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Disruption in Australian school classrooms

I am a Mum of 2 adult males, who both had severe behavioural issues as children. I was very fortunate to find out about Sydney's Royal Prince Alfred Hospital Allergy Unit's elimination protocol before my sons entered kinder and school. I attended a work seminar where RPAH spoke about their protocol. I will be forever grateful for that day. I worked in health and was not aware of these nasty additives, that I was inadvertently giving my children each day as part of a 'healthy diet'. The change in their behaviour, health and learning on the protocol was miraculous. Straying from the protocol when eating out or when they were given additive laden foods from other children at school, resulted in a complete Dr Jekyll and Mr Hyde scenario. We were simply not able to manage their behaviour unless we made their meals at home without these nasty additives. It makes me very upset to think of all the children who are being fed copious quantities of these additives in their average Australian diet, their parents unaware of the effect on them. I also get very upset that these additives are not researched for their long term and cumulative effects on health, behaviour and learning.

I worked in primary schools for several years, assessing prep students and speaking to parents about their concerns. Behavioural problems were one of the most common concerns mentioned.

My sons are now in their 20's. One has worked his way up to a senior management position after completing an apprenticeship and the other is completing a Bachelor Degree at University. I really wonder where my sons would be, had I not attended that seminar about the harmful additives in our everyday food. My oldest son's behaviour was so severe we feared for his future and even joked he would end up in juvenile detention.

The RPAH research has not only benefited my sons. My health and mental health are negatively affected by many artificial additives.

Yours Sincerely