

Lubbock-Cooper ISD

Student Food Allergy Management Plan

Intent

Lubbock-Cooper ISD is committed to providing a safe and nurturing environment for students. The district understands the increasing prevalence of life-threatening allergies among school populations. Lubbock-Cooper ISD recognizes that the risk of accidental exposure to allergens can be reduced in the school setting, and is committed to working in cooperation with parents, students, and physicians to minimize risks and provide a safe educational environment for all students. In accordance with this and pursuant to Senate Bill 27 from the 82nd Legislative Session, the purpose of this policy is to:

- Provide a safe and healthy learning environment for students with food allergies;
- Reduce the likelihood of severe or potentially life-threatening allergic reactions;
- Ensure a rapid and effective response in the case of a severe or potentially life-threatening allergic reaction; and
- Protect the rights of food-allergic students to participate in all school activities.

Definition

A **food allergy** is a potentially serious immune-mediated response that develops after ingesting or coming into contact with specific foods or food additives. A life-threatening allergic reaction to food usually takes place within a few minutes to several hours after exposure to the allergen. Allergic reactions can occur with trace exposure to food allergens. There is no cure for food allergy. Strict avoidance of allergens along with early recognition and management of allergic reactions are important to the safety of food-allergic children at risk for anaphylaxis.

Anaphylaxis is a serious allergic reaction that is rapid in onset and can potentially lead to death. Anaphylaxis includes a wide range of symptoms that can occur in many combinations and is highly unpredictable. In order to address the complexities of food allergy management in schools, it is important that students, parents/guardians, and school personnel work cooperatively to create a safe and supportive learning environment.

Allergy management plan is a medical document outlining any emergency plan or individualized allergy treatment for a student. This document must be signed by the student's healthcare professional. This document is only valid for the current school year. A new allergy management plan must be provided to the school at the beginning of each school year.

Individual Health Plan (IHP) a plan developed by the school Registered Nurse in collaboration with lawful custodians and others which outline specific healthcare to be given to an individual student with chronic health conditions. Chronic health conditions can interfere with learning and may require nursing or health services at school.

Identifying Students with Food Allergies

- A. Request for Allergy Information: In order to effectively plan for and manage student allergy risks at school, parents/guardians are asked to promptly notify the school upon their child's diagnosis with, or suspicions of, a food allergy or other life-threatening allergy.
- B. Parent Submissions: When a parent/guardian reports that their child has a diagnosed food allergy or other life-threatening allergy, the school may request the parent/guardian provide the following:
 - a. Written authorization to obtain detailed medical information on the child's condition from the physician;
 - b. Written consent to share diagnosis and other information with school personnel;
 - c. Written consent to administer or self-administer medications during the school day;
 - d. An allergy management plan completed and signed by both the child's licensed health care provider as well as the parent/guardian;

- e. Any medications necessary to prevent or treat allergic reactions along with relevant prescription and dosage information. A parent/guardian will be responsible for replacing medications after use or expiration;
 - f. A detailed description of the student's past allergic reactions, including triggers and warning signs; and
 - g. Current emergency contact information and prompt notice of any updates.
- C. **Suspected Allergies:** In the event the school nurse or other principal-designated school personnel suspects that a student has a food allergy or other life-threatening allergy, the school shall provide prompt notification to the parent/guardian and request for the student to be evaluated by a physician.
- D. **Non-Cooperation:** If the parent/guardian of a student with a known or suspected food allergy or other life-threatening allergy fails to provide an allergy management plan authorized by the student's physician, school staff shall implement standard emergency response.

Emergency Response

In the event of an emergency, response measures outlined in a student's allergy management plan will be followed. If epinephrine is injected in response to an allergic reaction, 911 shall be called. In the event of an episode of anaphylaxis, school staff shall notify the student's parent/guardian as soon as possible.

Emergency Medications

Students with an allergy management plan Parent/guardian shall provide medications necessary to prevent or treat allergic reactions along with relevant prescription and dosage information. Students must have emergency medication accompanied with appropriate documentation in order for a student to self-carry an emergency medication, or for emergency medications to accommodate students off-campus during the school day (if applicable). A parent/guardian will be responsible for replacing medications after use or expiration.

