

# **Food Allergy Management Plan**

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

*In response to the increase in students diagnosed with food allergies at-risk for anaphylaxis, Senate Bill 27 (2011, 82<sup>nd</sup> Legislative Session) amends Chapter 38 of the Texas Education Code. Roxtton ISD has developed a student food allergy management plan to comply with these regulations. See FFAF (LOCAL) AND FL (LEGAL). The District, along with the parents has the shared responsibility of ensuring the safety of each child with severe allergies.*

***Food allergies can be life threatening.*** *In promoting a safe school environment for children with food allergies at-risk for anaphylaxis, students, parents, and school personnel should work as a team in identifying students at-risk for anaphylaxis, reducing the risk of exposure to food allergens and to react quickly should an exposure or allergic reaction occur.*

### **School's Responsibility**

- Be knowledgeable about and follow applicable federal laws and any state laws or district policies that may apply.
- Include food-allergic students in school activities. Students should not be excluded from school activities solely based on their food allergy.
- Assure that all staff who interact with the student on a regular basis understands food allergy; can recognize symptoms of an allergic reaction; knows what to do in an emergency, and works with other school staff to eliminate the use of food allergens in the allergic student's meals, educational tools, arts and crafts projects or as incentives.
- Practice/Review Food Allergy Action Plans (FAAP) before an allergic reaction occurs to assure the efficiency/effectiveness of the plans.
- Coordinate with the school nurse and assign designated school staff to make sure the child's medications are accessible in case of an emergency.

### **Student's Responsibility**

- Should not trade food/utensils with others.
- Should not eat anything with unknown ingredients or known to contain any allergen.
- Should be proactive in the care and management of their food allergies and reactions based on their developmental level.
- Should notify an adult immediately if they eat something they believe may contain a food to which they are allergic.

### **Family's Responsibility**

- Notify the school nurse of the student's allergies. Complete Student Health History Form and Request For Food Allergy Information form upon enrollment and update annually.
- Provide written medical documentation (Specialized Health Care Procedure with doctor's orders) instructions, and medications as directed by a physician,

using the Food Allergy Action Plan (FAAP) as a guide. Provide properly labeled medications and replace medications after use or upon expiration.

- Educate the child in the self-management of their food allergy including:
  - Safe and unsafe food
  - Strategies for avoiding exposure to unsafe food
  - Symptoms of allergic reactions
  - How and when to tell an adult they may be having an allergy-related problem
  - How to read food labels (age appropriate)
  - If age appropriate, the importance of carrying and administering their personal asthma and anaphylaxis medications as prescribed
- Review policies/procedures with the school staff, the child's physician, and the child (if age appropriate).
- Provide emergency contact information and update when needed.
- Work with the school nurse to develop a plan that accommodates the child's needs throughout the school including the classroom, in the cafeteria, after-school programs, school-sponsored activities, on the school bus, as well as the Food Allergy Action Plan.

### **School Nurse's Responsibility**

- Participate in Specialized training provided by the District.
- Conduct case finding to identify students with food allergies or a history of anaphylaxis from sources including: Student/Family, Student Health History Form, Student Information Form, and Request for Food Allergy Information form, and any further information needed from parent.
- Responsible for the development, implementation, and monitoring of the District's food allergy management plan.
- Obtain Food Allergy Action Plan (FAAP) form from parent with orders from a physician/licensed prescriber for medication. Nurse provides copy of physician completed Food Allergy Action Plan form to Food/Cafeteria Manager and related school personnel.
- Assure that the FAAP includes the student's name, allergens, and symptoms of an allergic reaction, risk reduction procedures, emergency procedures and required signatures.
- Familiarize teachers with the FAAP of their students. Other staff members who have contact with the students should be familiar with their FAAP and be able to intervene if needed.
- Notify Food Service Director and kitchen staff so documentation can be made on student's cafeteria account, which will show up when student enters their ID# to purchase meals.
- Conduct training and education to designated staff as well as teachers, cafeteria, PE teachers and coaches and bus drivers regarding a student's life threatening allergens, symptoms, risk reduction procedures, emergency procedures, and how to administer the epinephrine auto-injector.
- Track in-service attendance of all involved parties to assure they have been trained.
- Introduce yourself to the student and show him/her how to get to the nurse's office.
- Post district's Food Allergy Management Plan on district website and have available all FAAP in the nurse's office.
- Periodically or at least annually, check medications for expiration dates and notify parents to obtain new medications as needed.

- Arrange periodic follow-up on a regular basis, to review the FAAP and procedures.
- Make sure there is a contingency plan in place in the case school nurse is off-campus.
- Meet with parents annually to discuss issues related to plan implementation.
- Provide health education to the food allergic student as needed.