

Guildford Grammar School: allergy aware guidelines



Anaphylaxis is a severe, rapidly progressing reaction to different allergens that are potentially life threatening. The most common allergens in school-age children are peanuts, eggs, tree nuts, cows milk, fish, wheat, soy, sesame and some insect venom, particularly bee stings.

Guildford Grammar School is committed to providing a safe and supportive environment where children at risk of severe allergies and anaphylaxis can participate in all aspects of their schooling.

The key to prevention of anaphylaxis is an awareness of those children who are diagnosed at risk, an awareness of allergens, and a prevention of exposure to those allergens. Guildford Grammar School adheres to the Australian Society for Clinical Immunology and Allergy (ASCIA) guidelines that recommends schools become "allergy aware". ASCIA recognises that banning of foods within a school environment is difficult to implement and therefore recommends school develop strategies to promote allergy awareness.

Guildford Grammar School works closely with the parents/guardians and staff to develop appropriate risk minimisation strategies for the student in the classroom, the school environment and when the student is attending activities outside of the school campus such as camps and sporting fixtures.

Below are some strategies based on guidelines produced by ASCIA that assist parents, students and staff with risk minimisation.

ALLERGY STRATEGY:

the classroom

- Display a copy of the child's anaphylaxis care plan in the classroom, and have access to their antihistamine and epipen as directed on the plan.
- Bottles, other drinks, and lunchboxes should be clearly labelled and only given to the child for whom they are intended.
- Have regular discussions with students about the importance of washing hands and not sharing food.

Within our Preparatory School, we also ask parents not to send high risk foods to school. This includes whole nuts and nut pastes including peanut paste and hazelnut spreads, as peanuts and tree nuts are amongst the most likely food to cause anaphylaxis. Although banning particular foods is not recommended and it is not possible to guarantee such positions, we appreciate this as part of parent cooperation and support.

ALLERGY STRATEGY:

the School canteen

- Inform canteen staff of student/s with allergies and the foods to which they are allergic. Implement a risk minimisation policy for the School's canteen. With parents' permission, an anaphylaxis care plan with the child's name, photo and known allergens is displayed in the school canteens and Dining Hall.
- The kitchen and canteen staff are educated about measures necessary to prevent cross contamination during storing, preparing, handling and serving food.

Guildford Grammar School provides an extensive menu for our students however respects those high risk foods and does not advertise foods containing peanut paste, nut spreads or provide whole nuts in the canteen or dining hall. This does not apply to those foods labelled "may contain traces of nuts".

ALLERGY STRATEGY:

the playground

- Children who are anaphylactic to bee stings or insects should be encouraged to wear shoes in the playground.
- Staff who have completed the ASCIA training are available during recess and lunch. Staff are aware of the location of emergency equipment including the School's generic epipen.

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ALLERGY STRATEGY:

activities off campus

- Camp sites/accommodation providers and airlines should be made aware of any food allergies prior to attending an offsite camp, as well as providing a risk management plan for the student, which includes having their ASCIA anaphylaxis care plan and epipen readily available if required.
- Staff are all trained in the recognition of anaphylaxis and the delivery of an epipen. A mobile phone or satellite phone is always available for staff to contact emergency services if needed.

Responsibilities

Parents:

- Must inform the School at enrolment about their child's known allergies.
- Must provide an up-to-date care plan which includes a recent photo of the child as well as emergency contact details for parents/carers. These are to be updated every 12 months and when the child needs a new epipen (the epipen and relevant medication is provided by parents and kept with the care plan).
- Must provide alternative food for school activities and excursions and educate their child about not sharing food with other children.
- Must educate their child about the responsibilities of having access to their epipen and any antihistamine on their care plan.

Staff:

- Must know the identity of the students in their care with anaphylaxis and understand the causes, treatment and symptoms of anaphylaxis.
- Know the School's first aid emergency procedures and where to locate the student's Anaphylaxis Care Plan and epipen as well as the School's generic epipen.
- Undertake training every two years on how to recognise and respond to an anaphylactic reaction. This is available on the ASCIA website at: <https://etrainingwa.allergy.org.au/login/index.php>
- Take a first aid kit and epipen when attending off campus excursion and plan ahead when arranging any special class activities or excursions.

For more information on allergies and anaphylaxis within the school environment go to:

Allergy and Anaphylaxis Australia • Phone 1300 728 000 • www.allergyfacts.org.au
Australian Society of Clinical Immunology and Allergy (ASCIA) • www.allergy.org.au
Government of Western Australia, Department of Health • www.health.wa.gov.au