



## Nut Free Policy – Morley Primary is a Nut Free Zone

As part of the ongoing safety awareness at Morley Primary, the school adheres to a TOTAL NUT FREE policy throughout the entire school. This includes bringing food to school-related activities.

Parents and children need to be mindful of any products containing nuts when preparing lunches or snacks. Parents of children who, historically, have suffered any anaphylactic reaction to any foods or insect bites, need to provide the school with an up-to-date medical action plan, signed by their treating doctor.

The following are *guidelines* for all parents of students at Morley Primary, which, if followed, will minimise the risk of an allergic, possibly life-threatening, reaction to a member/s of the school population.

### ***Don't send to school:***

- any fresh nut products
- any spread containing nuts (all nuts, eg: peanut butter, nutella)
- any muesli bar, biscuit or other product THAT LISTS NUTS AS AN INGREDIENT
- packages of mixed fruit (eg: trail mix) that contain nuts as well
- recycled containers that may have contained nuts, eg: Cereal, peanut butter jars, biscuits

### ***Please:***

- don't use 'nut' ingredients if preparing food for a special school event (eg: birthday cake, cultural food, sports day picnic)
- if your child eats a nut product for breakfast (eg: peanut butter on toast), washing hands *before* arriving at school will reduce the chance of exposing an allergic child to nut allergen at Morley Primary (eg: on the bathroom taps, computer mouse, climbing equipment, etc).

**All children are to be discouraged from swapping food.**

*Products that state 'May include traces of nuts' may be sent to school until further advised, please remind your child not to share foods at school as per the statement these foods **may contain traces of nuts.***

Morley Primary will promptly update all parents if circumstances change and there is a need to modify policy information. You will be asked to sign an acknowledgement of Morley Primary Nut Free Policy upon enrolment.

## More Nut and Peanut Allergy Information...

Nuts! They sure can cause you trouble if you're allergic to them - and a growing number of kids are these days. So what kind of nuts are we talking about? Peanuts, for one, though they aren't truly a nut. (They're a legume like peas or lentils.) A person can also be allergic to nuts that grow on trees, such as almonds, walnuts, pecans, and cashews.

### Why Does the Body Go Nuts Over Nuts?

When someone has a food allergy, his or her body sort of misfires. Instead of treating a nut or peanut like any old food, the body reacts as if the nut or peanut is harmful. In an attempt to protect the body, the immune system produces antibodies (special chemicals designed to fight infections) against that food.

The antibodies then cause mast cells (which are a type of immune system cell in the body) to release chemicals into the bloodstream, one of which is histamine. The histamine then causes symptoms in a person's eyes, nose, throat, lungs, skin, or gastrointestinal tract.

### What is Anaphylaxis?

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention. Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (e.g. skin, respiratory, gastro-intestinal, and cardiovascular). A severe allergic reaction usually occurs within 20 minutes of exposure to the trigger and can rapidly become life threatening.

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**Parents please sign and return this slip to acknowledge that you have read this Nut Free Policy.**

**I have read and understand that Morley Primary School is now a Nut Free Zone.**

**Signed Parent/Guardian of \_\_\_\_\_(child/children's names)**

**Date \_\_\_\_\_**