

PURPOSE:

- KidsZone Nursery promotes health to parents and children by identifying allergies
- keeping track of illnesses and other diseases
- Preventing bacterial and viral infections from spreading from one kid to the next.
- To provide a safe and healthy learning environment for students with allergies,
- To reduce the likelihood of a student with known allergies developing a severe reaction, as well as
- To provide guidance to medical teams on managing allergic cases.

MEANING:

COMMON ALLERGENS

As defined by many food regulators within the UAE are:

- Crustaceans and their products(prawns)
- Peanuts and their products
- Soybeans and their products
- Tree nuts and their products
- Sesame seeds and their products
- Fish and fish products
- The above allergens should not be allowed inside the school and it should be communicated to parents that food containing the above allergens should not be sent to school.

UNCOMMON ALLERGENS:

UAE food regulators also have mentioned below allergens appear commonly among individuals and should be avoided as much as possible within the school premises

- Egg and egg products
- Milk and milk products
- Gluten and cereals containing gluten (wheat, rye, oats, barley and spelt)

SYMPTOMS ASSOCIATED WITH AN ALLERGIC REACTION TO FOOD INCLUDE THE FOLLOWING:

- **Mucous Membrane Symptoms:** red watery eyes or swollen lips, tongue or eyes.
- **Skin Symptoms: itchiness,** flushing, rash, hives.
- **Gastrointestinal Symptoms:** nausea, pain, cramping, vomiting, diarrhea, acid reflux.
- **Upper Respiratory Symptoms:** nasal congestion, sneezing, hoarse voice, trouble swallowing, dry staccato cough, numbness around mouth.

- **Lower Respiratory Symptoms:** deep cough, wheezing, shortness of breath or difficulty breathing, chest tightness.
- **Cardiovascular Symptoms:** pale or blue skin colour, weak pulse, dizziness or fainting, confusion or shock, hypotension (decrease in blood pressure), loss of consciousness.
- **Mental or Emotional Symptoms:** sense of "impending doom", irritability, change in alertness, mood change, confusion. o Signs and symptoms can become evident within a few minutes or up to one to two hours after ingestion of the allergen, and, in rare cases, several hours after ingestion.
- **Symptoms of breathing difficulty:** voice hoarseness, faintness associated with change in mood or alertness. o Rapid progression of symptoms that involve a combination of the skin, gastrointestinal tract or cardiovascular symptoms may signal a more severe allergic reaction (anaphylaxis) and require immediate attention.

POLICY AND PROCEDURE:

❖ **Student Enrolment Stage**

Parents are asked about any known allergies their children may have when they enroll them at Kidzone Nursery. This is included on the registration form. Parents are also required to complete medical questionnaires and notify the school nurse of any allergies, chronic illnesses, or recent surgeries that their children may have had.

1. If a child has an allergy, parents must speak to the School Nurse and give the following information:
 - a. The allergen (ie: the substance, material or living creature the child is allergic to such as nuts, eggs, bee stings, cats, etc.)
 - b. The nature of the allergic reactions (anaphylaxis, rash, reddening of skin, swelling, breathing problems)
 - c. What to do in case of allergic reaction, any medication used, and how it is used (eg: EpiPen)
 - d. Control measures – such as how the child can be prevented from contact with the allergen.

The NURSE will contact the child's class teacher and section head to provide them with the allergen information of the child and to advise the teacher not to allow the student to take part in any food-related tastings/activities.

PLANNING OF ACTIVITIES :

TEACHERS ROLE:

- All activities and school trips, such as food tastings/face painting/Henna, etc., need to be risk assessed before they take place, with a risk assessment carried out and logged that includes full details of the activity. The template for this assessment is held properly in nurse clinic
- The teacher leading the activity is required to complete the assessment before it is signed off by the nurse and manager.
- Once an activity involving food is confirmed, the list of activities should be shared with the medical team two weeks in advance. The medical team will then review the health forms of each student in the participating class, and communicate to the class teacher any students with food allergies.
- Teachers should take extra care to ascertain the full list of ingredients of any food item so they can check this against their students' allergies. Under no circumstances should a teacher assume an item of food is safe before confirmation.
- An email should be sent to all parents seeking their written permission/waiver to allow their child/children to take part in a food-related activity. This email should detail the ingredients of all food items involved so that parents can review these and give their consent. It should also ask parents to disclose any food-related allergies that they may not have previously communicated via the health form during their child's enrolment.
- Any student identified as allergic to the food or anything related to the activity has to be taken out of the class for the duration of the activity/event

NURSE ROLE:

- The NURSE should assess the student for early recognition of the signs and symptoms of anaphylaxis.
- The NURSE should administer treatment according to the child's Individualised Health Plan/allergy action plan.
- The NURSE should call the child's parents immediately in the case of all allergic reactions. All severe reactions, or reactions among those with a known medical history of food allergies and who are displaying signs and symptoms of an allergic reaction, should be taken to hospital by ambulance after GET PARENT CONCERN VIA PHONE CALL (appropriate initial management that may include the use of an EpiPen where applicable.)

2. In each classroom, we display a poster showing the list of children, their photo and their allergies, child's name, child's photo and the allergy.

3. Parents should inform the school nurse administration of specific medicine (eg: EPipen). The nurse will train her back up in case the nurse will be off. train the nurse and Class Teacher, how to administer special medication and how it is to be used (eg: EpiPen)
4. We have a "NO nut policy" at Kidzone don't allow children to bring in any kinds of nuts. (other children may have allergy and will post danger to children's health) Nursery; Parents are made aware that we have a no nut policy at Kidzone Nursery at all times,

Reviewed by: Jaya Mishra

Date: 15.07.2024

Approved by: Anoud Fahad

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