



## DURACK SCHOOL

# FOOD ALLERGY AWARENESS POLICY

Durack School aims to provide a safe and supportive environment for all students. Food allergies can be life threatening. The risk of accidental ingestion of foods can be reduced in the school setting if schools work with students, parents, and doctors to minimise risks and provide a safe educational environment for food-allergic students.

We aim to implement practices which keep students who have food allergies safe without unnecessarily isolating or excluding them from school activities or creating an unnecessarily restrictive school environment. As well as minimising the risk of accidental ingestion of the food a particular child needs to avoid, a key component of this Food Allergy Awareness Policy is to ensure optimal education of school staff about recognising and responding to a child having an allergic reaction.

### ROLES AND RESPONSIBILITIES

#### PARENTS

- Notify the school of the child's allergies.
- Provide up to date emergency contact information.
- Provide written medical documentation, instructions and medications as directed by a physician (qualified allergist or other doctor with specialist knowledge in food allergy), using the appropriate Australian Society of Clinical Immunology Allergy Food Allergy Action Plans. Include a photo of the child on written form.
- Work with the school core team to implement a food allergy action plan and a plan that accommodates the child's needs throughout the school day as well as during school excursions.
- Provide properly labelled medications and replace medications after use or before expiration.
- Educate the child in the self-management of their food allergy including
  - safe and unsafe foods
  - strategies for avoiding ingestion of unsafe foods
  - symptoms of allergic reactions
  - how and when to tell an adult they may be having an allergy related problem
  - how to read food labels (age appropriate)
- Review the prevention plan with the school staff after a reaction has occurred.
- Any changes to the prevention plan by medical practitioners to be communicated to the core team as soon as practical.

## **PRINCIPALS**

- Identify a core team (Assistant Principal and designated office member) to work with parents and the students (age appropriate) to design and implement the prevention plan. The core team to include the class teacher and staff designated to administer medications.
- Ensure that a range of staff have completed appropriate training in awareness, management, recognition and emergency treatment (eg for anaphylaxis).
- Ensure that medications are appropriately stored and an emergency kit is available. Medications kept in an easily accessible secure, but not locked, location central to designated school personnel.
- Ensure that all staff members who interact with the student understand the food allergy, can recognise symptoms and know what to do in an emergency.
- Be prepared to handle a reaction and ensure that there is a staff member available who is properly trained (confirm who/how/when this will be done) to administer medications during the school day regardless of time or location.
- Ensure that the Student's Health Care Plans and Student's Risk Minimisation Plans are completed and kept up to date.
- Ensure appropriate storage of adrenaline auto-injectors in an easily accessible location out of direct sunlight and heat.

## **TEACHERS AND DESIGNATED TRAINED STAFF**

- Be knowledgeable about and follow applicable NT Department of Education (DOE) and Department of Health Policies and Procedures.
- Review the health records submitted by parents and the student's doctor.
- Know the identity of students who are at risk of anaphylaxis.
- Follow information contained in the Student's Health Care Plan, Student's Risk Minimisation Plan and ASCIA Action Plan (if supplied by parent).
- Know where medication or adrenaline auto-injector is located, whether it is carried by the student or stored in an agreed location.
- After a reaction has occurred core team review prevention plan with parents.
- Teach classmates of children with food allergies about food allergies and prevention strategies i.e. not sharing food.
- Include food allergic student in school activities. If having shared food or an activity that involves working with allergen food, communicate with family for alternative options.
- Teachers notify parents through class letter if there is a child with an anaphylaxis reaction in the class notifying that specific food items should not be included in lunch boxes.
- Discuss excursions, camps etc. with the family of the food-allergic child to decide appropriate strategies for managing the food allergy.

## **STUDENT**

- Should not trade food with others and should only eat food organised by the parent.
- Should not eat anything with unknown ingredients or known to contain the food(s) they are meant to avoid.
- Should be encouraged to be assertive (based on their developmental level) about the food(s) they are avoiding by informing peers, teachers and friends.
- Students should report circumstances where they felt unsafe with regard to their food allergy or report bullying or threatening behaviour within the school to their teacher and parents.
- Should notify an adult immediately if they feel the symptoms of an allergic reaction or if they eat something they believe may contain the food(s) to which they are allergic.

This policy will be reviewed every 3 years (In line with DOE policy)

Date Ratified by Durack School Board: 20 September, 2016

Review Date: September, 2019