

# Bellevue Hill Public School is a NUT FREE SCHOOL

## Why a nut free school?

- Many children suffer from allergies to a variety of stimulants and experience symptoms as minor as a runny nose to serious life threatening reactions



### *What is anaphylaxis?*

- Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening.
- Of these, nut allergy is the most severe.
- It could take between 5 and 15 minutes for a child having an anaphylactic reaction to die through their throat swelling and closing of the air passages.

### *How do we prevent such a reaction?*

- Due to the severity of the reaction, the best way to prevent a reaction is to manage the child's environment as much as possible.
- Appropriate management reduces the chance of a fatal allergic reaction.
- For example, by eliminating a product such as peanut butter, we are reducing the risk associated with it sticking to playground and computer equipment, door handles, etc and therefore being touched by the allergic child.
- MICROSCOPIC AMOUNTS OF PEANUTS CAN CAUSE A FATAL REACTION

### *What is the school putting in place?*

- Bellevue Hill Public School, along with a growing number of schools through out Sydney, have made the decision to become a NUT FREE SCHOOL.
- Products not to be brought into the school grounds are:
  - Peanut Butter
  - Any kind of nut butter, including Cashew Butter, Almond Butter, etc
  - Nuttela spread
  - Muesli bars containing nuts
  - ANY nut snack such as chocolate coated nuts
  - NUTS of any kind



### *Surely my child in a different class does not have to follow this?*

- Each and every child attending the school will need to follow this policy
- A child eats 21 meals a week. We are asking that 5 of these meals are nut free to minimise the danger to another child's life ....

*The staff of Bellevue Hill Public School thank you for your understanding and co-operation*

