

## Norwalk Public Schools

### Food Allergy Management Plan Guidelines

1. The parents/guardians of a child diagnosed with a life-threatening food allergy will notify the school of the allergy, providing as much information about the extent and nature of the food allergy as is known, as well as any known effective treatment for the allergy. Such information is to be shared/updated at least annually by the parent/guardian.
2. The parent/guardian will provide the school nurse with the appropriate emergency medications and authorization forms, medication administration instructions, and action plan as ordered by the child's physician. The parent/guardian will be responsible for keeping all medications up-to-date, i.e., replacing expired medications.
3. Appropriate school staff will be trained in the management of students with life-threatening food allergies, including:
  - preventative strategies to minimize a child's risk of exposure to life-threatening allergens,
  - the recognition of signs and symptoms of allergic reactions,
  - emergency procedures in the event of an allergic reaction,
  - administration of medication including but not limited to cartridge injectors (EpiPens).
4. Epinephrine should be available to all students at risk of anaphylaxis and, in all cases where it is administered, 911 must be called immediately.
5. When considered developmentally appropriate, and with the authorization of the prescriber and parent/guardian, a student's right to carry emergency medications, i.e. EpiPen, will be supported. In addition, self-management of a food allergy, if developmentally appropriate, is encouraged.
6. Known food allergens shall not be used for classroom projects/activities, e.g., arts and crafts supplies.
7. An Individualized Health Care Plan and Emergency Care Plan shall be developed for each child with a life-threatening food allergy.
8. If appropriate, a 504 Plan may be considered for the child with a life-threatening food allergy.
9. Children with life-threatening food allergies are encouraged to wear a medic alert bracelet provided by the parents/guardians.
10. Children with life-threatening food allergies shall only eat food provided by his/her parent/guardian or deemed safe by his/her parent/guardian. They should not share food or utensils with other students at lunch, snack, or any other meal time.
11. School personnel shall not be responsible for determining those foods or ingredients in foods that are safe. Only the parent/guardian shall make the determination of food safety for his/her child.

12. A general strategy to omit shared celebration foods (particularly at the elementary level where young children may not be able to discern appropriate, allergen free food choices), shall be implemented. On occasion, with the oversight of building administration and communication to the parent/guardian, food products may be included in building wide celebrations.
13. Appropriate hand washing procedures shall be implemented for students and staff in contact with an allergic child, especially after eating snack, lunch, or other meals. (The use of hand sanitizer is not effective in removing the residue of know allergens.)
14. If needed, a table in each school cafeteria shall be designated as an “allergy-free table.” This table shall be cleaned before each lunch period and between lunch shifts.
15. Risk of cross contamination in the elementary school classroom is of particular concern. Therefore, while managing student privacy/confidentiality, parents/guardians of students in the class of a child with a life-threatening food allergy shall be notified of the offending allergen, as appropriate. Sensitivity by all is encouraged.
16. The consumption of food should be primarily limited to the cafeteria, lunch room, faculty lounge, or other approved areas, including classrooms during supervised snack time. On occasion, the consumption of food may also occur in classrooms as part of a curriculum-based activity or in conjunction with the celebration of a particular holiday or event. In such cases, the parents/guardians of the children who will be participating in the activity or celebration will be given prior notice and will be afforded the opportunity to provide their respective children with an alternative to the food that is to be a part of the curriculum-based activity or celebration or ask that they not be required to participate in the activity or celebration to the extent that it involves food.
17. When students with life-threatening food allergies attend an off campus field trip, there shall be coordination with the teacher, school nurse, and parents/guardians regarding safety precautions and the administration of emergency medications. Access to communication with emergency personnel shall always be available.
18. Food consumption on daily school bus transportation is prohibited.

With regard to *glycogen storage disease*: The school nurse shall develop an individualized health care plan and glycogen storage disease action plan for the student with glycogen storage disease. The plan will provide for food or dietary supplements to be administered by the school nurse or her/his designee; and shall not prohibit a parent/guardian or a person designated by the parent/guardian from providing food or dietary supplements on school grounds during the school day.

Reference: CT General Statutes §10-212c as amended by Public Act No. 12-198