

SCHOOL DISTRICT 105 ALLERGY POLICY AND GUIDELINES

La Grange School District 105 is committed to providing a safe and nurturing environment for students. La Grange School District 105 understands the increasing prevalence of life threatening allergies among school populations, recognizing that the risk of accidental exposure to allergens can be reduced in the school setting. District 105 is committed to working in cooperation with parents, students, and physicians to minimize risks and provide a safe educational environment for all students. While it is not possible for the district to completely eliminate the risk of exposure to allergens when a student is at school, a food allergy management program using a cooperative effort among students' families, staff members, and students helps the district reduce these risks and provide accommodations and proper treatment for allergic reactions. The focus of allergy management shall encompass awareness, prevention, education, communication and emergency response.

The goals for allergy management include:

1. To define a formal process for identifying, managing, and ensuring continuity of care for all (preK-8) students with life threatening allergies across all transitions.
2. To maintain the health and protect the safety of students who have life-threatening allergies in ways that are developmentally appropriate, promote self-advocacy and competence in self-care and include in appropriate educational opportunities.
3. To ensure that interventions and individual healthcare plans for students with life-threatening allergies are based on medically accurate information and evidence-based practices.
4. A crisis team, trained in emergency procedures including; First Aid, CPR, and AED will be assigned at each of the five District 105 buildings.

In accordance with Public Act 96-349, it is the policy of the district to provide all students with necessary accommodations where required, the opportunity to participate in school programs and activities. Accordingly, the superintendent shall direct principals to act affirmatively and work closely with parents to assure that the needs of students with documented allergies are taken into consideration in planning for district programs. The district's Certified School Nurse shall ensure the district's procedural manual is reviewed and updated annually.

BACKGROUND

Allergic food reactions span a wide range of severity of symptoms. The most severe and potentially life threatening reaction is anaphylaxis. This protocol is to be used for students who are at risk for anaphylaxis and in circumstances where a previously undiagnosed life-threatening allergic response occurs. When a physician assesses that a student's food allergy will result in anaphylaxis, the student's condition meets the definition of "disability" and is covered under the federal Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act of 1973.

Anaphylaxis refers to a collection of symptoms affecting multiple systems in the body, the most dangerous of which are breathing difficulties and a drop in blood pressure.

Foods that most commonly cause anaphylaxis, a life threatening allergic reaction, are peanuts, tree nuts, shellfish, milk, wheat, soy, fish, and eggs. These severe allergic reactions can occur within minutes of ingestion or a reaction can be delayed for up to two hours. At present there is no cure for food allergies and strict avoidance is the key to preventing reactions. Exposure may occur by eating the food or food contact.

MEDICATIONS

The most commonly prescribed medication for the treatment of anaphylaxis is epinephrine. Brand names include, but are not limited to EpiPen and EpiPen Jr.

FOOD ALLERGY PLANS IN DISTRICT 105

Food Allergy Action Plans (FAAP)

The FAAP outlines the care a student could need in an emergency situation and is used as a guide to respond to a student who is experiencing a potentially critical situation.

The FAAP is completed by the District 105 Certified School Nurse and the student's parents with documentation from the student's physician. It provides accommodations necessary to provide a safe school environment while the student is in school or participating in school related activities. A current food allergy action plan will be reviewed annually by the district nurse and parents.

Section 504 Plan

The intent of Section 504 of the Rehabilitation Act of 1973 is to provide students with disabilities equal access to educational programs, services, and activities. Students with disabilities may not be denied participation in school programs and activities solely on the basis of disability.

STUDENTS WITH LIFE-THREATENING FOOD ALLERGIES

Any child with a life-threatening food allergy, such as a peanut/nut allergy, shall provide to the building principal a written letter from a physician identifying the allergy and medication appropriate to the treatment of an acute allergic response.

