***COORDINATED SCHOOL HEALTH***



***Managing Food Allergies In Schools***

***Guided***

Germantown Municipal School District offers educational and employment opportunities without regard to race, color, religion, sex, creed, age, disability or national origin.

**Roles & Responsibilities for Managing Food Allergies in Schools**

Food allergies can be life threatening. The risk of accidental exposure can be reduced in the school setting if schools, students, parents, and physicians work together to minimize risks of exposure to allergens to provide a safe educationalenvironment for food allergic-students.

**Family’s Role**

* Notify the school of the student’s allergies.
* Work with the school teams to develop an Individualized Emergency Health Care Plan (IHCP) to accommodate the student’s needs throughout the school, including the classroom, the cafeteria, aftercare programs, during school-sponsored activities, and on the school bus.
* Provide written medical documentation, instructions, and medications as directed by a physician, using the Severe Allergy Action Plan as a guide.
* Provide properly labeled medication and properly replace medications after use or upon expiration.
* 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 that they may be having an allergy- related problem; and

- how to read food labels (age-appropriate).

* Review policies and procedures with the school staff, the child’s physician, and the child (if age appropriate) after a reaction has occurred.
* Provide current emergency contact information and update regularly.

**School’s Role**

* Review the health records submitted by parents and physicians.
* Identify a core team including the school nurse, teacher(s), school food service and nutrition manager/director to work with the parents and student (age-appropriate) to establish an IHCP. Changes to the IHCP that promote food allergy management should be made with the core team participation.
* Assure that all staff who interact with the student on a regular basis understand food allergies, can recognize symptoms, know what to do in an emergency.
* Train the school staff to identify food allergens that can be found in educational tools, arts and crafts projects, or incentives.
* Coordinate with the school nurse to ensure medications are appropriately stored, and ensure sure that an emergency kit is available that contains a physician’s standing order for epinephrine. Epinephrine should be kept in a secure but unlocked location that is easily accessible to designated school personnel.
* Students who are permitted to self-administer should be permitted to carry their own epinephrine, in accordance with state regulations and district policies.
* Be prepared to handle a reaction and ensure that there is a staff member available who is properly trained to administer medication during hours.
* Review policy intervention plan with the core team members, parents/guardians, student (age-appropriate), and physician after a reaction has occurred.
* Immediately notify emergency services after an allergic reaction has occurred.
* Work with the transportation administrator at the District level to:

- ensure that the school bus driver receives training that includes symptom awareness and what to do if a reaction occurs;

- identify method by which bus driver can communicate during an emergency, Including proper devices and equipment.

* Discuss field trips with the family to decide appropriate strategies for managing the food allergy.
* Follow Federal and/or state laws and regulations regarding sharing medical information about student.
* Investigate allegations of harassment against the student according to district policy.

**Student’s Role**

* Students should not trade food with others.
* Students should not eat anything with unknown ingredients or known to contain any allergens.
* Students should be proactive in the care and management of their food allergies and reactions based on their developmental level.
* Students should notify an adult immediately if they eat something they believe may contain the food, which they are allergic.

These roles were adopted from

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

**Developed by the Food Allergy and if Anaphylaxis Network in conjunction with:**

American School Food Service Association

National Association of Elementary School Principal

National Association of School Nurses

National School Boards Association

The Food Allergy & Anaphylaxis Network