



Starting school with food allergies? I've got you covered!



Back-to-School Food Allergy Checklist

YOUR SAFE START-TO-SCHOOL CHECKLIST

10 simple steps for a safe and confident school year



1



Review your child's allergy management plan with the new teacher, school nurse and other caregivers.

2



Update the PAI / Individual Care Plan and ensure the school has the latest version.

3



Check expiry dates on emergency medication and renew prescriptions early.

4



Prepare the emergency kit with medication and a clear step-by-step action plan.

5



Ensure allergy & emergency medication training is scheduled with a nurse before school starts.

6



Display allergy awareness posters in the classroom and key school areas. LAN has created some to use for free.

7



Inform other parents using an allergy information letter distributed by the teacher. LAN has free templates to use.

8



Discuss food activities including birthdays, cooking lessons, class parties and school trips.

9



Talk about school meals canteen procedures, snacks and preventing cross-contact.

10



Keep communication open and agree how the school will contact you in an emergency.

Ally's Back-to-School Tip



Before the first day, make sure everyone who cares for your child knows:



where the emergency medication is kept



recognising symptoms and knowing how to react in an emergency



allergy medication should always be close to the child

