



UNITED HERZLIA SCHOOLS

בתי"ס המאוחדים הרצליה

PARENTS PUPILS & STAFF

NUT AWARENESS POLICY

Our aim is to provide a safe learning environment for all people in our school community.

To support this, United Herzlia schools is a 'Nut Aware School'. This policy aims to increase our community awareness, in order to minimize the risk to children with documented allergies to nut products.

Anaphylaxis is a severe form of allergic reaction which is potentially life threatening. There are many causative agents for anaphylaxis with nuts often being the precipitating factor.

Anaphylaxis is preventable. Avoidance of specific triggers is by far the best option. Management is via immediate injection of adrenaline and emergency transfer to the hospital.

This means that we encourage parents, children and staff to avoid bringing foods that contain nuts to school. Products that contain nuts include:

- Nuts
- Peanut butter
- Nut spreads such as Nutella
- Most fruit and nut bars, energy bars, and muesli bars
- Many cereals, crackers, and cookies
- Some biscuits
- Chocolates and any other products that have nuts listed in the ingredients

SCHOOL RESPONSIBILITIES

- Reinforce appropriate avoidance and management strategies.
- Keep up to date information on nut allergies
- On advice from a qualified medical doctor, individual classes may need to develop class specific measures.
- Ensure that the Tuckshop and other providers are sensitive of the Nut Awareness Policy.
- Provide additional information to classes with children who have had previous anaphylaxis to nuts.
- Ensure that any food items donated for school events such as special holidays are nut safe.

PARENT RESPONSIBILITIES

Parents/caregivers of children with previous anaphylaxis:

- Provide the school with a documented health care plan from a medical practitioner for first aid response

- Keep an Epi-pen in a clearly defined location agreed to by parents and the school.
- Provide the school with the name and contact details of the doctor who signed the Health Care Plan.
- Support the class teachers and other staff in implementing the Health Care Plan.

All Parents are asked to support the school's Nut Awareness Policy by:

- Being sensitive and supportive to the needs of students with a history of anaphylaxis.
- Providing children with healthy food options that do not contain nuts.
- Encouraging children to wash their hands before and after eating.
- Considering the 'Nut Awareness Policy' when sending food to school for shared functions like birthdays or class parties.

STAFF RESPONSIBILITIES

All Staff are asked to support the school's Nut Awareness Policy by:

- Not bringing nut products to school.
- Incorporating it as part of the class health program.
- Teaching children the importance of washing their hands before and after eating.
- Reminding students and parents of the Nut Awareness Policy prior to school events where food is available for sharing and /or purchase.

Have up to date training in:

- What is an allergy?
- What is anaphylaxis?
- What are the triggers for allergy and anaphylaxis?
- How is anaphylaxis recognized?
- How can anaphylaxis be prevented?
- What should be done in the event of a child having a severe allergic reaction?
- Certain designated staff to be trained in Epi-pen use.

PROMOTING THE NUT AWARENESS POLICY

The policy will be promoted by:

- Parents and caregivers being informed via newsletters.
- Publication on the school website.
- Staff being informed and provided with training opportunities.
- Pupils to be taught about nut allergies