

Responsibility of Parents

It is the responsibility of **all parents** to

- Make sure they do not send food to school/ELC which contravenes the stated nut minimisation guidelines.
- Carefully read food packaging labels to ensure only those foods permitted are provided for their child(ren) while at the ELC.
- Support the school/ELC, by reinforcing with their children, the school's nut minimisation guidelines, and the reasons why they have been put into place.
- Make an appointment with the Director/Principal to personally discuss any issues they have with the guidelines.

It is the responsibility of **parents of children with food allergies** to

- Inform the school/ELC if their child is allergic to any foods (in this case nuts or nut products) - preferably during pre-enrolment discussions or at enrolment, otherwise as soon as the condition is known.
- Provide any medical documentation of the allergy.
- Meet with the Director/Principal to discuss and agree upon appropriate procedures and actions related to the problem.
- Keep the school/ELC informed of any changes to the status of their child's allergy .

What if I suspect my child has a food allergy?

- Contact your local GP to have your child assessed/tested
- Contact Loxton Lutheran School/ ELC to keep the administration informed about your situation

Loxton Lutheran School Early Learning Centre

**“Educational Excellence -
Together in Christ”**

6 Luther Road

Loxton SA 5333

Phone: 8584 7496

admin@loxton-lutheran.sa.edu.au

www.loxton-lutheran.sa.edu.au



Loxton Lutheran School Early Learning Centre

Nut Minimisation Guidelines

Loxton Lutheran School has a duty of care to provide a safe work and play environment for all by catering for the unique health requirements of all members of its community.

The following guidelines have been put into place to minimise the risk to those allergic to nuts or nut products.

What is a food allergy?

A food allergy is a sudden reaction to a food chemical (protein).

A severe allergic reaction can cause swelling of the airways, resulting in difficulty breathing and possible death if not treated immediately.

Ground nuts (of which peanuts are a variety) and tree nuts (which include such nuts as almonds and Brazil nuts) can be a cause of severe allergic reaction in young children.

However there is no need to avoid these foods at home, unless your child has an allergy.

They are important contributors to healthy living.

Loxton Lutheran School Early Learning Centre is a NUT-FREE ZONE

As there are students at the **Loxton Lutheran School** with a life threatening **Nut Allergy**, it is vital that all members of the school community (students/staff/parents) are aware that the school/ELC is a **NUT-FREE** environment.

How will these Guidelines affect you?

- Nuts (tree nuts or peanuts) or foods containing nuts are not permitted and should not be sent to school/ELC.
- Processed or prepackaged foods which have nuts or nut products listed as all or part of their ingredients are not permitted and should not be sent to school/ELC.
- Foods which have been prepared/cooked using nut oils (eg peanut oil) are not permitted and should not to be sent to school/ELC.
- The school canteen will not stock and sell nuts, nut products, foods containing nuts in their ingredients, and foods prepared using nut products (eg oils, butters etc.)
- Nuts or nut products (including shells, cooking oils etc) will not be used in the school/ELC's lessons or play activities.

PLEASE NOTE

- Foods which contain the manufacturer's statement on their packaging - "**May Contain Traces of Nuts**" - **ARE permitted.**
- **Many** foods **contain traces of nuts, therefore it is important for you to become familiar with reading labels** (see reverse side of pamphlet).

Unacceptable foods (likely to contain nuts)

- Nuts: All varieties - tree nuts & peanuts
- Nut butters eg. peanut butter, hazelnut spreads ie. Nutella.
- Pre-prepared commercial foods containing nuts or nut ingredients such as - biscuits, muesli bars, nut chocolates and chocolate bars etc.)

Responsibility of the School/ELC

Loxton Lutheran School Early Learning Centre will

- Educate the school/ELC community – students/staff/parents about the seriousness of nut allergies and the need to be vigilant in this area.
- Make all staff (including relief teachers) aware of children in the school/ELC who are allergic to nuts and/or nut products.
- Train staff in the use of epi-pens as well as in the recognition and treatment of anaphylactic shock.
- Ensure each child allergic to nuts and or nut products has a documented medical plan (for school/excursions/camps).
- Strictly police the current nut minimization guidelines and take action if inappropriate foods are repeatedly sent to school.