

# **Severe Food Allergy Practices**

**(ANAPHYLAXIS)**

<http://www.iusd.org/health/>



**Irvine Unified School District  
5050 Barranca Parkway  
Irvine, CA 92604  
January 2005**

**IUSD is committed to the safety of our students. In order to reduce the risk that children with food allergies will have an allergy-related event at school, the following practices have been created.**

**IUSD cannot guarantee that a student will never experience an allergy-related event while at school.**

**(Specific health care plans for individual students will be developed at the school site of attendance.)**

## **Table of Contents**

Responsibilities of the Principal	page 1
Responsibilities of the Classroom Teacher	page 2
Responsibilities of Food Service Providers	page 3
Responsibilities of the Parent/Guardian of an Anaphylactic Student	page 4-5
Responsibilities of the Anaphylactic Student	page 6
Responsibilities of all Parents/Guardians	page 7
Responsibilities of all Students	page 7
Procedures inside the Classroom	page 8
Procedures for Snack/Lunch/Play Areas	page 9
Procedures for Off Campus Activities	page 9

Attachments:  
Food List

## **RESPONSIBILITIES OF THE PRINCIPAL**

- Be aware of all anaphylactic students at school.
- Meet with the parent and School Nurse at the beginning of each school year, or as medical conditions change, to devise/review an emergency protocol.
- Work with the School Nurse to provide appropriate training for the school team, which includes any staff member, certificated or classified, who may be in contact with the student. (Special training sessions will be provided for itinerant staff i.e., music, art, science teachers.)
- Notify Food Service providers of students with severe food allergies (see “Responsibilities of Food Service Providers”)
- Be trained to use the Epi-Pen.
- Assure trained supervision at all times for anaphylactic students.
- Assure the awareness and education of all students in their role and responsibilities in interacting with students who have severe food allergies.
- Work with the School Nurse to create emergency plans to be used by teachers/school staff while on field trips.
- Make a telephone available for use on field trips in case of a severe allergic reaction.
- **Enforce school rules about bullying and threats.**

## **RESPONSIBILITIES OF THE CLASSROOM TEACHER**

- Discuss anaphylaxis with the class in age appropriate terms.
- Encourage students not to share lunches or trade snacks.
- Choose healthy, allergy free foods for classroom events.
- Establish procedures for monitoring foods brought into the classroom.
- Establish procedures to insure that anaphylactic students only eat foods brought from home.
- Reinforce hand washing **before** and **after** eating and when entering the classroom.
- Facilitate communication with other parents.
- Follow the IUSD “Severe Allergic Reaction Practices” to reduce the risk in the classroom and common areas.
- **Enforce school rules about bullying and threats.**
- Provide health concerns information in an organized, prominent, and easily accessible format for substitute teachers.
- Insure Epi Pens for identified students are taken on all off site activities.

## **RESPONSIBILITIES OF FOOD SERVICES**

- Food Services will be notified of anaphylactic students at the beginning of the school year and/or when a new student enrolls.
- Food Services will collaborate with staff, School Nurse and parents of anaphylactic students to provide a safe school environment.
- Food Services will be knowledgeable about the ingredients in their products as provided by the suppliers, and will be available to discuss these products with parents.
- Food Services will safeguard against cross contamination in food preparation areas.
- Food Services will review ingredients of food choices for field trips, “party days” or special food days, i.e., Taco Bell, Pizza Hut, etc., and make information available to schools and parents.

## **RESPONSIBILITIES OF THE PARENT(S)/GUARDIAN(S) OF AN ANAPHYLACTIC STUDENT**

- Inform the school of the student's allergies.
- Consider providing a medic alert bracelet for their child.
- Provide the school with the physician's instructions for the administration of medication.
- Provide the school with up-to-date Epi Pen(s).
- Provide the school with an updated photo of the student at the beginning of each school year.
- Meet with the School Nurse at the beginning of each school year or as medical conditions change, to develop/review an emergency protocol.
- Provide support to the school and teachers as requested.
- Consider participating in parent advisory support groups if requested.
- Supply, when possible, information such as: list of foods to avoid, recipes, alternate snack suggestions, and resources for school publications.
- Welcome other parents' calls and questions about safe food.
- Insure all medication is taken home at the end of the school year.
- Review "Student's Responsibilities" with their child frequently
- Provide and update accurate emergency contact information.

