



ALLERGEN POLICY (ANAPHYLAXIS)

Preamble

With 1 in 20 students allergic to a specific food product, coupled with some students being allergic to the sting of bees/wasps or ants, it is necessary for our school, in partnership with parents, to reduce the likelihood of students experiencing a severe allergic reaction, commonly known as an 'anaphylactic reaction'. Anaphylaxis is potentially a life threatening condition for students with a range of symptoms resulting in the student having difficulty breathing due to asthma or throat swelling or a significant drop in blood pressure.

Rationale

In line with the current position of the Anaphylaxis Society of Australia and the SA Department of Education & Children's Services, there is no complete ban on food products that may lead to an anaphylactic reaction. Instead, the concept of promoting 'allergy aware' strategies within the school environment, is a more practical, realistic and educative approach than 'banning' products.

This approach requires a strong commitment by students, parents and school staff to be proactive, especially in the area of food allergies.

Implementation

1. Obtain from the parent, current medical information from the student's doctor through the completion of the 'Anaphylaxis Action Plan' (Appendix 1).
2.
 - (a) All staff to be informed of those children who have an 'Anaphylaxis Action Plan' with those plans displayed in two positions within the school site.
 - (b) At the commencement of each year, all staff to undergo Epi-Pen training with an accredited trainer.
 - (c) Parents of children in Reception to Year 2 to be advised by letter from the Principal asking for their support to create a safe environment for all students.
 - (d) Teachers of students in Years 3-7 to focus on continuing the educative process so a safer environment can be maintained for all students in relation to allergens, for example:
 - washing of hands before and after eating
 - forbidding the swapping of food, utensils and drinks
 - cooking classes to be responsible to the needs of students with an allergen
 - water bottles, other drink containers and lunch boxes to be labelled with the student's name

Review

This policy will be reviewed at least every 3 years.



RECEPTION-YEAR 2 STUDENTS

'Allergen Guidelines'

Dear Parents

There are students in the Reception to Year 2 section of our school who have severe allergic reactions to certain foods that could rapidly result in ANAPHYLAXIS.

What is Anaphylaxis?

The majority of allergic reactions to food are mild. Hives, eczema and vomiting are the most common complaints. Some individuals develop difficulty breathing due to asthma or throat swelling, or a drop in blood pressure. This is known as **ANAPHYLAXIS**. An allergy to peanuts is one of the most common triggers; however other food sources such as cheese, eggs etc can evoke similar responses in some children.

Some of these students are in your child's class. To support the student's safety and welfare, we ask that you very carefully consider the foods that you send to school with your child, as sharing of these foods may trigger a possibly life threatening situation.

The class teacher will continue to promote safe food practices to also help minimise the chances of a child having an anaphylactic reaction.

We ask that you do not send any food to school with your child for lunch, recess or class parties, containing nuts, and seek advice from your child's teacher concerning other food triggers.

Your support will help to ensure a safer school environment for the affected students and support those students' parents.

Thank you for your support.

If you wish to have further discussion about this issue, please contact me directly.

Yours sincerely

A handwritten signature in black ink that reads 'A Messenger'.

Andrew Messenger
PRINCIPAL

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ACTION PLAN FOR Allergic Reactions



Name: _____

Date of birth: _____



Allergens to be avoided: _____

Family/carer name(s): _____

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by: _____

Dr _____

Signed _____

Date _____

Note: The ASCIA Action Plan for Allergic Reactions is for people with mild to moderate allergies, who need to avoid certain allergens. For people with severe allergies (and at risk of anaphylaxis) there are ASCIA Action Plans for Anaphylaxis, which include adrenaline autoinjector instructions.

MILD TO MODERATE ALLERGIC REACTION

- swelling of lips, face, eyes
- hives or welts
- tingling mouth
- abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

ACTION

- **for insect allergy, flick out sting if it can be seen (but do not remove ticks)**
- stay with person and call for help
- give medications (if prescribed)
- contact family/carer



Watch for any one of the following signs of Anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- difficult/noisy breathing
- swelling of tongue
- swelling/tightness in throat
- difficulty talking and/or hoarse voice
- wheeze or persistent cough
- loss of consciousness and/or collapse
- pale and floppy (young children)

ACTION

- 1 Call Ambulance if there are any signs of anaphylaxis - telephone 000 (Aus) or 111 (NZ)**
- 2 Lay person flat and elevate legs. If breathing is difficult, allow to sit but do not stand**
- 3 Contact family/carer**

Additional information _____

