

## WAUSAU SCHOOL DISTRICT

### STUDENTS ACTIVITIES

5920

#### Food Allergy/Food Intolerance

It is the policy of the Wausau School District to provide a safe environment for a student with known, diagnosed food allergies that are likely to result in an anaphylactic reaction or serious food intolerance without banning the food product from school nutrition service offerings. The District works with students, parents, and medical practitioners to minimize the risks of exposure and to provide a positive educational environment for food-allergic and food-intolerant students. Some foods may cause an anaphylactic reaction if a person eats, touches, or inhales the food or food byproduct. Foods known to cause anaphylactic reactions include, but are not limited to, peanuts, tree nuts, fish, shellfish, eggs, milk, wheat, or soy. Some students experience food intolerances that require food substitutions because of a serious medical condition.

Each student's allergy or intolerance in each situation is different so a Severe Allergy Action Plan may be created for the student. Diagnosis of an allergy with a risk of anaphylactic reaction or serious food intolerance is based on the student's history with confirmation from a medical practitioner. The medical practitioner should provide the District with a written statement (see the Special Dietary Request Form) and prescribe treatment protocols for use in the school setting.

Should exposure to a known food allergen occur creating a severe allergic reaction, trained staff, who are authorized in writing by the Superintendent of Schools or his/her designee, will administer epinephrine, call 911, protect the student's airway, and keep the student safe until emergency personnel arrive. Medication administration will be provided in compliance with written instructions.

#### FAMILY RESPONSIBILITIES

1. Notify school of child's allergies and/or food intolerance diagnosis.
2. Work with the school nurse, teacher, principal, and others to develop a plan that accommodates the child's needs throughout the school day including classroom areas, cafeteria, after-school programming, as well as during school-sponsored activities such as field trips or overnight events.
3. Complete, in collaboration with student's medical practitioner, the Medication Consent Form, the Student Food Allergy/Intolerance Parent Questionnaire, the Severe Allergy Action Plan, and Special Dietary Request Form (as needed) and return them to the school health office.
4. Provide properly labeled medications and replace medications as needed or upon expiration.
5. Provide two doses of epinephrine if the student is able to self carry; one for the health office and one to be kept with student.

6. Update school with changes in contact information, including changes in emergency contacts.
7. Understand if an emergency medication is not supplied, 911 will be called in the event of suspected anaphylaxis.
8. Decide with their practitioner if the child will eat at a “safe” table.
9. Notify school staff when child participates in after-school activities.
10. Provide ongoing education for the child in the self-management of his/her food allergy including:
  - a. Safe and unsafe foods
  - b. Strategies for avoiding exposure to unsafe foods, including no food trading/sharing in any school environment.
  - c. Symptoms of allergic reactions
  - d. How and when to tell an adult when their child may be having an allergy-related problem
  - e. How to read food labels (age appropriate)
11. Provide a box of allergen-free snacks for the child’s classroom parties and other special occasions.
13. Notify the school bus company of the child’s food allergy and determine an emergency plan for when the student is on the bus to and from school.

### SCHOOL RESPONSIBILITIES

1. Review health records submitted by parents and medical practitioners.
2. Students will not be excluded from any activities because of a medical condition.
3. The school nurse and principal will establish a team to work with parents and the student to coordinate the implementation of the Severe Allergy Action Plan. This team will include the teacher(s), School Nutrition Services’ personnel, school administrative assistants, building aide(s)/health aide(s), outside staff, and others as appropriate.
4. The school nurse will provide training to all designated primary contacts that interact with the food–allergic student to recognize the signs and symptoms of an allergic reaction. Aspects of the training will include: what to do in an emergency, as well as how to minimize risk of exposure to the allergen during meals, snacks, arts or craft projects, or other school curriculum. A list of trained staff will be made available to the principal.
5. Medications for food allergies will be stored according to the Medication Policy and Procedure (2-1, Health Care Policy and Procedure). Extra epinephrine may be kept in other locations such as the teacher’s desk, school nutrition service area, etc., and as determined by the school nurse in consultation with the parent and medical practitioner. Students may carry their own epinephrine with medical practitioner approval. (See Medication Consent Form, 2-3).
6. School staff specially trained in the use of epinephrine or oral medications will administer medications, as necessary, during school activities, including fieldtrips.

