



# Nut, Egg and Other Severe Food Allergies Awareness Guidelines

## **Definition:**

- *Food Allergy – “A food allergy is an immune system response to a food protein that the body mistakenly believes is harmful. When the individual eats food containing that protein, the immune system releases massive amounts of chemicals, triggering symptoms that can affect a person’s gastrointestinal tract, skin, breathing and/or heart.” (Allergy and Anaphylaxis Australia, accessed 17 January 2019)*

## **Rationale:**

- All students have the right to have a safe learning environment. O’Loughlin Catholic College acknowledges that due to food processing practices it is impractical to eliminate nuts, eggs or other severe allergy foods, entirely from an environment where there is food. Therefore under these guidelines, O’Loughlin Catholic College is committed to becoming a *Nut, Egg and Other Severe Allergy ‘Aware’ School*.

## **Policy:**

- O’Loughlin Catholic College, to the best of its ability, encourages to minimise the exposure of nuts, eggs and other severe allergy foods that may cause life threatening harm to members of the community. With this whole school approach, all parties (students, teachers, parents) will be required to adhere to these guidelines.

## **Aims:**

- To provide a safe learning environment for all members of the College Community.
- To raise awareness to all members of the College community regarding severe allergies.

## **Implementation:**

### *Parents and guardians:*

- Will provide information from doctors to support Health Care Plans as part of the enrolment process.
- Are encouraged to not send food to school that contain nuts, eggs and/or egg products.
- Double check with teachers before providing food to share with the class for information on students with allergies in their child’s class.

### *Teaching staff:*

- Will request parents to check with teachers before providing food to share with the class for information on students with allergies in their child’s class.
- Encourage students not to share food.
- Encourage and remind students to wash hands after eating.
- Will participate in training in understanding and dealing with anaphylaxis and administering an Epipen; and ensure it stays current.
- Request that students who have brought, used or cooked with food containing nuts, egg, or severe allergy foods; eat away from other students, thoroughly wash their hands and minimise contamination.
- Provide necessary information to students and parents.
- Refer to student Action Plans regarding necessary information about the student’s allergy, symptoms, steps to take and medical conditions.
- When possible, substitute nut, egg or severe allergy foods in cooking or other subject classes.

*Leadership:*

- Will support the familiarisation of these guidelines.
- Request the Canteen, Cooking classes and others adhere to these guidelines.
- Inform families and new staff about these guidelines.
- Provide opportunities of annual EpiPen training
- Provide regular updates regarding students with food allergies to all teachers