

SURFSIDE PRIMARY SCHOOL

ANAPHYLAXIS ALLERGY AWARENESS



Dear Parents/Guardians,

We are writing to inform you that there are a number of students here at Surfside Primary School who have Anaphylaxis allergy to peanuts, mixed nuts and sesame, through either ingestion or touch. It is important that these students have strict avoidance to foods containing these ingredients, to prevent a life threatening anaphylactic reaction. We are asking for your help in providing all of our students with a safe and inclusive school environment.

Any ingestion and in some cases, touch, of peanuts, mixed nuts or sesame products, can cause a life threatening allergic reaction that requires emergency medical treatment. To help reduce the chance of this occurring we are taking a few steps that will provide a safe environment for these students.

Please support the following steps to assist us in providing a safe environment:

Grades	Peanuts Allowed	Mixed Nuts Allowed	Sesame Allowed
Foundation – Grade 2	NO	NO	NO
Grade 3—6	YES	YES	YES
Canteen	NO	NO	NO
Kitchen	NO	NO	NO

- Our Foundation to Grade 2 classes are peanut, mixed nuts & sesame **free** classrooms.
- We have a **No Food Sharing** policy. This means no student is allowed to share their food with another student at anytime.
- Our classrooms do not celebrate birthdays, Easter, Christmas or special events with class party foods unless it is preorganised and approved by parents.

Students with anaphylaxis allergies are well educated by their parents on the foods that they can and cannot eat. As they progress through school, their level of independence and responsibility increases and as a result we **do not require** our grades 3 –6 classes to be nut or sesame free.

We understand the complexity of understanding products that are suitable to put into your child's lunch box, that are nut or sesame free. Parents who have children with these allergies are often the experts in this area and so we have some suggestions that may help you.

Sesame products that need to be avoided are : hummus, tahini, bread that contains sesame seeds, cakes or muffins that contain sesame oil, peanut butter, Nutella.

Lunchbox ideas : fresh fruit or vegetables, sandwiches, wraps, yoghurt, dips, (other than humus), home made cakes, biscuits or slice.

When purchasing packaged lunch box fillers, please read the ingredient labels for any sesame or nut ingredients.

Thankyou for your support