- Teach their children:
  - to recognize the first symptoms of an anaphylactic reaction,
  - to know where medication is kept,
  - to communicate clearly when he/she feels a reaction starting,
  - to wear a medic alert bracelet,
  - to avoid sharing lunches, snacks, or drinks,
  - to recognize the importance of eating food that only comes from home and not eating food from someone else unless approved by the parent(s)/guardians(s),
  - to understand the importance of hand washing,
  - to cope with teasing and being excluded from some activities,
  - to report threats and bullying to an adult in authority, and to take responsibility for his/her own safety.

## **RESPONSIBILITIES OF ANAPHYLACTIC STUDENTS**

- Take responsibility for his/her own safety as is appropriate for the age of the child.
- Recognize the first symptoms of an anaphylactic reaction.
- Know where medication is kept and who can get it.
- When possible, to communicate clearly when he/she feels a reaction starting.
- Wear a medic alert bracelet.
- **DO NOT** share lunches, snacks, or drinks.
- Eat only food that comes from home, do not eat food from someone else unless approved by the parent(s)/guardian(s).
- Demonstrate the importance of regular/frequent hand washing.
- Be prepared to respond to questions and comments from others.
- Report threats and bullying to an adult in authority.

## **RESPONSIBILITIES OF ALL PARENT(S)/GUARDIAN(S)**

- Cooperate with requests from the school to reduce/eliminate possible allergens from packed lunches and snacks.
- Participate in parent information sessions.
- Encourage students to respect anaphylactic student's needs and IUSD "Severe Food Allergy Practices."
- Discuss why not to share or trade food with other students.
- Work with parents of anaphylactic students and outside resources to obtain information regarding alternative foods for lunches and snacks.

## **RESPONSIBILITIES OF ALL STUDENTS**

- Learn to recognize the signs and symptoms of an anaphylactic reaction.
- Avoid sharing food especially with anaphylactic students.
- Follow school rules about keeping allergens out of the classroom and washing hands before and **after** eating.
- Follow school rules about treating other people with respect and kindness.

# ***PROCEDURES***

## **PROCEDURES INSIDE THE CLASSROOM**

### **Student will:**

1. Eat only the foods they bring from home.
2. Bring safe snacks/treats from home to be stored in a sealed marked container in the classroom.
3. Wash hands before and **after** eating, and **after** lunch or recess.

### **Teacher will:**

1. Monitor snack activities so that trading and sharing of food, cups, or straws does not occur.
2. Assure that anaphylactic students are not involved in clean-up activities.
3. Encourage students to follow the request to refrain from bringing allergenic foods to school.
4. Monitor food brought into the classroom to share.
5. **DO NOT** use allergenic foods or products in crafts and activities.
6. Be certain that anaphylactic students are supervised by trained adults.

## **PROCEDURES FOR SNACK/LUNCH/PLAYAREAS**

- Campus supervisors, kitchen servers, noon duty personnel, custodians and others, will be made aware of anaphylactic students and be provided with appropriate training.
- Encourage a buddy system for anaphylactic students.
- Act swiftly and appropriately on any threats or bullying of the anaphylactic child.
- Restrict food to designated areas.
- Encourage hand washing after eating.

## **PROCEDURES FOR OFF CAMPUS ACTIVITIES**

- Plan procedure to ensure safe field trips or extracurricular activities. A telephone should be available for 911 access.
- Carry Epi Pen on all field trips involving students with known anaphylactic reactions.
- Review emergency plans before a field trip.
- Assure foods ordered in from commercial sources be allergen free.
- Be certain the anaphylactic student does not eat or drink anything that is not from the student's home without written authorization by parents/guardians.