

Camp Hill State Infants and Primary School

Food Allergies



Our focus

Camp Hill State Infants and Primary School endeavors to provide a safe environment where the needs of all students are catered for, equally and without discrimination. The number of children with food allergies in Australia is increasing and it is estimated that 1 in 17 (some even say 1 in 10) now have a food allergy.

The most common food allergies are peanuts, tree nuts (walnuts, almonds, cashews etc.), dairy, soy, seafood and eggs. Many children will “outgrow” their food allergies; however reactions to nuts, seeds and seafood tend to be life-long. The health and wellbeing of students at this school is carefully considered in all activities.

Allergic reaction

A child can sometimes have a reaction from simply shaking hands, or sharing toys, with students who have eaten ‘allergic’ foods earlier in the day.

Food allergies can result in mild reactions, such as itchy skin or watery eyes, to rashes and wheezing, or to severe reactions such as vomiting, swelling and breathing difficulties or extreme reactions such as Anaphylactic Shock or Anaphylaxis.

“Thank you for helping us to provide a safe environment for our friends with food allergies”

Top 8 allergens



Allergies

Allergies occur when the immune system produces antibodies against substances in the environment (allergens) that are usually harmless. Once an allergy has developed, exposure to the particular allergen can result in symptoms that vary from mild to life threatening anaphylaxis.

Anaphylaxis

Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life threatening. Deaths have occurred and anaphylaxis must therefore be regarded as a medical emergency.

TIPS FOR STUDENTS

- Always take food allergies seriously
- Do not swap food or drink from someone else’s water bottle or drink
- Wash your hands and mouth after eating
- Tell the teacher if you are worried about a particular food
- Know which friends have allergies and look out for them
- Make sure your food does not contain nuts

Our school guidelines:

No peanuts, no tree nuts, no eggs

Camp Hill State Infants and Primary School has adopted a series of guidelines to reduce the risk of anaphylaxis and the provision of appropriate action should anaphylaxis occur - including:

1. Parents are asked to refrain from sending food products containing nuts, peanuts and boiled/fried eggs to school. We recognise this may be difficult at times however, in the interest of our vulnerable students, parents are urged to try to respect this request.
2. Children are encouraged not to share food.
3. Students and staff are educated about the need to wash their hands and face after eating food.
4. Students are educated to be aware of others' allergies and to assist in caring for them.

TIPS FOR PARENTS OF STUDENTS

- Advise the school of any allergies and provide an Allergy/Anaphylaxis Action Plan and EpiPen
- Teach your child about their allergy
- Alert your child's teacher to their allergies
- Teach your child to refuse possibly unsafe food and never to swap food
- Teach your child to immediately tell an adult if they feel ill
- Consider an allergy alert bracelet for your child to wear at school (available from the school office)
- Check medication and EpiPen expiry dates regularly
- Reach out to other parents but be prepared to bring allergy friendly food to parties or events

TIPS FOR PARENTS

- Discourage children from food swapping
- Check all food labels and avoid cross-contamination
- Make sure snacks and lunches do not contain peanuts, tree nuts, boiled or fried egg
- Teach your child to look out for their friends and report any reaction
- Inform your child some people eat a certain way because of their religion, their beliefs, and where they grew up. **Some people must avoid certain foods because they are allergic and certain foods can make them very sick.**
- Talk with allergy parents to find alternate foods for parties or ask the parents to bring food for their allergy child. They will happily help!

Other allergens

Should a class contain a student with life-threatening allergies to other allergens; the teacher will work with the students' parents to develop an ongoing plan. This may involve asking parents to refrain from bringing other food items to school e.g. milk. This will be assessed on a case by case basis with class parents actively involved of the decisions taken.

Birthday celebrations

Everyone likes to celebrate a birthday, however prior to bringing food to celebrate your child's birthday we ask that you check with your child's teacher. Any cake or food will be put aside and given out at the end of the day when parents of younger children can decide if their child has the cake/food or not. Older students are encouraged to self-manage. Why not consider lcy-poles instead.

USEFUL WEBSITES

[Allergy and Anaphylaxis Australia](#) | [ASCIA](#)
[Asthma Australia](#) | [Coeliac Australia](#) | [Eczema](#)
[Association Australasia](#)
[Food Allergy Aware](#)

