



NUT-FREE POLICY

A nut allergy develops when the body's immune system becomes over-sensitive to a protein in a nut. Being exposed to the nut causes an allergic reaction. Nut allergies are becoming more common in Australia and can be very serious. About 1 in 5 children with a nut allergy will need emergency medical attention at some point. For children with a known nut allergy, the key to preventing a potentially serious reaction is avoiding exposure to the relevant allergen (nuts). To prevent accidental exposure to nuts and nut products, Central Shoalhaven Mobile Preschool has developed a policy to exclude nuts and nut products from the centre.

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation.
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
2.2.2	Incident and emergency management	Plans to effectively manage incidents and emergencies are developed in consultation with relevant authorities, practiced and implemented.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
12	Meaning of a serious incident
86	Notification to parents of incident, injury, trauma and illness
87	Incident, injury, trauma and illness record
89	First aid kits
90	Medical conditions policy
90(1)(iv)	Medical Conditions Communication Plan

91	Medical conditions policy to be provided to parents
92	Medication record
93	Administration of medication
94	Exception to authorisation requirement—anaphylaxis or asthma emergency
95	Procedure for administration of medication
136	First aid qualifications
162	Health information to be kept in enrolment record
168	Education and care service must have policies and procedures
170	Policies and procedures to be followed
173(2)(f)	Prescribed information to be displayed- a notice stating that a child who has been diagnosed as at risk of anaphylaxis is enrolled at the service
174	Time to notify certain circumstances to Regulatory Authority

RELATED POLICIES

Administration of First aid Policy Administration of Medication Policy Enrolment Policy	Medical Conditions Policy
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PURPOSE

The *Education and Care Services National Regulations* requires approved providers to ensure services have policies and procedures in place for medical conditions including allergies and anaphylaxis. We aim to ensure that the risk of children with known nut allergies coming into contact with nut and nut products is eliminated or minimised. In addition, we will implement risk minimisation strategies and ensure all staff members are adequately trained to respond appropriately and competently to an anaphylactic reaction by adhering to a child's medical management plan and/or action plan..



SCOPE

This policy applies to children, families, staff, management, and visitors of the preschool.

DUTY OF CARE

Our preschool has a legal responsibility to take reasonable steps to ensure the health needs of children enrolled in the service are met. This includes our responsibility to provide:

- a. a safe environment for children free of foreseeable harm *and*
- b. adequate supervision of children at all times.

Our focus is keeping children safe and promoting the health, safety and wellbeing of children attending our preschool. Staff members, including relief staff, need to be aware of children at the preschool who suffer from nut allergies that may cause an anaphylactic reaction. Management will ensure all staff are aware of the location of children's medical management plans, risk minimisation plan and required medication.

MANAGEMENT, NOMINATED SUPERVISOR/ RESPONSIBLE PERSON WILL ENSURE:

- that all families are informed that all preschool venues are nut-free and that this policy is available to families.
- that as part of the enrolment process, **all** parents/guardians are asked whether their child has been diagnosed as being at risk of anaphylaxis or has severe allergies and clearly document this information on the child's enrolment record
- all staff have undertaken training in administration of the adrenaline auto injection device and cardiopulmonary resuscitation (CPR) at least every 12 months
- that all staff members are aware of
 - any child at risk of anaphylaxis enrolled in the service
 - the child's individual medical management plan/action plan
 - symptoms and recommended action for allergy and anaphylaxis and
 - the location of their EpiPen® device
- that a copy of this policy is provided and reviewed during each new staff member's induction process
- that updated information, resources, and support for managing allergies and anaphylaxis are regularly provided for families



EDUCATORS WILL:

- ensure that children and staff wash their hands on arrival at preschool to remove any traces of nuts
- ensure that children do not share food
- ensure tables and bench tops are wiped down effectively before and after eating
- ensure all children wash their hands before and after eating
- increase supervision of a child at risk of anaphylaxis on special occasions such as excursions, incursions, parties, and family days
- actively supervise all children whilst eating and if an item containing nuts is found in a child's lunch box, they will either safely dispose of the item if opened or ensure it is stored in a safe place to be returned to the family at pick-up. Caregivers will be informed as to why the food is being returned. If the item makes up a significant part of the child's food for the day, staff will contact parents to request an alternative lunch be provided.
- If parents/educators are unsure about a food being included in lunchboxes, they need to liaise with educators

FAMILIES WILL:

- Ensure that no nuts or nut products are brought into preschool venues. This includes:
 - Peanut Butter and other nut spreads such as Nutella
 - Peanuts/Nuts of all types
 - Products containing nut oils
 - Nut snack bars or chocolates
 - Any other product that contain peanuts or nuts listed as an ingredient on the food label.
- inform preschool management and staff, either on enrolment or on diagnosis, of their child's allergies and/or risk of anaphylaxis.