Students without an allergy management plan Lubbock-Cooper ISD campus clinics stock unassigned diphenhydramine (Benadryl or a generic form) and epinephrine autoinjectors (EpiPen or a generic form). These medications are only available for on-campus use. In the event of an allergic reaction, these medications will be administered to students without allergy management plans per the district's standing orders.

Individual Health Plan (IHP)

The school nurse may develop an Individual Health Plan (IHP) for any student with an allergy with potential serious health consequences. The IHP may only be developed after the school nurse receives acceptable notification and in collaboration with the student's physician, the parent/guardian of the student, and the student (if age appropriate). The IHP may incorporate the allergy management plan as authorized by the student's physician.

The IHP should include both preventative measures to help avoid accidental exposure to allergens as well as emergency measures in case of exposure.

Depending on the nature and extent of the student's allergy, the measures listed in the IHP may include, but are not limited to:

- Posting additional signs (e.g. in classroom entryways);
- Designating special tables in the cafeteria;
- Creating a food allergy management team (e.g. the nurse, principal, teacher, parent or bus driver);
- Prohibiting particular food items from certain classrooms and/or class parties;
- Educating school personnel, students, and families about food allergies; and/or
- Implementing particular protocols about cleaning surfaces touched by food products, washing of hands after eating, etc.

Section 504

If a student is identified as having a severe food allergy via online enrollment or parent contact, the school nurse may refer the student for a Section 504 evaluation.

Transportation and Off-Site Activities

The LCISD Health Services Department provides district transportation staff training for the recognition of and response to anaphylaxis. Students are not permitted to consume foods and beverages on the bus while being transported to/from school unless the student's IHP requires.

Students will be allowed to consume foods and beverages at district-approved activities and while being transported to and from activities on district transportation if the staff member serving as the activity sponsor has verified that none of the students being transported have documented life-threatening food allergies. If a student with a documented life-threatening food allergy is in attendance, that allergen should be restricted.

Staff members must submit a list of students taking part in off-site activities, such as competitions and field trips, to the campus nurse at least five days prior to the activity. In circumstances for which a five-day notice is unavailable, notification is to be given as soon as possible. The nurse will verify which, if any, students have allergies and provide the staff member with a copy of the relevant IHP or allergy management plan as well as any medications that may be needed in the case of an allergic reaction.

It is the parent's responsibility to *communicate directly with* and provide copies of the appropriate paperwork to the following personnel in charge of all before- and after-school activities:

- Before- or after-school activity instructors;
- Coaches;
- Overnight tournament sponsors or district chaperones;
- Clubs, programs, or sports sponsors; and/or
- Any other activity that a student may be involved in outside of school hours.

Self-Management

Each student at risk for anaphylaxis shall be allowed to carry an epinephrine auto-injector with him/her at all times, if appropriate. If this is not appropriate, the epinephrine auto-injector shall be kept in the nurse's office and/or other areas if specified by physician. If capable, a student may self-administer their own epinephrine auto-injector. Refer to the Lubbock-Cooper ISD Board policy for [Self-Administration of Asthma or Anaphylaxis Medicine](#) FFAC(LEGAL).

Training

At a minimum of at least every two years, school personnel who work with students shall complete an in-service training program on the management and prevention of allergic reactions by students including training related to the administration of medication with an auto-injector. This training will be conducted by persons with expertise in anaphylactic reactions and management.

Freedom from Bullying

Bullying, intimidation, or harassment of students with food allergies or other life-threatening allergies is not acceptable in any form and will not be tolerated at school or during any school-related activity. All threats or harassment of students with food allergies will be taken very seriously and will be dealt with in accordance with the Lubbock-Cooper ISD Board policy [Student Welfare: Freedom from Bullying FFI](#)(LEGAL).

Confidentiality

Pursuant to Section 504 of the Rehabilitation Act of 1973 (Section 504), the Family Educational Rights and Privacy Act (FERPA), the Health Insurance Portability and Accountability Act of 1996 (HIPAA), the *Rules and Regulations for School Health Programs* (R16-21-SCHO), and other statutes and regulations, the confidentiality of students with food allergies shall be maintained to the extent appropriate and as requested by the student's parents/caregivers.

Evaluation and Review

This policy shall be reviewed and updated on a regular basis, particularly after a serious allergic reaction has occurred at school or at a school-sponsored activity.