



Highgate Schools Nut Aware Policy

Highgate Schools have adopted a nut aware policy in several classrooms to protect students. Due to the presence of persons who have anaphylactic reactions, nuts represent a considerable threat to the well-being of some of the school community. An anaphylactic reaction can be fatal. The symptoms of anaphylactic shock may include hives, itching, swelling, watery eyes, runny nose, vomiting, diarrhoea, stomach cramps, coughing, wheezing, throat tightness/closing, difficulty swallowing, difficulty breathing, dizziness, fainting, loss of consciousness or a change of skin colour. The most dangerous symptoms are breathing difficulties or a drop in blood pressure, which can be potentially fatal.

It is the aim of this school to establish and maintain a nut-free environment, for the safety of children who are anaphylactic to nuts. The school has trained staff in the recognition, prevention and necessary treatment of anaphylaxis in children under their care.

Governments, both local and Commonwealth are in the process of developing policies on the management of anaphylaxis within the school environment. Until such time this school has a duty of care to ensure the safety of all its children and as such, shall continue to support this school policy and develop further recommendations as necessary.

Nut products the school would like to avoid include peanut butter, Nutella and other nut spreads, chocolate bars with nuts in them like Snickers, some muesli products, some cake or biscuit products - the list is extensive. Some less obvious ones include pesto, marzipan, and nougat. If parents could check the labels carefully before buying products for school lunches it would be greatly appreciated

For more information on nut allergies you may wish to visit this website.

<http://www.allergyfacts.org.au>

If you have any questions about anaphylaxis or nut products, please contact the school.

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