

# St Martin's School



## A 'Nut Aware' School



### Rationale

We have an increasing number of children attending St Martin's who suffer from a severe anaphylactic reaction to peanuts/tree nuts. These reactions can be serious and even life threatening.

Many of these children need to have an EPIPEN (automatic injector device to administer adrenalin) on hand in case of an emergency at school.

As caregivers we need to take all precautions necessary to minimize risk of a life-threatening anaphylaxis.

As a community we can work together to minimise risks associated with being exposed to these foods that are a trigger to such attacks.

### What Does This Mean?

#### *For our school?*

- Our school tuck-shop will not have for sale food items that contain nuts, but does not apply to foods labeled "may contain traces of nuts".
- No food is allowed to be shared between children.
- Awards of food/sweets will not be given that contain nut ingredients e.g chocolates.
- Education for students on Food Allergies and Healthy Foods is incorporated into the school curriculum.

#### *For parents?*

- We ask parents not to send peanut butter or Nutella on sandwiches, nuts or nut products to school (to minimize the risk from person to person contact).
- Emphasize the importance of hygiene when eating food at home and at school – washing hands.



While we can never entirely enforce or regulate what comes from home in each child's lunch box, nor where foods contain traces of nut oil, we hope people will assist in working towards minimizing the risks and looking at alternatives from nut products.