

Life-threatening Food Allergies and the Elementary School Student

Trumbull Public Schools

**Working with Families for Our
Students' Safety and Education**

- *Booth Hill School*
- *Daniels Farm School*
- *Frenchtown School*
- *Jane Ryan School*
- *Middlebrook School*
- *Tashua School*

A Guide for Home and School

Establishing A Safe Environment

It is a goal of the Trumbull elementary schools to provide a safe environment for all students. This includes students with life threatening food allergies. As you register your child for school, please know that we use a team approach to insure that all appropriate staff have the necessary skills and information to help prevent a food allergy emergency. However, should a food allergy emergency occur, this team is also trained to intervene appropriately in the best interest of the student.

By following the guidelines within, the family can help the school provide a healthy and safe school environment.

Please note: For a student to be considered as having a life threatening food allergy, the child's physician must provide a written diagnosis, listing known allergens. This notification is to be signed and dated by the physician annually.

Beginning the Process

When you register your child for school, please tell the school (eg: administrator, secretary, nurse) that your child has a life threatening food allergy. (S)He will ask you to provide medical documentation. Documentation must be updated annually.

Please submit to the nurse the attached Allergy Management Plan form, completed and signed by the student's physician. This protocol helps us develop an individualized emergency care plan for your child.

Please provide ANNUALLY 1) physician's orders; 2) your signed authorization for emergency medication on the TPS medication form; and 3) a supply of the medication.

Once the medical information is received, the nurse will:

1. begin the process for the collaborative development (school and family) of the individualized health care plan, to address the child's needs;
2. develop for review with administration and staff your child's specific emergency care plan; and,
3. discuss appropriate safety measures with administration and staff.

General Responsibilities

Family Responsibilities:

Students who have life threatening food allergies will only eat food provided or approved by the parents/guardians.

Parents/Guardians will provide alternative snacks for the classroom for times of classroom celebrations. Students will bring their own snacks daily.

At the beginning of the year, parents/guardians will provide a photograph of the child to familiarize the staff with the student.

Parents/Guardians will educate the student in self-management of his/her food allergies, appropriate to the child's grade level (e.g., questioning food safety, discouraging food sharing, symptoms of an allergic reaction, when to ask an adult for help).

School Responsibilities:

The nurse will:

- Develop, in conjunction with the parents/guardians, the child's Emergency Care Plan and Individual Health Care Plan as advisable.
- Inform and train certified staff in the administration of an EpiPen or other emergency medication at the beginning of the school year and before all field trips.
- Provide any substitute nurse with all necessary information regarding students with food allergies.

The teacher will keep updated emergency health information (supplied by the nurse) with his/her lesson plans.

The Student's Role

Ultimately, the student will need to learn to manage his/her food allergy. Both the family and the school should be involved in the learning process.

Students will need to learn:

- To recognize and report to an adult or friend the symptoms of an allergic reaction.
- To avoid sharing, trading, or tasting anyone else's food.
- To avoid anything with unknown ingredients. This includes all "home-baked items".
- To wash his/her hands before and after eating.
- To report any incident of teasing regarding the allergy to an adult.
- To wear a medical alert bracelet.

Specific learning goals can be included on the student's individual health care plan.

In the Cafeteria

Peanut/Nut-free tables are provided for students with medically diagnosed peanut and nut allergies, if the parent/guardian prefers this arrangement for the child. Nut allergic children have the option of eating at the regular cafeteria tables, with written permission from parents/guardians.

Peanut/Nut-free tables are specially cleaned by school/cafeteria personnel, using separate cleaning cloths/paper towels, with appropriate cleaning liquids.

If a food-allergic child wishes to participate in the school lunch program, the parent/guardian is invited to contact the school's food services manager to review the menus and determine safe food options. The food services manager can also provide ingredient information for parents/guardians.

Parents/Guardians of children with life threatening food allergies may choose to have their children bring lunch from home to be able to monitor food intake.

In the Classroom

The classroom and specialist teachers will review each child's needs and emergency care plans with the nurse, prior to the start of school.

The nurse will send a letter to the families of other class members, making them aware of any food restrictions that *may* pertain to the classroom.

The teacher will post a notice to alert visitors that there is a child with life threatening food allergies in the classroom.

The teacher will make all students aware that different children have different needs, and that some children need to avoid certain foods for their safety.

The teacher will provide a peanut/nut free snack table if appropriate.

The teacher will inform the parent/guardian of all field trips, celebrations, etc., where food might/will be served.

The teacher will provide substitute teachers with necessary information regarding allergies.

These guidelines have been developed to help us address the needs of our students with life-threatening food allergies. If you have additional questions, please contact the nurse at your school, as listed below.

Booth Hill School
545 Booth Hill Road
Trumbull, CT 06611
Main Office: (203) 452-4377
Health Office: (203) 452-4378

Daniels Farm School
710 Daniels Farm Road
Trumbull, CT 06611
Main Office: (203) 452-4388
Health Office: (203) 452-4389

Frenchtown School
30 Frenchtown Road
Trumbull, CT 06611
Main Office: (203) 452-4227
Health Office: (203) 452-4228

Jane Ryan School
190 Park Lane
Trumbull, CT 06611
Main Office: (203) 452-4400
Health Office: (203) 452-4401

Middlebrook School
220 Middlebrook Avenue
Trumbull, CT 06611
Main Office: (203) 452-4411
Health Office: (203) 452-4412

Tashua School
401 Stonehouse Road
Trumbull, CT 06611
Main Office: (203) 452-4433
Health Office: (203) 452-4434