

Regional District #11 has adopted the following protocols and procedures to provide a safer school environment for food allergic and glycogen storage disease students. While the school district cannot guarantee the elimination of all allergens from the school environment, adoption of the following policies and procedures will help to reduce the possibility of a child's exposure to known allergens.

### **Definitions**

An "allergen" is any substance that causes an allergic reaction.

An "epipen" is a pre-filled automatic injectable medication.

A "known reactor" is someone who has been diagnosed by a physician and parent as having an allergic reaction to a specific substance.

### **Guidelines and standards for students with food allergies and glycogen storage disease**

In an effort to reduce the possibility of exposure to allergens within the school setting, the following standards and guidelines will be practiced. The precautions listed here are in place to assist student in making informed food choices.

The guidelines recognize that middle and high school student are at an age when they have learned to manage their own allergies. In the event that these students need assistance in managing life threatening allergies or glycogen storage disease, an individualized health care plan (IHCP) can be created and implemented under the supervision of the school nurse.

1. Parents/Guardian of students who are known reactors should inform the school nurse and provide emergency medication and medication orders in accordance with OUR Medication Administration Policy.
2. School personnel, parent, and students will collaborate to determine the need for and to formulate a written IHCP for avoiding the allergen. The contents of this plan will be shared with all school staff that has contact with the student.
3. Because peanuts, peanut products, other nuts and certain other food products are associated with the most frequent and severe of allergic reactions, whenever possible, they shall not be used for instructional purposes in any classroom setting. An alternate activity will be provided for known reactors when their use cannot be avoided.
4. Students may carry epipens with them with physician and parent authorization.
5. The link to the Food Allergy and Glycogen Storage Disease Guidelines will be posted on the Parish Hill website.

### **Parent/Guardian Role**

1. Inform and update school nurse regarding allergies/reactions and glycogen storage disease. Provide as much information about the extent and nature of the allergy and glycogen storage disease as is known, as well as any known effective treatment.
2. Provide the school nurse with emergency medication orders in accordance with the Medication Administration Policy.
3. Provide the school with an individualized action plan prepared by the child's physician.
4. Collaborate with the school nurse to formulate an IHCP.
5. Contact food services with any questions regarding special dietary needs.
6. Identify food allergic and glycogen storage disease students to the bus/van driver.
7. Educate child about their particular allergy or glycogen storage disease, how to avoid the allergen, signs and symptoms of a reaction, and what to do if they suspect a reaction.
8. Parents are encouraged to provide their children with a medical alert bracelet.

### **Nurse's Role**

1. As needed, collaborate with parents and school staff, with input from the physician, to write IHCP and emergency plans (including field trips) by the end of the first month of school.
2. For a student with glycogen storage disease, the IHCP shall not prohibit a parent or guardian, or a person designated by such parent or guardian, to provide food or dietary supplements to a student with glycogen storage disease on school grounds during the school day.
3. In addition to the IHCP the school nurse may develop an Emergency Care Plan (ECP) for each child identified as having a life threatening food allergy. The ECP is part of the IHCP and describes the specific actions to be taken in case of an emergency.
4. Educate and train school personnel on managing students with life threatening food allergies and glycogen storage disease.
5. Communicate and oversee the implementation of the plan to appropriate teachers, paraprofessionals and cafeteria staff.
6. Review all field trip rosters and schedules.
7. Instruct appropriate school personnel in epipen administration to known reactors.
8. Follow standing orders for allergic reactions in unknown reactors.
9. Determine, in collaboration with parents, student and physician, if self-administration of an epipen is appropriate. A student with an allergic condition may retain possession of an epipen at all times while attending school for prompt

treatment of the allergic condition, provided written authorization for self-administration of medication, signed by the parent/guardian and authorized prescriber, is submitted to the school nurse.

10. EpiPens may be stored in the school health office.

### **Teacher's Role**

1. Know which students are known reactors and what the offending allergen is.
2. Notify parents of known reactors prior to events that may include food.
3. Notify school nurse of all field trips at least 1 week before so that a review may be made of the list of students.
4. Because peanuts, peanut products, and other nuts and certain other products are associated with the most frequent and severe of allergic food reactions, whenever possible, they shall not be used for instructional purposes in any classroom setting. An alternative activity will be provided for known reactors when their use cannot be avoided.
5. Provide information about known reactors, including an emergency health plan in the substitute folder.

### **Cafeteria**

1. Cafeteria staff and school staff supervising students in the cafeteria will be made aware of students with food allergies by the school nurse.
2. Parents may contact the food services director for further information regarding menu items.
3. A la Carte items will be labeled as possibly containing nut products and students cautioned to read ingredients.

### **Field Trips**

1. Field trip protocol will be part of the allergic and glycogen storage disease student's IHCP, determined and written by the school nurse in collaboration with school staff.
2. If school staff is unable to administer medication and the parent of an allergic child is not in attendance, a nurse shall accompany the field trip.
3. Field trips will not take place unless the school nurse has reviewed the list of students on the trip and proper accommodations have been coordinated.