



Brabham
PRIMARY SCHOOL
THROUGH COMMUNITY WE GROW

Nut Aware Guidelines

Brabham Primary School is a Nut Aware School. These guidelines help create a safer environment for all students, particularly those at risk of life-threatening anaphylaxis from nut exposure.

Why We Are Nut Aware

Anaphylaxis is a severe and potentially fatal allergic reaction. Nuts and nut products are a common trigger. The most effective way to reduce risk at school is to minimise the presence of nut products in lunchboxes and shared food environments.

Foods Not to Be Brought to School

Families are asked not to send the following items to school:

- All nuts (e.g. peanuts, almonds, cashews, pistachios)
- Peanut butter
- Nut spreads (e.g. Nutella and similar chocolate nut spreads)
- Nut bars and muesli bars containing nuts
- Biscuits, cakes, chocolates or snacks where nuts are listed as an ingredient

Please check ingredient lists carefully, as nuts are often present in processed foods.

What This Means for Families

- Avoid packing nut products in lunchboxes
- Reinforce with children the importance of not sharing food
- Support the school in maintaining a safe environment for all students

School Responsibilities

- Reinforce strategies for avoiding and managing nut exposure
- Maintain up-to-date Anaphylaxis Health Care Plans
- Ensure student photos and plans are accessible in classrooms and the first aid room
- Implement class-specific measures where required, based on individual plans
- Ensure staff are aware of students at risk and trained in anaphylaxis response

Individual Anaphylaxis Health Care Plans

For any student diagnosed as being at risk of anaphylaxis:

- The school will work closely with parents/guardians to develop a personalised
- This plan should be provided prior to the student's first day of attendance wherever possible
- Plans are shared with relevant staff to ensure appropriate care and response

[Student Health in Public Schools Policy - Policies - Department of Education](#)

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