



## STUDENTS

### Health

#### Accommodating Students With Special Dietary Needs and Glycogen Storage Disease

The Board of Education believes all students, through accommodations where required, shall have the opportunity to participate fully in all school programs and activities.

The Board recognizes that students with documented life-threatening food allergies are considered disabled and are covered by The Disabilities Act and Public Law 93-112 and Section 504 of The Rehabilitation Act of 1973. A clearly defined "504 Accommodation Plan" shall be developed and implemented if necessary for all such identified students in which necessary accommodations are made to ensure full participation of identified students in school activities. Such a plan shall be signed by the appropriate staff, the parent/guardian of the student and the student's physician, if so required.

Each school is also responsible for developing and implementing guidelines for the care of students with special dietary needs/food allergies. Such guidelines shall include, but not be limited to, staff development, strategies for identifying students at risk for life-threatening allergic reactions, means to manage the student's allergy including avoidance measures, designation of typical symptoms and dosing instructions for medications.

Guidelines for a building will be based upon the specific allergies identified within the student population. Guidelines should maintain the health and protect the safety of children who have severe food allergies in ways that are developmentally and age appropriate, promote self advocacy and competence in self-care, and provide appropriate educational opportunities.

The Board recognizes that risks can never be fully eliminated in the school environment. Therefore, the guidelines should be viewed as a plan of action with emphasis on prevention of exposure to food allergens and a response plan to an allergic event should one occur.

In an effort to prevent the exposure to food allergens the following activities are prohibited:

- a. Meal/snack swapping and utensil swapping among students during lunch/snack time and all special events (i.e. room parties, celebrations, PTA food events);
- b. Eating or drinking on school buses unless under restrictions with prior approval;
- c. The use of nut and peanut products in the hot lunch program;
- d. Eating or drinking in non-authorized areas of the school building or grounds.

Building principals are authorized to expand upon the prohibited activities but are not authorized to initiate a school wide ban on a particular food.

The Board directs the building administrator to utilize the following prevention strategies in their building plan as appropriate:

1. Establish a method of ensuring that relevant information is transmitted to all supervising persons of an identified student. Supervising persons includes certified, non-certified, and volunteer staff having interaction with the student;
2. Directly communicate with Food Services on the dietary needs of identified children;
3. Create an allergen free table/section in the cafeteria;
4. Keep classroom and lunch table surfaces clean of allergens;
5. Promote proper hand washing before and after eating;
6. At least annually, and more often if required, monitor the effectiveness of district procedures and individualized health plans with the appropriate staff members, parents, and if applicable, the student;
7. Address custodial services required by groups renting/using school facilities to ensure that areas are clean of allergens following the use of the facilities. Any terms or costs associated with these custodial services should be stated in the rental agreement;
8. The district will not knowingly make use of peanuts, peanut products, tree nuts and tree nut products for instructional purposes.
9. Administrators, teachers and parents are strongly encouraged to incorporate non-food related alternatives to celebrate developmental milestones and student accomplishments, in-school birthdays or other events. When food is provided, they are required to provide commercially prepared foods with printed labels that set forth food ingredients and warnings. No home baked goods will be accepted.
10. Before any event, where food products and/or instructional materials may be used, staff members are required to read all ingredients of said products [and check with the school nurse](#).
11. When classroom activities in grades PK-8 include food, the classroom teacher will contact the parent/guardian of the identified allergic child prior to the activity [and check with the school nurse](#).
12. School personnel planning a field trip will provide the school nurse with a list of participants in advance of the trip. The school nurse will identify those students with identified food allergies and provide the teacher with a copy of the written food allergy plan for the student(s). This will also be done for other school-sponsored events taking place off school grounds.

The Board believes that parents have responsibility in the prevention plan. Parents of students with special dietary needs/food allergies must provide the school with an individualized action plan developed by the child's physician. Parents of at-risk children should provide their child with some type of medical alert identification. Parents of at-risk students are strongly encouraged to have their child bring lunch from home. Parents of all students are expected to reinforce the prevention plan with their child at home.

The district's plan for managing students with life-threatening food allergies shall be posted on the district's website.

### **Food Allergy**

The Board of Education recognizes the increasing prevalence of potentially life-threatening food allergies and glycogen storage disease among children. While the primary responsibility for managing food allergies and glycogen storage disease lies with the students/parents, the school district will assist them with their responsibilities in the school setting. Effective management of food allergies and glycogen storage disease in the school setting includes implementing strategies for avoidance of offending foods by allergic children and emergency planning to ensure prompt identification and treatment of allergic reactions that may occur and the provision of food or dietary supplements to a student with glycogen storage disease. The Board supports the education of school personnel, students, and parents regarding food allergy management to maintain a safe school environment for allergic children.

A plan based upon the guidelines promulgated by the State Department of Education, shall be implemented for each student for the management of students with life-threatening food allergies and glycogen storage disease.

(cf. 5141-Student Health Services)

(cf. 5141.21-Administering Medication)

(cf. [5141.23](#)-Students with Special Health Care Needs)

(cf. [5141.3](#)-Health Assessments)

(cf. [5145.4](#)-Nondiscrimination)

Legal References: Connecticut General Statutes [10-15b](#), [10-154a](#), [10-207](#)

Americans with Disabilities Act

Public Law 93-112

Section 504 of the Rehabilitation Act of 1973

P.A. [09-155](#) An Act Concerning the Use of Asthmatic Inhalers and Epinephrine Auto-Injectors While at School

**Adopted: May 27, 2008**

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**June 27, 2011**

**November 26, 2012**



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Health

Accommodating Students with Special Dietary Needs

Prevention is the key to dealing with life threatening food allergies. The most offending foods are: nuts, wheat, eggs and milk. Each school in the Somers Public Schools will make every attempt to prevent affected students from coming in contact with the food substance that they are allergic to. The school nurse is the primary contact for parents and their child's physician for each student who has life threatening food allergies.

Parents of a child with a life threatening food allergy will notify the school nurse. The school nurse will obtain and implement the following:

- A statement signed by a licensed physician identifying the life threatening nature of the food allergy and the specific diet prescription along with the substitution(s) needed.
- Individualized Emergency Medical Plan (IEMP) for the child.
- Notification and professional development to appropriate faculty and staff.

Each school food services will implement the following:

- Foods sold in school will meet USDA guidelines
- Nutrition information will be readily available on all foods sold in school.
- No nut products will be sold in hot lunches.

**5/27/08**

**INDIVIDUAL EMERGENCY MEDICAL PLAN (IEMP)**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Home Phone \_\_\_\_\_

Mother \_\_\_\_\_ Work Phone \_\_\_\_\_

Father \_\_\_\_\_ Work Phone \_\_\_\_\_

Physician \_\_\_\_\_ Phone \_\_\_\_\_

**SEVERE ALLERGIC REACTION**

Alteration in the immune system as evidenced by severe reaction to substance.

Potential Complication:

Anaphylaxis (breathing stops)

Signs/Symptoms of Reaction:

Hives

Swelling/itching of face, lips, tongue

Nausea/Vomiting

Dyspnea (difficult breathing)

Medication(s): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**CALL 911**