



## 6.5 Policy on managing Moderate, Severe and Anaphylactic Allergies

Pittwater House recognises that food allergies may be moderate, severe and in some instances, life threatening. Anaphylaxis is a severe and sudden allergic reaction which can occur when a susceptible person is exposed to an allergen (eg. food or insect sting). An anaphylactic reaction usually begins within minutes of exposure and can progress quickly over a period of up to two hours or more. It is a potentially life-threatening emergency and demands a rapid response.

### 1. Parental responsibilities

- (i) **NOTIFICATION:** It is the responsibility of the parent to notify the School that their child is at risk of an anaphylactic reaction. The School will seek information from the parents about allergies that affect their child as part of health information at enrolment, and as part of regular health updates. If the pupil is already enrolled, parents should inform the School as soon after the diagnosis as possible.
- (ii) **PROVISIONS:** The School requires the parents to supply the Allergy Action Plan for their child with a photo attached and to make an appointment to speak with the School Sister on 9972 5734. This Action Plan should be reviewed by the student's doctor on an **annual** basis or in the event of any changes to treatment. Information pertaining to a student's allergies will be shared with staff that have contact with the student, but otherwise kept as confidential as possible.

The parents will also need to supply the School with any necessary emergency medications for their child (eg epipen and antihistamine) **prior** to commencing at school and **prior** to the previously held medications expiry date. Failure to provide the medication &/or Action Plan in time, the student will not be permitted to attend school.

In the case of a student with multiple or unusual allergies, when food is being supplied by the school, Pittwater House may require the student/family to provide meals and snacks to ensure the student's safety.

Parents may provide their child's teacher with a supply of safe snacks to reduce the likelihood of accidental exposure, for example during birthday celebrations.

- (iii) **EDUCATION:** Parents are responsible to educate their child about managing their allergy at school, including, but not limited to, identifying "safe foods" and not sharing any food from other students.

### 2. Policy

- (i) **EPIPEN STORAGE:** The student epipens are stored in the Health Centre (or in the kitchen cupboard of the ECC for children enrolled there). Parents should provide an extra epipen to be stored in the ECC for PHOOSH. Five spare generic epipens have been purchased by the School and are located at Reception, the Health Centre, with the Manager for Sport, Hospitality kitchen and the Music Cottage.

- (ii) **ALLERGEN EXPOSURE:** Whilst the School cannot guarantee an allergy-free environment, every reasonable effort is made to minimise the exposure of pupils at risk of an allergic reaction to known allergens within the school environment. Students are encouraged to not share food.

Nut allergies are among the most common serious food allergies. As such, students, staff and visitors are discouraged from bringing nuts and nut products that may trigger allergic reactions. No nuts or nut products are stocked or sold at the School Canteen. However, the School cannot guarantee to eliminate all nut products at School, functions or during curricular or extra-curricular activities. Therefore, persons with severe food allergies must carefully monitor their food in these situations.

All the Hunger Buster ration packs used for cadet camps are purpose built for cadets and are nut free.

- (iii) **STAFF TRAINING:** Staff receives Anaphylaxis Training from Anaphylaxis Australia every two years and regular Senior First Aid Training Courses are offered by the School and made available to the staff. ECC staff are qualified according to their regulations. The Health Centre is staffed by Registered Nurses who have certification in First Aid Management of Anaphylaxis 22099VIC. The Health Centre also has Training Epipens available for staff to practise with.
- (iv) **STAFF e-TRAINING:** Staff not Anaphylaxis Australia trained within last 2 years will undertake Anaphylaxis e-training through ASCIA website (<http://www.allergy.org.au>). After completing online course the printed certificate will be taken to the Health Centre and practical training with Trainer Epipens will be undertaken.
- (v) **STAFF AWARENESS:** Staff are notified via email with a list of children at risk of moderate allergies and anaphylaxis at the beginning of the school year and as new information arises. The ASCIA Anaphylaxis Action Plans are displayed in the Staffroom, Canteen, ECC kitchen and the Health Centre.
- (vi) **EXCURSIONS:** Before taking students offsite on excursions or to sporting events or onsite but out of normal school hours, the Health Centre is provided a list of students involved. The nurses compile a Medical Summary listing any allergies and noting which students require medications or epipens to accompany them.

Pittwater House is committed to student safety, and therefore has created this policy to reduce the risk that students with known food allergies will have an allergy related event.