



Before enrolling at school

Arrange a meeting

Make an appointment to speak with the school to discuss how the school manages students who have food allergy.

Best practice guidelines

Ask if the school uses the [Best Practice Guidelines for anaphylaxis prevention and management in schools](#) and/or specific state or territory anaphylaxis guidelines, policy, or legislation?

Allergy Aware

Ask if the school has an allergy aware approach for food allergy management? An allergy aware approach means having many things in place to reduce the risk of an allergic reaction and to recognise and treat an allergic reaction well when it happens. Examples include:

- Staff know who is at risk of anaphylaxis and what they are allergic to.
- Staff do anaphylaxis training.
- The school has an anaphylaxis policy that is followed.
- The school completes an anaphylaxis care plan for each child at risk of allergy with the parent.
- There is good communication about how the school manages allergies.
- The school has emergency response plans that are practised.
- Age-appropriate allergy education including helping friends with allergies.
- Reducing risk with actions such as handwashing and not sharing food. More information: [Strategies to reduce risk- Allergy Aware](#).
- The school has an adrenaline device that can be used on anyone showing signs of anaphylaxis including those not previously diagnosed.

Read the Allergy Aware parent resources

This will help you understand what your school should be doing to best prevent and manage allergies and how you can support your school.

[What does it mean to be an allergy aware school?](#)

[How can families support allergy aware schools?](#)

Teach your child skills to help them manage their allergies in a way they can understand by:

- knowing what foods they are allergic to
- not sharing food or drinks
- only eating food from their lunchbox
- only drinking from their own water bottle
- washing their hands before they eat
- asking for help if they feel sick or are worried.

Outside School Hours Care

Outside School Hours Care (OSHC) is often run separately to the school so allergy management may be different.

If your child is going to OSHC, discuss with OSHC staff how they manage allergies.

Give OSHC a copy of the ASCIA Action Plan and an adrenaline device if prescribed.

Remember: Communicate in a way that makes the needs of your child clear without being unreasonable. Try to build a partnership with the school so you can work together to reduce risk, manage your child's allergies well and give your child a great school experience.

Before starting school

When applying for enrolment

- Tell the school about your child's allergy at enrolment.
- Give the school a copy of your child's ASCIA Action Plan for Anaphylaxis or ASCIA Action Plan for Allergic Reactions.

After enrolment is confirmed

- Meet with school staff to develop an [individualised anaphylaxis care plan](#) and discuss your child's allergy management.
- Ask how relief teachers are told about your child's allergies.
- Speak with canteen staff about how your child can safely order canteen food. You may decide to wait until your child is a little older before ordering food.
- Talk about how you and the school will communicate about your child, especially when planning for special events which increase risk of an allergic reaction such as excursions, birthdays sports days, class parties and multicultural celebrations.

Contact our trained Allergy Educators on the National Allergy Helpline on 1300 728 000 or through www.allergyfacts.org.au if you would like to discuss school management.



When starting school

Meet your child's teacher

Meet with your child's teacher to talk about your child's allergy. Check they have recently completed training, have practised using an adrenaline trainer device and that they understand your child's [individualised anaphylaxis care plan](#).

Provide medications

Give the school one of your child's adrenaline devices (such as EpiPen®) and other medications, if prescribed. Your child's ASCIA Action Plan should be stored with their adrenaline device in an unlocked location.

Help reduce risk for food allergy

- Label your child's lunchbox and drink bottle with their full name.
- Provide food treats your child has eaten safely at home, like a packet of lollies or cupcakes you made. Store cupcakes in the school freezer in a container with your child's full name and class.
- Provide non-food rewards such as stickers.
- Provide your child's own pencils so they do not share things children may put in their mouths.

For more information and tips about school with allergies visit www.allergyfacts.org.au

