

**“In accordance with the Weston Public Schools Food Allergy Policy, Weston High School has adopted the following guidelines to minimize the risk of exposure to allergens that may pose a threat to students, educate all members of the school community in regards to life-threatening food allergies and plan for the individual needs of students and employees with such conditions. Our goal is to assist students in assuming more individual responsibility for their health and safety as they grow older and to optimize full participation in education and school-sponsored activities.”**

## **FOOD ALLERGY GUIDELINES**

### **Secondary**

#### **Family Responsibility**

- Notify school/school nurse of child’s allergies
- Develop a prevention plan with school nurse to accommodate child’s needs throughout the school day, including classrooms, cafeteria and school bus. Develop Emergency Food Allergy Action Plan
- Provide written medical documentation, instructions and medications as directed by the physician, using the Food Allergy Action Plan as a guide. Include a photo of your child on the form.
- Provide properly labeled medications and replace them when expired.
- If mutually agreed upon by the parent/guardian, physician and school nurse, the student may carry their own Epi-Pen and emergency supplies. However, the medical documentation and Emergency Food Allergy Action must be completed and kept on file in the Nurses’ Office, as noted above.
- Provide and update emergency contact information
- Educate your child in self-management of their food allergy appropriate to their developmental level. Include:
  1. Safe/unsafe foods
  2. Strategies for avoiding exposure to unsafe foods
  3. Symptoms of an allergic reaction
  4. How and when to tell an adult they may be having an allergy-related problem
  5. Reading food labels

#### **School Responsibility**

- Annual Bus Driver Training about food allergies, symptoms of an allergic reaction and administration of Epi-Pen
- Staff education by the school nurse about food allergies, including recognition of allergic reaction symptoms and how to administer an Epi-Pen
- Prevention plan developed by school nurse with parent/guardian that accommodates child’s needs throughout the school day, including classrooms, cafeteria and school bus. Develop Emergency Food Allergy Action Plan
- Plan shared, as appropriate, with teachers and support staff
- No peanut butter or nut sales in the school cafeterias

- No food in classrooms or unwrapped food in the halls
- Bake sales or any sale of competitive food and beverages are not allowed during the school day and the 30 minute period directly prior to and following the school day
- Food is permitted in designated areas (offices, conference rooms, Media Center, Family/Consumer Science room) provided surfaces are cleaned after use and hands washed before returning to classrooms

### **Student Responsibility**

- Do not trade food with others
- Do not eat anything with unknown ingredients or known to contain allergen(s)
- Be prepared to advocate for yourself, describe your allergies and identify key foods containing allergens; dependent on developmental level
- Notify an adult if they eat something they believe may contain food to which they are allergic
- If carrying own Epi-Pen and emergency supplies, be sure they are properly labeled, secure and not shared with others. Be able to direct an adult to their location if needed

June 18, 2012