



Bruny Island District School

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ALLERGY AWARE POLICY AT BRUNY ISLAND DISTRICT SCHOOL

This policy outlines the steps that Bruny Island District School will take to ensure risk minimisation and allergy education.

INFORMATION:

At Bruny Island District School, we aim to provide a safe and healthy learning environment for all. Bruny Island District School is an *allergy aware school* to protect students and staff with allergies and educate all students on the dangers of allergies and their associated risks.

Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life-threatening. The most common allergens in school ages children are: peanuts, eggs, tree nuts (cashews, hazelnuts, almonds, pistachio, etc.) Dairy (cow's milk), fish and shellfish, wheat, soy, sesame, latex, certain insect stings and medication.

The key to prevention of anaphylaxis in schools is knowledge of those students who have been diagnosed as at risk, awareness of triggers (allergens), and prevention of exposure to those triggers. Partnership between school and families is important in ensuring that certain foods or items are kept away from the student while at school.

Adrenaline administration through an EpiPen or its equivalent, to the muscle of the outer thigh is the most effective first aid treatment of anaphylaxis.

GENERAL SCHOOL INFORMATION:

- EpiPens will be located in the office in an unlocked medical cupboard and labelled with the student's name and instructions for use as well as a copy of their ASCIA plan;
- The designated First Aid officer regularly checks the expiry dates of the auto adrenaline injecting devices and notifies parents if they are about to expire;
- The duty bags have a photo and basic medical information about students' that are at risk of anaphylaxis;
- The staff notice board, medical area in the office and relief folders contain information about students that are at risk of anaphylaxis;
- When on school camps, excursions or attending sporting events, the auto adrenaline injecting device will remain close to the student. Consideration will be given to planning ahead for food and meals for students at risk of anaphylaxis.

EMERGENCY MANAGEMENT:

In the event of an anaphylaxis episode:

During Recess or Lunch time, the duty teacher will:

1. Identify the student and verify they have an individual anaphylactic management plan;
2. Contact the office (and First Aid officer) immediately – without leaving the student;
3. Student is to sit or lie and stay in place until assistance arrives- teacher to remain with the student;
4. Office to send the EpiPen and administer treatment with First Aid;
5. Office to ring 000, by a mobile phone if necessary;
6. Clearly explain that this child is suffering a suspected anaphylactic reaction;
7. Notify relevant staff to provide support as soon as practicable;
8. Parents/ Families of the child to be notified by the office staff;
9. After the incident- reassure students of the school that may have witnessed this.

During Instruction time, teachers will: (in classrooms or specialists)

1. Identify the student and verify they have an individual anaphylactic management plan;

2. Contact the office (and First Aid officer) immediately – without leaving the student; and seek assistance from another staff member to remove the other students to a nearby classroom;
3. Student is to sit or lie and stay in place until assistance arrives- teacher to remain with the student;
4. Office to send the EpiPen and administer treatment with First Aid;
5. Office to ring 000, by a mobile phone if necessary;
6. Clearly explain that this child is suffering a suspected anaphylactic reaction;
7. Notify relevant staff to provide support as soon as practicable;
8. Parents/ Families of the child to be notified by the office staff;
9. After the incident- reassure students of the school that may have witnessed this.

RESPONSIBILITIES:

Parent:

- A student with anaphylactic reactions require the following upon enrolment (before the child starts school) or as soon as the condition is diagnosed:
 - An *Anaphylaxis Action Plan* and *Management Plan* which will include:
 - A photo of the child
 - A description of the allergies
 - The action to take if a reaction occurs
 - The name and contact details of the doctor who completed the plan
- Each student's individual management plan will be reviewed, in consultation with the parents/ families;
- Each plan is updated annually and as applicable and reviewed *immediately* after a student has had an anaphylactic reaction at school;
- Parents are responsible for alerting the school if the students condition changes – including the student no longer being anaphylactic for a certain food group;
- Parents are responsible for assisting the school in preparing or supporting the preparation of a letter to inform the school community about the specifics of their child's allergy- including if it is caused by airborne particles or direct touch.

School Leadership:

- Ensure that the details are available in the classroom, First Aid room and staff room;
- Support the class teacher/ s and other staff to implement the *Anaphylaxis Action Plan* and *Management Plan*;
- Prepare and support the preparation of a letter (such as the one attached) to inform families on a regular basis;
- Reinforce appropriate avoidance and management strategies to the students and to families (such as in the newsletter or during an assembly);
- Organise training to ensure that staff are confident in the use of an EpiPen and aware of the associated triggers and prevention strategies;
- Ensure information is shared with the P and F who organise the Hot Lunch system so that volunteers are aware of and can avoid contamination of known allergens when cooking.