EDUCATING CHILDREN ABOUT ALLERGIES AND ANAPHYLAXIS

Allergy awareness is regarded as an essential part of managing allergies in early childhood education and care services. Our preschool will:

- talk to children about foods that are safe and unsafe for the anaphylactic child. They will use terms such as *'this food will make _____ sick', 'this food is not good for _____', and '_____ is allergic to that food'.*
- help children understand the seriousness of allergies and the importance of knowing the signs and symptoms of allergic reactions (e.g., itchy, furry, or scratchy throat, itchy or puffy skin, hot, feeling funny)
- encourage empathy, acceptance and inclusion of the allergic child

CONTACT DETAILS FOR RESOURCES AND SUPPORT

[Australasian Society of Clinical Immunology and Allergy \(ASCIA\)](#) provide information on allergies. The ASCIA Action Plans for Anaphylaxis are device-specific and must be completed by a medical practitioner.

<https://www.allergy.org.au/health-professionals/anaphylaxis-resources/ascia-action-plan-for-anaphylaxis>

Current ASCIA Action Plans are the 2021 versions, however previous versions (2020 and 2018) are still valid for use throughout 2021. There are two types of ASCIA Action Plans for Anaphylaxis:

- ASCIA Action Plan 2021 **(RED)** are for adults or children with medically confirmed allergies, who have been prescribed adrenaline autoinjectors (Plans are available for EpiPen® or Anapen®)
- ASCIA Action Plan for Allergic Reactions **(GREEN)** is for adults or children with drug (medication) allergies who have not been prescribed adrenaline autoinjectors.

ASCIA First Aid Plan for Anaphylaxis **(ORANGE)** 2021 EpiPen have replaced the general versions of ASCIA Action Plans for Anaphylaxis (Orange).

[Allergy & Anaphylaxis Australia](#) is a non-profit support organisation for families with food anaphylactic children. Items such as storybooks, tapes, auto-injection device trainers and other resources are available for sale from the Product Catalogue on this site.

Allergy & Anaphylaxis Australia also provides a telephone support line for information and support to help manage anaphylaxis: Telephone 1300 728 000.



[Royal Children's Hospital Anaphylaxis Advisory Support Line](#) provides information and support about anaphylaxis to school and licensed children's services staff and parents. Telephone 1300 725 911 or

Email: anaphylaxisadvice@rch.org.au

[NSW Department of Education](#) provides information related to anaphylaxis, including frequently asked questions related to anaphylaxis training.

ADDITIONAL INFORMATION

NEW SOUTH WALES (NSW)

<https://education.nsw.gov.au/parents-and-carers/wellbeing/health-and-safety/supporting-children-with-anaphylaxis-at-school>

SOURCE

ASCIA Action Plans, Treatment Plans, & Checklists for Anaphylaxis and Allergic Reactions:

<https://www.allergy.org.au/hp/ascia-plans-action-and-treatment>

Australian Children's Education & Care Quality Authority. (2014).

Early Childhood Australia Code of Ethics. (2016).

Education and Care Services National Law Act 2010. (Amended 2018).

[Education and Care Services National Regulations](#). (2011).

Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2020).

Guide to the National Quality Standard. (2017).

National Health and Medical Research Council. (2013). *Staying Healthy: Preventing infectious diseases in early childhood education and care services* (5th Ed.). Australia: Commonwealth of Australia. NSW Government. (n.d.).

New South Wales Department of Education and Communities. (2014). *Anaphylaxis Guidelines for Early Childhood Education and Care Services*.

Revised National Quality Standard. (2018).

REVIEW

POLICY REVIEWED	November 2021	NEXT REVIEW DATE	November 2022
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