MITCHAM PRIMARY SCHOOL
EST·1847

Responsibility, Resilience and Respect

Anaphylaxis and Allergies Policy

Supporting an allergy aware, inclusive and safe school community

Purpose

Mitcham Primary School is committed to providing a safe, supportive and inclusive environment for students with allergies, including those at risk of anaphylaxis. We work with families to reduce known risks and to respond quickly and safely if an allergic reaction occurs.

Anaphylaxis is a severe, potentially life-threatening allergic reaction. Because many foods, medications, insects and other substances can trigger allergy, we use an allergy aware approach rather than describing the school as "nut free" or "allergen free".

Our allergy aware approach

- Know which students have allergies and the support they need.
- Reduce exposure to known allergens using practical, age-appropriate strategies.
- Ensure staff can recognise and respond to an allergic reaction or anaphylaxis.
- Support students with allergies to participate fully in school life.

Allergy aware approach

Being allergy aware means using a range of sensible, evidence-based measures to reduce the chance of a student being exposed to a known allergen. No school can completely remove all allergy risk, so safety depends on several strategies working together.

- We do not rely on whole-school food bans, as they can create a false sense of security.
- Where appropriate for a particular class or age group, the school may ask families to avoid higher-risk foods or food practices. For younger students this may include foods such as sticky nut spreads or messy egg foods, where these pose an identified risk.
- Students are taught not to share food, drinks, drink bottles or eating utensils, and to wash their hands before and after eating.
- Staff consider allergies when planning cooking, celebrations, class rewards, fundraising, special events and other activities involving food.
- Families should check with the teacher before sending food to share.

Supporting students with allergies

Parents and carers are asked to notify the school of diagnosed allergies at enrolment, when an allergy is first diagnosed, and whenever there is a change.

- Parents must provide the most recent ASCIA Action Plan completed by the student's doctor or nurse practitioner.
- For students with an ASCIA Action Plan for Anaphylaxis or Allergic Reactions, the school develops an individualised health/anaphylaxis care plan with the family. This records the student's allergens, medication and agreed risk minimisation strategies.
- Relevant information is shared with staff who need it to support the student safely, including new, relief and casual staff, while respecting privacy.

Medication and adrenaline devices

Students who have been prescribed an adrenaline device must have a device available while they are in the care of the school, together with their ASCIA Action Plan. Parents are responsible for supplying prescribed medication and advising the school when it is replaced or changed.

- Medication is labelled, stored at room temperature away from heat and sunlight, and kept where staff can access it quickly. It is not locked away.
- The school checks adrenaline devices regularly, including expiry dates, and contacts families when a prescribed device needs replacing.
- The school keeps at least one general use 0.3 mg adrenaline autoinjector, with additional devices provided where a risk assessment indicates they are needed.
- Where developmentally appropriate, self-carrying or self-administration may be supported through the student's health support plan.

Practical risk minimisation

Setting	What this looks like at Mitcham
Eating times	Students eat their own food and do not share food or drinks. Staff supervise as appropriate and encourage hand washing after eating, particularly where a known allergen is present.
Classroom learning	Teachers check allergy information before food-based activities and provide safe alternatives where needed. Staff avoid unnecessary use of food in craft, sensory play, games or rewards. When using recycled boxes or packaging for craft, avoid items that have contained known food allergens.
Celebrations and shared food	Food for sharing is discussed with the teacher first and ingredient information available where practical. Non-food options or individually packaged items may be used when they better manage risk.
Canteen and food service	Food is prepared and served using allergen management procedures. Peanuts and tree nuts are excluded from the canteen menu. Staple allergens such as egg, milk and wheat are managed through safe food handling.
Yard, visitors and volunteers	Staff know how to access emergency medication. Visitors and volunteers receive relevant allergy information; anyone preparing or serving food must be appropriately trained or supervised.

Excursions, camps and off-site activities

Allergy and anaphylaxis risks are considered as part of off-site planning, with families consulted when additional arrangements are needed.

- The student's ASCIA Action Plan, prescribed adrenaline device and required medication accompany them.
- A general use adrenaline device and ASCIA First Aid Plan are taken, with the number of devices based on risk assessment.
- Planning and risk assessment considers food and drink, staff responsibilities, access to emergency medical care, medication storage, travel and activities. Caterers are given accurate allergy information in advance.

Staff training and emergency response

All staff are expected to know how to prevent, recognise and respond to anaphylaxis and where emergency adrenaline devices are located. Staff complete recognised anaphylaxis training every 3 years. Designated first aid staff complete anaphylaxis training yearly. Staff and volunteers responsible for preparing or serving food complete appropriate food allergen management training.

If anaphylaxis is suspected

1. Lay the person flat. If breathing is difficult, allow them to sit with legs outstretched.

2. Give an adrenaline device immediately. If in doubt, give adrenaline.

3. Call 000 for an ambulance, then contact the family/emergency contact.

4. If there is no response after 5 minutes, give further adrenaline if available.

5. Continue to follow the ASCIA Action Plan. The person must be transported to hospital for medical observation.

Student education and inclusion

Students learn about allergies in age-appropriate ways, including not sharing food, washing hands when appropriate and telling an adult if someone feels unwell.

Students with allergies are supported to recognise symptoms, speak up when they feel unwell and gradually build confidence in managing their own health needs.

Incident reporting, communication and review

- All allergic reactions, where there is a risk of anaphylaxis, are documented and reported in line with Department requirements. After an incident, the school reviews the student's plan, risk controls and emergency response and makes changes where needed. Support is offered to those involved.
- The school communicates its allergy aware approach to families at least annually and when arrangements change.
- This policy is reviewed at least every two years.

Key references

- National Allergy Council, Best Practice Guidelines for Anaphylaxis Prevention and Management in Schools, Version 3.1, July 2026.
- National Allergy Council, Sample Anaphylaxis Management Policy for Schools.
- South Australian Department for Education, Anaphylaxis and Allergies Procedure and associated health support planning guidance.
- Australasian Society of Clinical Immunology and Allergy (ASCIA), Action Plans and First Aid Plan for Anaphylaxis.

This policy should be read alongside the Department for Education's mandated health support, medication management, excursion/camp and emergency management procedures. Department requirements take precedence where they change.

Updated	October 2026	**Next review**	October 2028