Training

All faculty and staff will be trained to recognize and respond to signs of possible anaphylaxis. An annual training will include:

- How to recognize symptoms of an allergic reaction
- Review of high-risk areas
- Steps to take to prevent exposure to allergens
- How to respond to an emergency

- How to administer an epinephrine auto-injector.
- How to respond to a student with a known allergy as well as a student with a previously unknown allergy.
- A medical emergency response drill twice a year at the beginning of the year, and after winter break.

Classroom:

When a child is identified as having a life-threatening food allergy, school personnel will not knowingly allow food products that are identified as containing food allergen or their derivatives or manufactured in a facility or on equipment that processes the allergen into the classroom.

- **Snack Policy:**
Snacks will be limited district-wide to fresh fruits, fresh vegetables, cheese sticks, and brand named, prepackaged NutriGrain Cereal Bars, Made Good Granola Bars, and Pepperidge Farm Goldfish Crackers. (The companies have guaranteed that the above items are nut-free and have been made on nut-free conveyer belts). *(If a life threatening food allergy is associated with any of these foods, classroom accommodations will be made. Accommodations will also be made for those with specific dietary needs).*
- **Holiday Parties**
Any food or snacks brought into the classroom for any reason will be limited to prepackaged items with ingredients listed or foods that intrinsically do not contain allergens (i.e. peanuts, nut). This may be provided by PTO or parent representatives. All food items will be checked for allergens by a pre-designated staff member.
- **Curriculum**
Foods used in activities connected to curriculum will follow district guidelines. Foods will not contain a life-threatening allergen. Parents will be notified prior to the activity.
- **Birthdays** will be non-food celebrations.

If a child brings a snack that contains a life threatening food allergen, the child will be asked to give the food product to the teacher or designee to retain until lunch or after school. A note will be sent home to parents of that child reminding them of the district policy.

Lunchroom

If a child is identified as having a life-threatening food allergy, the school will provide a food allergen free/nut-free table in the school cafeteria for these designated individuals. No foods containing the allergen will knowingly be permitted at that table or the immediate surrounding area during the school day. Any students who wish to sit at that table will have their lunches checked to be sure they are free of foods that might contain the specific allergen.

School Sponsored Special Occasions

Any school sponsored special occasion, either during school or after school, will be conscious of students with known life-threatening food allergies. Some special occasions may offer home-made foods. A food allergen free table for designated individuals will be accessible at the event and parents may provide an alternative food item for their child to eat.

- Notice will be given to parents prior to the special occasions informing them of the types of foods that will be available.

Extracurricular Activities

- **All concession foods** will be pre-packaged with ingredients listed or previously checked prior to the event with the vendor.
- **Bake Sales** with home-made baked goods will only be allowed at after school sponsored functions beginning in the 2012-2013 school year.

Common Areas

When a child is identified with a life-threatening food allergy, no foods containing the allergen (i.e.; peanuts/nuts) or its derivatives will knowingly be permitted into areas of the school in which that child is educated during the school day (other classrooms, art room, gymnasium, library, music room). If a common area has an activity outside of the school day in which food is present, that area will be properly cleaned before it is used for instruction.

Notification

Without identifying the child, the building principal or designee will annually notify the internal school community before classes begin of the presence of a child with a life threatening food allergy within the school, and of the district policy. Parents and Guardians will be notified on the first day of school. If a child's allergy is identified during the school year, this policy will be implemented immediately following the documentation of the allergy.

The room parent will be notified and letters reminding parents of the district policy will be sent home prior to special occasions and on an "as-needed" basis if the parent, classroom teacher, principal, or designee identifies concerns regarding compliance with district policy.

Specific Guidelines for Different School Roles

Best Practice guidelines will be followed as recommended within the school. Checklists are provided in the procedural manual and are grouped into eight major categories:

- Nurse/Designated School Personnel (DSP)
- Parent
- Teacher
- Administration
- Food Service

- Custodian
- Outside Classroom Activities
- Transportation

A procedural handbook with recommended guidelines for each of the eight categories will be distributed to responsible parties.