

Ridgeview CUSD #19 Food Allergy Management Plan

The focus of the Ridgeview food allergy management plan will be prevention, education, awareness, communication and emergency response. The management plan will aim to strike a balance between the health, social normalcy and safety needs of the individual student with food allergies and the education, health and safety needs of all students. Food allergies can be life threatening. The risk of accidental exposure to foods can be reduced in the school setting as schools work with students, parents, and physicians to minimize risks and provide a safe educational environment for food-allergic students. The goals for this plan include:

1. To maintain the health and protect the safety of children who have life-threatening food allergies in ways that are developmentally appropriate, promote self-advocacy and competence in self-care and provide appropriate educational opportunities.
2. To ensure that interventions and individual health action plans for students with life-threatening food allergies are based on medically accurate information and evidence-based practices.
3. To define a formal process for identifying, managing, and ensuring continuity of care for students with life-threatening food allergies across all grade levels (PreK – 12th grades)

Family's Responsibility

- 1) Notify the school of the child's allergies.
- 2) Work with the school team of the student's teacher, district nurse, principal, and food service director to develop a plan that accommodates the child's needs throughout the school including in the classroom, in the cafeteria, in after-care programs, during school-sponsored activities, and on the school bus, including a Food Allergy Action Plan that will be signed by the parent and physician.
- 3) Provide written medical documentation, instructions, and medications as directed by a physician, using the Food Allergy Action Plan as a guide. Include a photo of the child on the written form.
- 4) Provide properly labeled medications and replace medications after use or upon expiration.
- 5) Educate the child in the self-management of their food allergy including:
 - safe and unsafe foods
 - strategies for avoiding exposure to unsafe foods
 - symptoms of allergic reactions
 - how and when to tell an adult they may be having an allergy-related problem
 - how to read food labels (age appropriate)
 - debrief with the school staff, the child's physician, and the child (if age appropriate) after a reaction has occurred.
 - Provide emergency contact information.

School's Responsibility

- 1) Be knowledgeable about and follow applicable federal laws including ADA, IDEA, Section 504, and FERPA and any state laws or district policies that apply.
- 2) The school nurse will review the student's health records submitted by parents and physicians.
- 3) Include food-allergic students in school activities. Students should not be excluded from school activities solely based on their food allergy.
- 4) Identify a core team of, but not limited to, school nurse, teacher, principal, school food service and counselor (if available) to work with parents and the student (age appropriate) to establish a prevention plan. Changes to the prevention plan to promote food allergy management should be made with core team participation.

- 5) Assure that all staff who interact with the student on a regular basis understands food allergy, can recognize symptoms, knows what to do in an emergency, and works with other school staff to eliminate the use of food allergens in the allergic student's meals, educational tools, arts and crafts projects, or incentives.
- 6) Practice the Food Allergy Action Plans before an allergic reaction occurs to assure the efficiency/effectiveness of the plans.
- 7) The school nurse will be sure medications are appropriately stored, and that a "School Medication Authorization" form for epinephrine or other medications are completed & on file. Per medication policy 7:270 E-1 students will be allowed to carry their own epinephrine auto-injector for self-administration if the above form is complete and on file in the school nurse's office and the student demonstrates appropriate use of the medication. **ANY STUDENT THAT SELF-ADMINISTERS AN EPINEPHRINE AUTO-INJECTOR SHALL IMMEDIATELY REPORT TO THE SCHOOL NURSE OR IN THE EVENT OF THE SCHOOL NURSE'S ABSENCE, THE STUDENT WILL REPORT TO THE DISTRICT SUPERINTENDENT'S DESIGNATED PERSONNEL FOR FURTHER TREATMENT.**
- 8) The school nurse will train school personnel to properly administer medication for field trips or other times when the school nurse will not be available.
- 9) The principal, school nurse, teacher, parent, and student (when appropriate) will debrief with each other after a reaction has occurred.
- 10) The school nurse will work with the district transportation administrator to assure that school bus driver training includes symptom awareness and what to do if a reaction occurs.
- 11) Enforce a "no eating" policy on school buses with exceptions made only to accommodate special needs under federal or similar laws, or school district policy.
- 12) The school nurse or teacher will discuss field trips with the family of the food-allergic child to decide appropriate strategies for managing the food allergy during the field trip.
- 13) Follow federal/state/district laws and regulations regarding sharing medical information about the student.
- 14) Take threats or harassment against an allergic child seriously.

Student's Responsibility

- 1) Should not trade food with others.
- 2) Should not eat anything with unknown ingredients or known to contain any allergen.
- 3) Should be proactive in the care and management of their food allergies and reactions based on their developmental level.
- 4) Should notify an adult immediately if they eat something they believe may contain the food to which they are allergic.
- 5) Will report to the school nurse or designated personal immediately after self-administering an epinephrine auto-injector for further treatment.

The resources for this Food Allergy Management Plan included information from The Food Allergy & Anaphylaxis Network's (FAAN) *School Food Allergy Program*. The *School Food Allergy Program* has been endorsed and/or supported by the Anaphylaxis Committee of the American Academy of Allergy Asthma and Immunology, the National Association of School Nurses, and the Executive Committee of the Section on Allergy and Immunology of the American Academy of Pediatrics. FAAN can be reached at: 800/929-4040. The following organizations participated in the development of this document: American School Food Service Association, National Association of Elementary School Principals, National Association of School Nurses, National School Boards Association, and the Food Allergy & Anaphylaxis Network.