



FOOD, OTHER SEVERE ALLERGIES, AND ANAPHYLAXIS GUIDELINES & PROCEDURES

PURPOSE

Dripping Springs ISD has developed guidelines to manage students with documented food and other severe allergies so that all students have the opportunity to safely participate in the educational process. This document was developed to limit the risk posed to students with severe allergies. The document also provides procedures regarding the care of students with diagnosed allergies who are at risk for anaphylaxis. While Dripping Springs ISD cannot guarantee an allergy-free environment at school, the district is committed to doing everything possible to ensure the safety of every child.

DISTRIBUTION OF INFORMATION

Information regarding these procedures and guidelines shall be distributed annually in the student handbook and made available at each campus.

PLANS TO ADDRESS DIAGNOSED FOOD AND OTHER SEVERE ALLERGIES

Dripping Springs ISD allergy management plans will be individualized to all students who have food or other diagnosed allergies. Once notified of the student's allergy by the student's parent or guardian, a working partnership with students, parents, student's physician, school nurse and other Dripping Springs ISD personnel, as appropriate, begins the foundation for the development of an individual health plan (IHP) or a Section 504 plan. Upon receipt of signed medical plans and parental consent, the IHP or 504 plan is developed.

Individual Health Plans or 505 plans shall be reviewed at least annually, but may be more frequently as determined by the school nurse. Plans shall also be reviewed after an anaphylactic reaction at school, at a school related activity, or at home if reported by the student, parent, or guardian.

EMERGENCY RESPONSE PLAN

A team of at least three (3) principal-designated staff members, daily working with the affected student, shall be trained to recognize an allergic reaction, have the appropriate rescue drugs readily available and quickly treat the student. Training of these staff members shall take place at least annually, but may be more frequent as determined by the school nurse. The emergency response teams in each school shall conduct annual drills to hone their response skills.

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Guidelines for Managing Students with Food Allergies

ANAPHYLAXIS

Anaphylaxis is a sudden, severe allergic reaction. The most dangerous symptoms include breathing difficulties, a drop in blood pressure or shock. Common examples of potentially life threatening allergies are those to food or stinging insects. Other allergic reactions may also occur to medications, latex or while exercising. The emergency treatment is epinephrine, which is usually supplied in epi-pens.

Students who are at risk for developing anaphylaxis are entitled to carry and self-administer their anaphylaxis medications (epi-pens) while at school or a school event, if they have met the legal requirements below:

- The medication and the self-administration must be authorized by a physician or licensed health care provider.
- The student must demonstrate to the physician, other health care provider and to the school nurse, if available, the skill level necessary to self-administer the medication.
- Dripping Springs ISD has developed an Individual Health Plan that has the components of the legal requirements included within it.

COMMUNICATION WITH OTHER PARENTS

In the case of severe life threatening allergies, the school principal will collaborate with the school nurse to send letters to other parents of the class requesting parents to voluntarily refrain from sending the allergen food or other item in their child's belongings during school, for after-school activities, to celebrations, or to parties.

FACILITIES

Depending on physical constraints within the school, the principal may designate a food-allergy friendly area or lunch table.

CHILD NUTRITION DEPARTMENT

The Child Nutrition Department in collaboration with the parents and school nurse will follow their procedures for medical documentation for meal substitution, when applicable. Also, site-based Food Service Managers will flag the child's account through the point-of-sale system.

CUSTODIAL AND CLEANLINESS

Hand washing guidelines for staff and students shall be enforced to limit student access to allergens. The custodial department will use commercial wipes and cleaners that remove the allergens from hard surfaces.

CLASSROOM ADAPTATIONS

Non-food items will be adapted for those classes who have students with documented food or other severe allergies (i.e. latex gloves in science classrooms).

TRANSPORTATION

The transportation department will also be notified, and trained to recognize the specific reactions to life threatening allergies, if applicable.

