

Gustine Independent School District Guidelines for Managing Students with Food Allergies

Introduction:

Gustine ISD is committed to providing a safe and nurturing environment for students. Gustine ISD understands the increasing prevalence of life-threatening allergies among school populations. Gustine ISD recognizes that the risk of accidental exposure to allergens can be reduced in the school setting, and is committed to working in cooperation with parents, students, and physicians to minimize risks and provide a safe educational environment for all students. In accordance with this, the purpose of this policy is to:

- Provide a safe and healthy learning environment for students with food allergies;
- Reduce the likelihood of severe or potentially life-threatening allergic reactions;
- Ensure a rapid and effective response in the case of a severe or potentially life threatening allergic reaction; and
- Protect the rights of food-allergic students to participate in all school activities

This Food Allergy Management Plan is designed to limit the risk posed to students with food allergies, and includes:

- Specialized training for the employees responsible for the development, implementation, and monitoring of the District's Food Allergy Management Plan;
- Awareness training for employees regarding signs and symptoms of food allergies and emergency response in the event of an anaphylactic reaction;
- General strategies to reduce the risk of exposure to common food allergens; and
- Methods for requesting specific food allergy information from a parent/guardian of a student with a diagnosed food allergy.

The Food Allergy Action plan can be accessed on the district website at [Food Allergy Action Plan](#).

Definitions:

- 1) **Food Intolerance:** An unpleasant reaction to food that, unlike a food allergy, does not involve an immune system response or the release of histamine. Food intolerance is not life-threatening.
- 2) **Allergic Reaction:** An immune-mediated reaction to a protein. Allergic reactions are not normally harmful.
- 3) **Severe Food Allergy:** An allergy that might cause an anaphylactic reaction.
- 4) **Anaphylactic Reaction:** A serious allergic reaction that is rapid in onset and may cause death.
- 5) **Food Allergy Management Plan:** A plan developed and implemented by the District that includes general procedures to limit the risk posed to students with food allergies and specific procedures to address the care of students with a diagnosed food allergy who are at-risk for anaphylaxis.

- 6) **Food Allergy Action Plan:** A personalized plan written by a health-care provider that specifies the delivery of accommodations and services needed by a student with a food allergy and actions to be taken in the event of an allergic reaction.
- 7) **Emergency Action Plan:** A personalized emergency plan written by a health-care provider that specifies the delivery of accommodations and services needed by a student in the event of a food allergy reaction.
- 8) **Individualized Health-Care Plan:** A plan written by a school nurse based on orders written by a health-care provider that details accommodations or nursing services to be provided to a student because of the student's medical condition

Family's Responsibility:

Registration: Included in the Student Registration packet for new students, the "Request for Food Allergy Information" asks parents/guardians to fill out the form to disclose whether their student has a food allergy or severe food allergy that they believe should be disclosed to the District in order to enable the District to take necessary precautions for the student's safety.

Parent Submissions During the School Year: If during the school year, a student is diagnosed with a food allergy, especially those allergies that could result in dangerous, or possibly life-threatening reactions either by inhalation, ingestion, or skin contact with a particular food, the District requests to be notified. It is important to disclose the food to which the student is allergic, as well as the nature of the allergic reaction. Upon diagnosis of a food allergy, the student's school nurse should be contacted immediately in order to begin taking safety precautions

Notification of any before school or after school activities: It is the parent's responsibility to communicate directly with and provide copies of the appropriate paperwork to the school personnel who are in charge of all before- and after-school activities.

Provide Medication: IT IS THE SOLE RESPONSIBILITY OF PARENTS/GUARDIANS TO PROVIDE MEDICATIONS FOR FOOD ALLERGIES/ANAPHYLAXIS, INCLUDING, BUT NOT LIMITED TO, EPINEPHRINE AUTO-INJECTORS.

If the parent/guardian of a student with a known or suspected food allergy or other life-threatening allergy fails or refuses to cooperate with the Food Allergy Management Plan, the school shall call 911 immediately upon recognition of symptoms.

School's Responsibility:

Once the "Request for Food Allergy Information" form indicating that a student has a diagnosed food allergy or other life-threatening allergy, has been provided to the school, the school nurse will follow up with a request for the following information:

1) **Authorization for Administration of Medication by Gustine Personnel-** to be completed and signed by the parent and physician giving permission for to administer any medication that has been prescribed for a food allergy reaction.

2) **Authorization for Self-Administration of Asthma or Anaphylaxis Medication** (required if the parent and physician feel a student can be responsible for self-medicating while at school);

3) **A Food Allergy Action Plan** (Emergency Care Plan) completed and signed by both the student's licensed health care provider, as well as the parent/guardian.

Suspected Allergies:

In the event the school nurse or other principal-designated school personnel suspect that a student has a food allergy or other life-threatening allergy, the school shall provide prompt notification to the parent/guardian and request for the student to be evaluated by a physician.

Emergency Response In the event of an emergency, response measures outlined in a student's Emergency Care Plan will be taken. If epinephrine is injected in response to an allergic reaction, 911 will be called. In the event of an episode of anaphylaxis, the parent/guardian will be notified as soon as possible.

Individual Health Care and Emergency Care Plans/Allergy Action Plan: An Individual Health Care Plan and/or Emergency Care Plan shall be developed for each student identified with any food allergy with potentially serious health consequences. The Emergency Care Plan/Allergy Action plan must be filled out completely and signed by both the parent/guardian, and the student's physician, and in doing so will provide direct orders, as well as consent for medical treatment. If applicable, the school nurse will develop the Individual Health Care Plan after receiving acceptable notification and in collaboration with the student's health care provider, the parent/guardian of the student, and the student (if age appropriate). These plans should include both preventative measures to help avoid accidental exposure to allergens, as well as emergency measures in case of exposure. Depending on the nature and extent of the student's allergy, the measures listed in the Individual Health Care Plan may include, but are not limited to:

- Posting additional signs (e.g. in classroom entryways);
- Designating special tables in the cafeteria;
- Educating school personnel, students, and families about food allergies; and/or
- Implementing particular protocols about cleaning surfaces touched by food products, washing of hands after eating, etc.

Transportation and Off-Site Activities: The nurse may alert the bus drivers of a student with a potentially life-threatening allergy; and if necessary, assigned seating may be required for students while riding the school bus. Drivers will not allow students to eat or drink on district transportation.

Teachers must notify the school nurse well in advance of any off-campus trips. The nurse will provide the staff member with a copy of the Emergency Care Plan/Allergy Action Plan, as well as any medications that may be needed in the case of an allergic reaction.

Training: School personnel who work with students shall complete an in-service training program annually on the management and prevention of allergic reactions by students, including training related to the administration of medication with an auto-injector. This training will be conducted by the school nurse or other persons with expertise in anaphylactic reactions by students.

Student Responsibilities:

- Student shall notify an adult immediately if they eat something they believe may contain the food to which they are allergic
- Student shall notify an adult immediately if they having symptoms of an allergic reaction
- Student will not trade food with other students.
- Self-Management: Each student at risk for anaphylaxis shall be allowed to carry an epinephrine auto-injector with him/her at all times, if they have the appropriate documentation from his/her physician indicating the student has been appropriately trained and capable of self-administration.

[Self-administration of Allergy Medication](#)