



Phoenix Primary School

Learn Grow Succeed

# Allergy Aware Guidelines

## Rationale

Phoenix Primary School has implemented these 'Allergy Aware Guidelines' to ensure that students, staff and parents are familiar with some common serious allergies and how to manage an allergic reaction. While these guidelines indicate that every effort is made to reduce the risks associated with allergies, it cannot be guaranteed that a school is 'free' of any particular product. Staff and parents/guardians need to be made aware that it is not possible to achieve a completely allergen-free environment in an environment that is open to the general community. Adults should not become complacent that an allergen has been eliminated from the environment. Instead Phoenix Primary School recognises the need to adopt a range of procedures and risk minimisation strategies to reduce the risk of a child having an anaphylactic reaction, including strategies to minimise the presence of the allergen in their immediate environment

## Background

Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life threatening. The most common allergens in school aged children are peanuts, eggs, tree nuts (e.g. cashews), cow's milk, fish and shellfish, wheat, soy, sesame and certain insect venom (particularly bee stings).

The key to prevention of anaphylaxis in schools is knowledge of the student who has been diagnosed as being at risk, awareness of allergens, and prevention of exposure to those allergens. Partnerships between schools and parents/guardians are important in helping the student avoid exposure.

## Purpose

- To provide, as far as practicable, a safe and supportive environment in which students at risk of anaphylaxis can participate equally in all aspects of their schooling.
- To raise awareness about anaphylaxis and the school's anaphylaxis management policy in the school community.
- To engage with parents/guardians of each student at risk of anaphylaxis in assessing risks and developing risk minimisation strategies for the student.
- To ensure that staff have knowledge about allergies, anaphylaxis and the school's guidelines and procedures in responding to an anaphylactic reaction.

## Individual Anaphylaxis Health Care Plans

The principal will ensure that an Individual Anaphylaxis Health Care Plan is developed in consultation with the student's parents/guardians, for any student who has been diagnosed by a medical practitioner as being at risk of anaphylaxis. The Individual Anaphylaxis Health Care Plan (ASCIA) will be in place as soon as practicable after the student is enrolled and where possible before their first day of school.

The student's Individual Anaphylaxis Health Care Plan will be reviewed, in consultation with the student's parents/guardians:

- annually, and as applicable;
- if the student's condition changes;
- immediately after the student has had an anaphylactic reaction.

## Responsibilities & Strategies

The principal will be responsible for providing information to all staff, students and parents/guardians about anaphylaxis and development of the school's anaphylaxis management strategies.

Volunteers and casual relief staff will be informed on arrival at the school if they are caring for a student at risk of anaphylaxis and their role in responding to an anaphylactic reaction.

All teachers and other school staff who have contact with students at risk of anaphylaxis, will undertake training in anaphylaxis management including how to respond in an emergency and how to use an EpiPen

The principal will ensure that a copy of the child's ASCIA Action Plan is visible to all staff including relief staff—displayed clearly in classroom.

The school's first aid procedures and student's ASCIA Action Plan will be followed when responding to an anaphylactic reaction.

## Risk Minimisation

The key to prevention of anaphylaxis is the identification of allergens and prevention of exposure to them. The school can employ a range of practical prevention strategies to minimise exposure to known allergens. The table below provides examples of risk minimisation strategies.

Setting	Consideration
Classroom	<ul style="list-style-type: none"><li>• Display a copy of the student's ASCIA Action Plan in the classroom.</li><li>• Liaise with parents/guardians about food related activities ahead of time.</li><li>• Students with food allergy should not consume food from outside sources even if they are thought to be safe.</li><li>• Students are discouraged from bringing in outside food to share with the class to celebrate special events such as birthdays due to hidden allergens.</li><li>• Have regular discussions with students about the importance of washing hands, eating their own food and not sharing food.</li><li>• Be aware of the possibility of hidden allergens in cooking, design and technologies, science and art classes (e.g. egg or milk cartons).</li></ul>
Playground	<ul style="list-style-type: none"><li>• Students are encouraged to wash their hands after eating.</li><li>• Students are reminded regularly to eat their own food and to not share food with others.</li><li>• The student with anaphylactic responses to insects should wear shoes at all times.</li><li>• Copies of all student ASCIA Action Plans are available in the Duty Bags.</li><li>• All staff on duty are trained to provide an emergency response to anaphylaxis and aware of which student's are at risk of anaphylaxis.</li><li>• In the event of an anaphylactic emergency, staff on duty will stay with the child experiencing the reaction and send a 'Red Emergency Card' to the office. The student's emergency kit will be brought to the student from the office. If the student is experiencing mild symptoms he/she can be brought to the office for medical attention.</li><li>• Duty teachers and school staff on duty are not to consume high risk foods to ensure minimisation of risk.</li></ul>
Off site school events e.g. excursions, camps	<ul style="list-style-type: none"><li>• The student's EpiPen, ASCIA Action Plan and means of contacting emergency assistance must be taken on all excursions.</li><li>• All staff present during the excursion need to be aware if there is a student at risk of anaphylaxis.</li><li>• Staff must be trained in use of EpiPens and should develop an emergency procedure that sets out clear roles and responsibilities in the event of an anaphylactic reaction.</li><li>• The school should consult parents/guardians in advance to discuss issues that may arise, to develop an alternative food menu or request the parent/guardian to send a meal (if required).</li><li>• Parents/guardians may be given the opportunity to accompany their child on excursion. This should be discussed with parents/guardians as another strategy for supporting the student.</li><li>• Consider the potential exposure to allergens when consuming food on buses.</li></ul>

*These guidelines were developed using the Anaphylaxis Management Guidelines for Western Australian Schools, Government of Western Australia, 2009.*



