

**RSU 56 STUDENTS WITH ALLERGIES
SCHOOL GUIDELINES FOR MANAGING STUDENTS WITH
FOOD ALLERGIES**

RSU #56 schools recognizes that food allergies can pose a significant threat to the health of students. It is the goal of RSU #56 schools to work with students, staff, parents and physicians to minimize risks and provide a safe educational environment for food-allergic students to the best of our ability.

When they are exposed to certain foods, some students may experience severe and potentially life threatening allergic responses. The first goal of RSU #56 is to try to the best of our ability to avoid the allergic child's exposure to their trigger food. The second goal is to have an emergency plan in place if an accidental exposure occurs. This plan will provide for identification of a reaction, treatment and medical support to prevent progressive symptoms, stabilize the individual, and provide for the appropriate transport to a hospital.

The amount of food needed to cause an allergic reaction varies from one person to another. For some individuals, symptoms may develop when the food comes into contact with their skin. Ingestion of the allergic food is not necessary for some highly sensitive individuals, to trigger an allergic reaction/response.

Symptoms may show up in the skin, respiratory tract, gastrointestinal tract and cardiovascular system. They may include itchy skin or eyes, hives, eczema, runny or stuffy nose, itching or swelling of the throat, wheezing, difficulty breathing, coughing, abdominal cramps, nausea, vomiting, diarrhea, and drop in blood pressure or increased heart rate. Individual reactions may include one or multiple symptoms and may vary greatly from individual to individual.

The parents of any food-allergic student are the experts about that child's allergy. The school will work in partnership with the child's parents, physician and the student who has food allergies to develop a plan to ensure the safety of each student.

FAMILY'S RESPONSIBILITY

Parents of students with food allergies are responsible to:

- Notify the school of the child's allergies.
- Will provide on an **annual** basis a completed Allergic Reaction Emergency Action Plan signed by the Primary Care Provider.
- Will provide the school with any medication, which their child requires for emergency treatment.
- Ensure the student can properly self administer the Epipen, if developmentally appropriate.

POLICY: JHCE

- Will educate their children in the self-management of their food allergy including: safe and unsafe foods; strategies for avoiding exposure to unsafe foods; symptoms of an allergic reaction and how and when to tell an adult if he or she may be having an allergy related problem.
- **Prior to the start of school**, parents of food allergy students, who decide to have their child eat school prepared food, will initiate a meeting with the school nurse and school nutrition director to determine menu options.

STUDENT RESPONSIBILITY

- Parents and school personnel will assist the student to be able to manage his or her food allergy, as appropriate for the student's age and developmental level.

SCHOOL'S RESPONSIBILITY

- The school nurse will provide information for all appropriate staff that interacts with the student on a regular basis to understand food allergies, recognize symptoms of the food allergy and know what to do in an emergency.
- Students with food allergies will have an Allergic Reaction Emergency Action Plan.
- The completed allergic reaction emergency action plan will be stored with the emergency medications and will accompany the student at all school sponsored activities.
- The school nurse will train appropriate staff in the use of the EpiPen.
- Students are encouraged to wash their hands to avoid contamination of commonly used objects.
- As appropriate, custodial and food service staff will be educated concerning the need for cleaning and the type of cleaning solutions appropriate for use.

Cross Reference: JLCD- Administration of Medication to Students

Adopted: July 11, 2017