



ALLERGY AWARE POLICY



Help for non-English speakers

If you need help to understand the information in this policy please contact Strathaird Primary School on 9705 3800

SEPTEMBER 2023

RATIONALE:

- Allergy Awareness is the ongoing process of supporting those with Allergies through an effective program that informs and educates students, staff and parents in this area.

GUIDELINES:

- To promote the safety of all students as an 'Allergy Aware' school by supporting those that suffer from difficulties relating to allergic reactions, including anaphylaxis. We aim to educate all members of our school community regarding the medical risks, allergens, management and alternatives when supporting allergy sufferers.

DEFINITIONS:

What is Allergy?

An allergy occurs when the body's immune system overreacts to a normally harmless substance. Substances that can trigger an allergic reaction are called allergens. Allergens that trigger an allergic reaction may be in medication, the environment, like pollens, grasses, moulds, dogs and cats, or sometimes in the food we eat. Individuals can have mild allergies or severe allergies. Up to 40% of Australian children are affected by allergies or some sort during their lifetime. The most common allergic conditions in children are food allergies, eczema, asthma and hay fever.

What is Food Intolerance?

Many people think their child is allergic to a food when in fact they are intolerant to a food. Food intolerance symptoms include headaches after eating too much chocolate, bloating after a milkshake or pasta, or skin hives after eating foods high in chemicals such as amines or salicylates. Food allergy is NOT the only cause of body symptoms after eating a food.

Symptoms that occur several hours after a food is eaten are more often a result of an intolerance to a natural food chemical or enzyme deficiency and are not an allergy.

IMPLEMENTATION:

Our school will be "Allergy Aware" through:

Parent Responsibilities

- Informing school through enrolment process of individual student risks and medical needs.
- Being informed and allergy aware of their child's condition, preventatives and responses.
- Providing a management plan prepared by a health professional.
- Supporting Allergy Aware initiatives at school.

School Responsibilities

- Asking all parents to sign an agreement that they have read the Allergy Aware Policy.
- Identifying students with known allergens, and ensuring they have a management plan prepared by a health professional.
- Providing appropriate professional development for staff.
- Developing management processes that are specific to particular allergens.
- Providing opportunities for the community to learn more about managing allergies and how they can support the student, family and the school.
- Ensuring the school canteen is aware and supportive of students with allergies wherever possible.
- Encouraging non-food party favours to celebrate birthdays and healthy, allergy aware class parties.

Student Responsibilities

- Being Allergy Aware of their own allergens and taking responsibility for their own health and safety wherever possible.

This policy should be read in conjunction to the school's annual Anaphylaxis Policy.

Review:**FURTHER INFORMATION AND RESOURCES**

- The Department's Policy and Advisory Library (PAL):
 - [Anaphylaxis](#)
- [Allergy & Anaphylaxis Australia](#)
- [Strathaird PS Anaphylaxis Policy](#)
- [Strathaird PS Duty Of Care](#)

POLICY REVIEW AND APPROVAL

Policy last reviewed	12th September 2023
Approved by	Principal
Next scheduled review date	September 2027