

## Albury Preschool – ALLERGY AWARENESS

Dear Parents/guardians,

We are seeking your help to support the children in our Preschool who are at risk of anaphylaxis.

Anaphylaxis is a severe allergic reaction that is potentially life-threatening. The most common causes of anaphylaxis are food and insect allergies. The only way to prevent allergic reactions is to avoid being exposed to the allergen.

Our Preschool is supporting children at risk of anaphylaxis in the following ways:

- training staff,
- encouraging children with food allergy to wash their hands before and after eating,
- encouraging children to wash their hands after eating something another child they interact with is allergic to,
- teaching children not to share food with friends who have food allergy,
- teaching children the importance of getting help immediately if their friend with allergy looks sick,
- educating children about allergies and anaphylaxis, and
- teaching children that teasing someone with an allergy is not acceptable behaviour.

Food allergy is now common in children. Children can be allergic to any food, and it is not possible to completely remove all foods from our Preschool. To help manage food allergies, our Preschool is following the National Allergy Strategy Best Practice Guidelines (2021) which do not recommend banning foods as this is difficult to enforce and can bring a false sense of safety. Instead, we have **chosen not to use nuts and nut products in our Preschool** as these foods are not staple foods in the diet.

**We request that parents also not send nuts to Preschool or food that has nuts in it.** These include foods such as:

PEANUT BUTTER, NUTELLA, MUESLI BARS WITH NUTS, DIPPITY BICS WITH PEANUT BUTTER OR NUTELLA, INCREDIBITES, CHOCOLATES WITH NUTS, BIRTHDAY CAKES WITH NUTELLA ICING, CAKES OR SLICES WITH NUTS, MARZIPAN, ALMOND MEAL CAKES/BISCUITS, CASHEWS, HAZELNUTS, PISTACHIO NUTS, WALNUTS, MACADAMIA NUTS, BRAZIL NUTS, FRUIT AND NUT MIX, ICECREAM CAKES, PACKET CAKES, FRUIT AND NUT BREADS ETC.

We may also send letters home if we have a child with other allergies to discuss ways that we may be able to support that child.

As we educate our Preschool community to help with the management of food allergy and anaphylaxis, the parents of the child with food allergy will continue to educate their child on self-management at a developmentally appropriate level.

We ask you to support the Preschool's risk minimisation strategies outlined so that we can increase safety and provide an environment that meets the needs of all our children.

Thank you for your co-operation