severity of the allergy, known triggers, and risk minimisation strategies.
 - b. The ASCIA Action Plan for Anaphylaxis will be attached to the individual's Health Care Plan, ensuring clear guidance for emergency treatment.
2. **Families will be informed that the school operates under "Nut and Dairy Awareness" procedures to minimise exposure to these allergens.

Nut and Dairy Awareness Implementation

The school will approach nut and dairy awareness through the following steps:

1. Parental Guidance:
 - a. Parents are requested not to send foods containing nuts (e.g., peanut butter, Nutella, muesli bars containing nuts) or dairy products (e.g., plain milk, yoghurt) if these are identified allergens for any child enrolled at the school.
 - b. Parents are asked to review ingredient labels and avoid foods with advisory statements such as "may contain traces of nuts/dairy," wherever possible.

2. Classroom and Kitchen Procedures:

- a. No nuts, nut-based products, or dairy ingredients are to be used during cooking or food preparation activities in the classroom.
- b. Staff will review all cooking activity plans to ensure allergen safety.

3. Supervisory Measures:

- a. Staff will supervise meal breaks to prevent food sharing and ensure heightened awareness of potential allergen exposure.
- b. Students with allergies will sit in designated areas, if required by their Health Care Plan, to ensure safe eating practices.

4. Hand Washing Routine:

- a. All students will wash their hands and faces after eating to minimise the risk of cross-contamination.

5. Excursions and Camps:

- a. Allergen safety measures will extend to school excursions and camps. Adrenaline autoinjectors (e.g., EpiPen®) will accompany staff and be available at all times when off-site.

STAFF TRAINING AND RESPONSE

1. Mandatory Staff Training:

- a. All staff will receive biannual training on the identification, prevention, and management of anaphylaxis, including the use of adrenaline autoinjectors (EpiPen® or Anapen®).
- b. Training will include content from the Australasian Society of Clinical Immunology and Allergy (ASCI) and cover the administration of emergency first aid.

2. Emergency Response Plan:

- a. The school will follow the ASCIA Action Plans for Anaphylaxis for immediate response to allergic reactions:
 - i. Lay the person flat, keep them calm, and administer the adrenaline autoinjector promptly.
 - ii. Call 000 for an ambulance and notify the child's parents/guardians as soon as possible.
 - iii. A second dose of adrenaline may be administered after 5 minutes if symptoms persist and another device is available.

COMMUNICATION AND PROMOTION

The policy will be actively communicated to the school community through:

1. Enrolment Packs:

- a. All new families will receive information about the Nut and Dairy Awareness Policy as part of the enrolment package.

2. Newsletters and School Communication Channels:

- a. Regular reminders will be shared via school newsletters, Facebook, and SeeSaw to keep families informed of allergen-aware practices.

3. Signage and Awareness Campaigns:

- a. Signage will be displayed in common areas reminding students and staff of allergy-aware practices.
- b. Visiting schools, parents, and volunteers will be informed of the Nut and Dairy Awareness Policy and asked to follow it during visits to the school.

4. Community Engagement:

- a. The Governing Council will be consulted annually about the policy.

DISCLAIMER

Although Watervale Primary School adopts Allergy Awareness practices, it is acknowledged that eliminating all risks of exposure to nuts, dairy, and other allergens is impractical. Our emphasis is on minimising risks through reasonable, informed, and consistent strategies in partnership with parents and staff.

ACCESS TO SUPPORTIVE LINKS

1. Anaphylaxis and Allergies Procedure – <https://edi.sa.edu.au/library/document-library/shared/anaphylaxis-and-allergies-procedure.pdf#page=14>
2. Health Support Planning – <https://edi.sa.edu.au/library/document-library/shared/anaphylaxis-and-allergies-procedure.pdf#page=17>
3. ASCIA Resources and Action Plans – <https://www.allergy.org.au/anaphylaxis>
4. Allergy & Anaphylaxis Australia Resources – <https://www.allergyfacts.org.au/>