

Responsibilities of the parent/guardian of an Anaphylactic Student

Each parent/guardian of their child with a Life-Threatening Allergy shall have the following expectations:

- Inform the school nurse of your child's allergies **upon enrollment/registration** of the child in school or **as soon as possible after diagnosis**.
- Documentation from a physician or physicians' nurse practitioner or physician assistant:
 - ❖ All food allergies must be verified in writing by a physician.
 - ❖ Physician's signature is required annually on allergy action plans & / or self-administration plans. Medical information from the child's treating physician must be provided as needed to write the plans.
 - ❖ All medications must be prescribed by a physician and labeled by a pharmacist. Medication will comply with the district's medication policy of proper labeling and expiration.
 - ❖ Physician's statement is required if the student no longer has food allergies.
 - ❖ Sign medical release for school personnel to consult with physician /allergist and all medical providers.
 - ❖ Physician approval signifying competency to self-administer Epi-pen.

Complete and submit all required forms:

- Allergy Action Plan with photograph of your child
- Written documentation from your physician stating life threatening food allergy, disability, an explanation of why the disability restricts the child's diet, major life activity affected by the disability, the food or foods to be omitted from the child's diet and the food or choice of foods that must be substituted.
- Medication form(s)
- Signed Medical Release of information form
- Complete appropriate forms requested by bus transportation or other appropriate departments and /or programs.
- Provide the school with current cell phone, pager, etc. and maintain updated emergency contact numbers and medical information
- Consider providing a medical alert bracelet for your child.
- The action plan should also promote increasing age-appropriate independence (ages 10-18) as the student grows and matures. In determining age-appropriate independence the student's level of autonomy and their ability to function autonomously is considered.
- Work with the school team collaboratively to develop the Individual Health Plan for Accommodations, in the classroom, in the cafeteria, in after-care programs, during school-sponsored activities and provide an Allergy Action Plan.

Teach your child to:

- Recognize the first symptoms of a food allergic / anaphylactic reaction.
- Avoid insects such as bees, wasps, ants, etc.
- Communicate with school staff as soon as he/she feels a reaction is starting.
- Carry his/her own epinephrine auto-injector when appropriate.
- Teach your child to be responsible with his/her medication. Never share medication.
- Not share snacks, lunches, drinks or utensils.
- Report teasing and/or bullying that may relate to the child's disability.
- Encourage and teach your child to wash hands before and after handling food.

Classroom:

- Approve a safe classroom treat alternative to ensure child will not be excluded from any classroom or school sponsored activities involving food.
- Inform the school in writing of any changes in the child's life threatening food allergy status. Providing physician's statement of changes.
- Parent(s)/guardians are responsible for informing persons in charge of extracurricular programs after school (child care, coaches, clubs, etc.) The allergy action plan is available for parents to copy and give to others who assume responsibility for their child.

Field Trips:

- Provide all emergency medications such as Epinephrine and Benadryl on field trips. IF the emergency medication has not been provided or is expired, the student **may not attend** the field trip.
- It is preferred that parents are responsible for the supervision of their child on field trips. Parents are strongly encouraged to attend field trips with their children. However, DISD policy prevents parents from riding on the buses. Parents must provide their own transportation.

General:

Take responsibility for his/her own safety. As children get older, teach them to:

- Encourage self-advocacy of the seriousness of the allergy to adults and peers.
- Communicate symptoms as soon as they appear to the nurse, teacher, and / or any school staff.
- Encourage education on label reading and ingredient safety.
- Administer his/her own epinephrine auto-injector and be able to train others in its use.
- Develop awareness of their environments, including allergy-controlled zones and to practice age appropriate behavior regarding health and safety.