PROFESSIONAL DEVELOPMENT

The District shall provide awareness training for employees regarding signs and symptoms of food allergies and emergency response in the event of an anaphylactic reaction. Training will be provided by school nurses or through online training approved by the school nurses.

Training provided by the school nurses for principal-designated staff members, working daily with the affected students, shall take place at least annually, but may be more frequent as determined by the school nurse. The emergency response teams in each school shall conduct annual drills to hone their response skills. The drills shall be coordinated by the campus administrators and the school nurse.

GUIDELINE AND PROCEDURE DEVELOPMENT & REVIEW

The District shall review these guidelines and procedures annually with the support of the School Health Advisory Council. The school nurses shall have the primary responsibility for the review, implementation, and monitoring of these guidelines and procedures.

APPENDIX

GUIDELINES FOR MANAGING STUDENTS WITH FOOD ALLERGIES

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

Family's Responsibility

- Notify the school of the child's allergies.
- Work with the school team to develop a plan that accommodates the child's needs throughout the school including in the classroom, in the cafeteria, in after-care programs, during school-sponsored activities, and on the school bus, as well as a Food Allergy Action Plan.
- Provide written medical documentation, instructions, and medications as directed by a physician, using the Food Allergy Action Plan as a guide. Include a photo of the child on written form.
- 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 foods
 - strategies for avoiding exposure to unsafe foods
 - 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)
- Review policies/procedures with the school staff, the child's physician, and the child (if age appropriate) after a reaction has occurred.
- Provide emergency contact information and ensure it is always up to date.

School's Responsibility

- Be knowledgeable about and follow applicable federal laws including ADA, IDEA, Section 504, and FERPA and any state laws or district policies that apply.
- Review the health records submitted by parents and physicians.
- Include food-allergic students in school activities. Students should not be excluded from school activities solely based on their food allergy.
- Identify a core team of, but not limited to, school nurse, teacher, principal, school food service and nutrition manager/director, and counselor (if available) to work with parents and the student (age appropriate) to establish a prevention plan. Changes to the prevention plan to promote food allergy management should be made with core team participation.
- Assure that all staff who interact with the student on a regular basis understands food allergy, can recognize symptoms, 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 incentives.
- Practice the Food Allergy Action Plans before an allergic reaction occurs to assure the efficiency/effectiveness of the plans.
- Coordinate with the school nurse to be sure medications are appropriately stored, and be sure that an emergency kit is available that contains a physician's standing order for epinephrine. In states where regulations permit, medications are kept in a easily accessible secure location central to designated school personnel, not in locked cupboards or drawers. Students should be allowed to carry their own epinephrine, if age appropriate after approval from the student's physician/clinic, parent and school nurse, and allowed by state or local regulations.
- Designate school personnel who are properly trained to administer medications in accordance with the State Nursing and Good Samaritan Laws governing the administration of emergency medications.
- Be prepared to handle a reaction and ensure that there is a staff member available who is properly trained to administer medications during the school day regardless of time or location.
- Review policies/prevention plan with the core team members, parents/guardians, student (age appropriate), and physician after a reaction has occurred.
- Work with the district transportation administrator to assure that school bus driver training includes symptom awareness and what to do if a reaction occurs.

- Recommend that all buses have communication devices in case of an emergency.
- Enforce a “no eating” policy on school buses with exceptions made only to accommodate special needs under federal or similar laws, or school district policy. Discuss appropriate management of food allergy with family.
- Discuss field trips with the family of the food-allergic child to decide appropriate strategies for managing the food allergy.
- Follow federal/state/district laws and regulations regarding sharing medical information about the student.
- Take threats or harassment against an allergic child seriously.

Student’s Responsibility

- Should not trade food 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 the food to which they are allergic.

Adapted from the Food Allergy and Anaphylaxis Network’s School Food Allergy Program

The following organizations participated in the development of this document:

American School Food Service Association

National Association of Elementary School Principals

National Association of School Nurses

National School Boards Association

The Food Allergy & Anaphylaxis Network