7. The school nurse or teacher, along with parents, will develop a plan regarding special field trip needs, which will include having emergency medications available.
8. The school staff will inform the health office of field trips at least a week in advance to allow for planning and training or as soon as offsite event is known.
9. If the student participates in school-sponsored activities and emergency medication has not been supplied by the parent, staff will call 911 for cases of suspected anaphylaxis.
10. Individual daily snacks containing nut butters or nut pieces are not allowed in the classroom.
11. Special occasion treats meant for the entire class may not contain any form of peanuts or tree nuts.
12. Per Board Policy 5706, harassment of bullying of food-allergic students will not be tolerated.
13. The students' food allergen will not be used in class projects, parties, holiday celebrations, science experiments, or any other activities.
14. A principal or his/her designee will share this policy with outside organizations invited to work with District students during school-sponsored activities.
15. Parents and staff are encouraged to use non-food items for special occasions and treats. Food items brought for treats must be store bought with an intact ingredient label listing allergy information.

### TEACHER RESPONSIBILITIES

1. The teacher will be trained in the student's allergic symptoms and plan of care and will keep a copy of the student's Severe Allergy Action Plan in a confidential location. The teacher will place a copy of the plan in the substitute teacher folder and share with specialists.
2. The teacher is responsible for notifying the parent and health office of field trips and special occasions one week in advance or as soon as events are known.
3. The food-allergic or food-intolerant child may choose a snack from their snack box provided by parents per their food allergy/intolerance plan.
4. Teachers are responsible for discussing "no food sharing/trading" during school-sponsored activities.
5. Students and staff are encouraged to wash their hands prior to entering the classroom and after eating.
6. The students' food allergen will not be used in class projects, parties, holiday celebrations, science experiments, or any other activities.
7. The teacher will share this policy with outside organizations invited to work with District students during school-sponsored activities.
8. The teacher is responsible for checking ingredient labels on foods brought in for sharing with the entire class to ensure they do not contain peanuts or tree nuts.
9. The teacher understands if an emergency medication is not supplied, 911 will be called in the event of suspected anaphylaxis.

### SCHOOL NUTRITION SERVICES RESPONSIBILITIES

1. School Nutrition Service employees will take measures to prevent cross-contamination during food preparation and when serving food.
2. The completed Food Substitution Form will be shared with School Nutrition Service staff by the Director of School Nutrition Services or his/her designee.
3. Picture(s) of the food-allergic student(s) will be placed in the kitchen with food allergies noted so staff can easily identify student(s).
4. Students with severe allergies may sit at a designated "safe" table (with neighboring students who do not have the allergen present in their lunch) based on the Student Food Allergy/Intolerance Parent Questionnaire.
5. When sanitizing tables after lunch, a separate wash and sanitizing bucket AND cloth must be used to clean the "peanut safe" tables in all lunchrooms throughout the District.
6. School Nutrition Services will provide nutrition information/labels for foods served in Child Nutrition Programs per parent/staff request.

### STUDENT RESPONSIBILITIES (based on level of development)

1. Be your own advocate.
2. Do not trade/share food or utensils with other students.
3. Wash hands prior to eating.
4. Do not eat or touch anything with unknown ingredients or known to contain an allergen.
5. Learn how to administer epinephrine and practice often.
6. Notify a staff member if you consumed/ingested something believed to contain a food allergen.
7. Carry epinephrine (if designated to do so in the Medication Consent Form, 2-3) and notify a staff member in the event of suspected exposure or if epinephrine has been self administered.
8. Report teasing/bullying to an adult.

Cross Ref: Policy 5706 – Prohibition Against Harassment and Discrimination  
 Policy 5915 – Wausau School District Health Care Policies and Procedures  
 (Appendix A)

- 2-1 Medication Policy and Procedure
- 2-3 Practitioner/Parent Medication Consent Form
- 2-6 Administering Emergency Injections
- 2-8 Epinephrine Administration Instructions
- 2-17 Designated Staff Trained in Emergency Procedures
- 4-19 Medically Necessary Food Substitution Form
- 4-1 Asthma Management Plan

- 4-2 Individualized Asthma Care Plan
- 4-17 Severe Allergy Action Plan
- 4-18 Student Food Allergy/Intolerance Parent Questionnaire
- 7-21 Allergy/Allergic Reaction

Other Resources

American School Food Service Association  
National Association of Elementary School Principals  
National Association of Secondary School Principals  
National Association of School Nurses  
National School Boards Association  
The Food Allergy and Anaphylaxis Network  
American Academy of Pediatrics  
Wisconsin Association of School Boards  
American Academy of Allergy, Asthma, and Immunology  
Accommodating Children with Special Dietary Needs in the School Nutrition Programs: Guidance for School Food Service Staff