School Staff:

Support allergy awareness in their classrooms and throughout the school using the following strategies:

- Students are instructed and reminded to not share food and drink;
- Have a dedicated supervising teacher for eating recess and lunch foods;
- School staff support students to use good hygiene practices- wash hands before and after eating;
- School staff support surfaces to be wiped after eating and cleaned at the end of the day;
- Staff are aware of the signs of an allergic reaction and are trained to respond to allergic reactions;
- Staff follow the expectations in the School Allergy Policy;
- If there is a nut allergy in their child's class and nuts are brought in, school staff will remove the item and ask the parent not to send nuts.

Classes with a child at risk of anaphylaxis:

- Staff will educate students about the hazards and risks associated for specific students in their class with allergies, including allergic reactions to items used in play or learning (such as playdough, cooking, etc.)
- Reinforce that students do not share their food or drink;
- Encourage students to wash their hands before and after eating;

- Provide additional information for classes with younger children (P-3). This may include a letter of request from the parent of that classroom not to pack nuts (airborne allergens are more likely in nuts than other good groups). This letter will be sent home and further information if requested by the anaphylactic child/ children's parents/ families or the child/ children's doctor will be added with consultation.

PROMOTING THE ALLERGY AWARENESS POLICY:

The policy will be promoted through:

- Families will be provided with a copy of the policy;
- Families and community members can access a copy of the policy via our Website;
- The School Association will be informed and input, approval and support sought as well as reviewing the policy as needed;
- Staff will be informed and provided with training opportunities;
- Students will be informed by their classroom teachers
- Families will be provided with a copy of the policy if they transfer or join us throughout the year.

Prepared by:

Ashley McPherson, Principal Bruny Island District School, 2021.

RELATED DEPARTMENT OF EDUCATION POLICY:

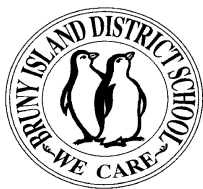
Specific Health Issues Procedures, Information and Contacts.

<https://publicdocumentcentre.education.tas.gov.au/library/Document%20Centre/Specific-Health-Issues-Procedures.pdf>

RELATED WEBSITE:

ASCIA: <https://www.allergy.org.au/>

Allergy Facts: www.allergyfacts.org.au or www.allergy.org.au



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ALLERGY AWARE AT BRUNY ISLAND DISTRICT SCHOOL

Dear Families,

The only way to manage a food allergy is avoidance; however, elimination of certain foods in a school environment is impossible. The school has initiated several strategies to lessen the risk – it is never totally possible to eliminate the risk of anaphylaxis.

We currently have two students attending our school who is at risk of **anaphylaxis**.

Triggers for these students include: nuts and kiwi fruit.

Anaphylaxis is the **most severe** form of allergic reaction and is potentially life threatening. A severe allergic reaction to any of the foods listed above could rapidly become life threatening for these children.

Peanuts are the leading cause of severe allergic reaction, followed by tree nuts, shellfish, fish and milk. Some children are extremely sensitive to even airborne allergens however, this is extremely rare. Nuts are the most likely airborne allergen.

The **School Strategies that are in place** which help eliminate the risk include:-

- Students instructed and reminded to not share food and drink;
- Be vigilant when supervising the eating of recess and lunch foods;
- School staff supporting students using good hygiene including washing hands after eating and before eating;
- School staff supporting surfaces being wiped after eating and cleaned at the end of the day;
- Staff being aware of the signs of an allergic reaction and are trained to respond to allergic reactions;
- Staff follow the expectations in the School Allergy Policy which is currently being drafted;
- If there is a nut allergy in their child's class and **nuts** (i.e. Peanuts, walnuts) are brought in, school staff will remove the item and ask the parent not to send this.

The **Strategies for parents and carers, which help eliminate the risk**, include:-

- Children are instructed and reminded to not share food and drink;
- Parents send up to date information about their child's allergies;
- Parents talk to the teacher if they are bringing in a shared food item i.e. birthday food, before the event;
- Parents avoid sending messy food, such as egg sandwiches and grated cheese in sandwiches;
- Parents identify on hot lunch orders if their child has allergies;
- **Parents do not send nuts or kiwi fruit.**

For more information go to www.allergyfacts.org.au and www.allergy.org.au.

Thank you for your support. We will share the Allergy Aware Policy in the coming weeks.

Kind regards,

Ashley

Ashley McPherson | Principal

Bruny Island District School | Department of Education

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