

Your Role:

Parents/caregivers are asked to support the school's Nut-Aware policy by:

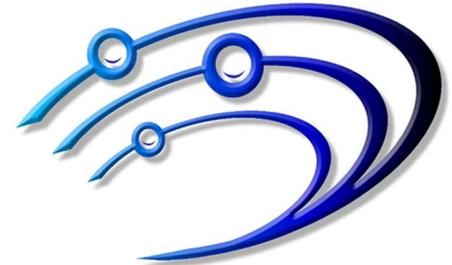
- Being sensitive and supportive to the needs of anaphylactic students;
- Providing children with healthy food options that do not contain nuts;
- Applying our Nut-Aware policy when sending food to school for a birthday or a class party;
- If your child eats nuts for breakfast (e.g. nutella on toast) please ensure your child washes their hands and cleans their teeth before coming to school.

Promotion:

This policy is promoted by:

- Regular reinforcement in the classroom;
- Regular reminders in the school newsletter;
- Inclusion of this leaflet in the Enrolment Information Package.

Montessori and Mainstream Learning



Actively Creating the Future

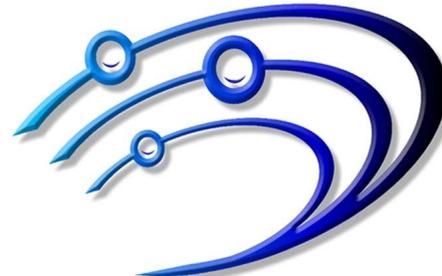
**Para Hills West
Primary School**

**NUT-AWARE SCHOOL
POLICY**



Actively Creating the Future

Montessori and Mainstream Learning



Actively Creating the Future

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Nut-Aware school policy

Following medical advice, and in consultation with the Governing Council and staff, we introduced a Nut-Aware school policy in 2004. We were not alone in making this decision. Many other schools in South Australia are also "Nut-Aware" schools.

Why?

*The policy was implemented because a number of students at Para Hills West Primary School have a **severe peanut/nut allergy**.*

*These students cannot be exposed to nuts in **ANY** form as this will trigger an anaphylactic reaction.*

Anaphylaxis is a severe form of allergic reaction and can be potentially life threatening.

Anaphylaxis is preventable. Avoidance of specific triggers is by far the best option. Treatment is an injection of adrenaline and emergency transfer to hospital.

*It is our aim to provide a safe learning environment for **ALL** people in our community.*

In 2004 we made the decision to ban **all peanut / nuts and food containing nuts** within the school including the canteen.

Which foods are banned?

The following foods are **NOT** permitted at school:

- Peanut butter sandwiches, dips or crackers;
- Nutella sandwiches or dips;
- Biscuits and cakes containing nuts;
- Muesli bars containing nuts;
- Chocolate containing nuts e.g. 'Snickers';
- Dried fruit & nut mixes;
- Any other products that have nuts listed in the ingredients.

This nut-aware school policy applies to those ingredients **SPECIFICALLY LISTED** on the product label.

However, a lot of products have listed on their packaging;

"may contain traces of nuts"

and the school acknowledges that it is not practical to ban all these foods.