



# Food Allergy Awareness Policy 2021

## Rationale

- To provide a safe learning environment for all members of the Napperby School community.
- To raise the awareness of all members of the community regarding severe allergies.
- To continually review awareness of food allergies in our school.

## Strategies

We ask that all staff and parents / caregivers read and follow the Nut Aware Policy to help ensure staff and student wellbeing.

## Procedures

**During 2021, Napperby Primary and Preschool is a Nut and Seafood Aware School, enacting Stage 2 & 3 procedures.**

## Stage 1: No formal restrictions

### No identified students or staff in the school

- Information placed in newsletter regularly about food allergies.
- Enrolling parents asked for information about possible allergies.

## Stage 2: Class/Learning Area Food Allergy Awareness Measures

On enrolment of a staff member or student with food allergies the school will move to stage 2 the Food Allergy Awareness Policy.

- A **Nut and Seafood Free\* Zone** poster is displayed in all classrooms.
- Parents and caregivers are requested NOT to send food to school that contains nuts (especially peanuts) and seafood. This includes peanut paste, Nutella, all nuts and cooking oil containing peanut oil, as well as foods containing nuts..
- Staff supervise eating at lunch time.
- Students are encouraged NOT to share food.
- Students are encouraged to wash hands after eating.
- Staff to participate in training in understanding and dealing with Anaphylaxis (severe allergic reactions) as the need arises.
- School activities such as fundraising, camps and excursions comply with the Food Allergy Awareness Policy.

## Promotion

### The policy will be promoted by:

- A **Nut and Seafood Free\* Zone** poster will be displayed in relevant classrooms.
- Parents and caregivers being informed via the newsletter and website.
- New families to the school community being informed via Enrolment Information Package/ Website.
- Governing Council being informed and giving approval and support.
- Staff being informed and provided with training opportunities.
- Students being informed via teachers, signs and the newsletter.

*\*Napperby School acknowledges that due to food processing practices it is impractical to eliminate nuts or nut products entirely from an environment where there is food*

## Information

### What Happens When a Person Has a Seafood, Nut or Peanut Allergy?

When a person with a seafood, nut or peanut allergy eats a food they are allergic to, the immune system unleashes an army of chemicals to protect the body. The release of these chemicals can affect the respiratory system, gastrointestinal tract, skin, and the cardiovascular system – causing allergy symptoms like wheezing, nausea, headache, stomach-ache, and itchy hives. People with seafood, nut and peanut allergies could have a mild reaction – or it could be more severe. People also react differently in terms of how quickly they may have symptoms of an allergy. A reaction to a particular food could take place immediately, or a person may not feel anything until a few hours after eating it. Most reactions last less than a day and may affect any of three body systems;

- Skin- in the form of red, bumpy rashes (hives), eczema or redness and swelling around the mouth.
- Gastrointestinal tract- in the form of belly cramps, diarrhoea, nausea, or vomiting.
- Respiratory tract- symptoms can range from a runny nose, itchy, watery eyes, and sneezing to the triggering of asthma with coughing and wheezing.

People have different allergic reactions to seafood, nuts and peanuts. Some people may not even recognise an allergic reaction in fact, people sometimes confuse an allergy with a cold, and especially if it's the first time it happens.

In really bad cases, seafood, nut and peanut allergies can cause a condition called anaphylaxis. This is a sudden, potentially severe allergic reaction that can involve various systems in the body (such as the skin, respiratory tract, gastrointestinal tract, and cardiovascular system). This can cause a person's blood pressure to drop, airways to narrow, and tongue to swell, resulting in serious breathing difficulty, loss of consciousness, and, in some cases, even death. Anaphylaxis usually occurs minutes after exposure to a triggering substance such as peanut, but some reactions may be delayed by as long as 4 hours.

Some people may be so sensitive to seafood, nuts and peanuts that they get an allergic reaction just from breathing in small particles of that food. If you are one of these people, just being around seafood, nuts and peanuts can cause you to have an allergic reaction, even if you don't touch them or know they are there. This is the reason why some people outgrow certain food allergies (like milk or egg allergy) over time, this doesn't usually happen in people who have seafood, nut and peanut allergies. But the good news is that, over time, people with seafood, nut and peanut allergies usually become really good at avoiding foods that make them sick.

**A Community of Learners Growing Together**

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