



Boerne Independent School District Severe Food Allergy Management Plan

Food allergy is a serious and potentially life-threatening medical condition. With a true food allergy, an individual's immune system overreacts to a food that is usually harmless. This response by the immune system can be life-threatening within a matter of minutes.

The most common food allergens (The Big 9) are peanuts, tree nuts, fish, shellfish, milk, eggs, sesame, soy, and wheat, however, any food has the potential of causing a reaction. These ingredients are not always obvious on product packaging. Cross contamination can also expose children to dangerous allergens.

Although accidental exposures sometimes occur, the goal for students with food allergies is avoidance of the offending agent. Allergic reactions can result from ingesting, inhaling, or skin contact with the allergen. The onset can occur rapidly or may be delayed. The student, parents, school nurse, classroom teachers and administrators, cafeteria staff, custodians, and classmates can all contribute to minimizing chances of exposure.

There is no cure for food allergy. Strict avoidance and early recognition and management of allergic reactions are important to the safety of children at risk for anaphylaxis. Anaphylaxis is a serious allergic reaction with rapid onset that may cause death. Early intervention with an epinephrine auto-injection device can save lives.

Identification of Students with Food Allergies

Each student diagnosed with a severe food allergy is required to have an Allergy Action Plan (AAP) completed by their physician and parents annually. Parents should provide documentation to the school nurse from the student's physician as soon as possible upon knowledge of the severe food allergy and annually thereafter. The student's AAP and emergency medication will be stored in the school clinic. If the physician, parent, student, and school nurse agree that the student is competent in self-treatment and can demonstrate proper administration, the student may carry emergency medications with them while at school or school-related activities.

Students documented as having an anaphylactic response to foods will have an Individualized Health Plan (IHP), as well as an Individualized Educational Plan (IEP) or a 504 Plan to outline the specific needs of the student. Parents may request a meeting to develop an IHP/504 or review the AAP with the school nurse.

Training

All Boerne ISD employees will receive anaphylaxis awareness training annually in recognizing signs and symptoms of severe allergic reactions and emergency responses, including use of EpiPen.

Teachers of students with life-threatening allergies will be informed as soon as possible at the beginning of the school year or upon learning of a new diagnosis. This information should be readily available in their substitute folders. The school nurse will also inform administrators, instructional aides, cafeteria manager, custodians, food services staff, and transportation staff as appropriate.

Prevention in the Classrooms

All classrooms with students who have a documented life-threatening allergy may be declared an "Allergen Awareness Zone." Use of the identified allergens in the classroom should be avoided. Anyone entering the classroom should be encouraged to wash their hands with soap and water prior to entering the classroom, especially after lunch or snack time.

Classroom teachers will inform parents that their child is in a classroom identified as an Allergen Awareness Zone and encourage parents to send snacks that do not contain the identified allergen(s). Teachers shall post a visible sign outside the door of the classroom alerting everyone that enters that the room is an Allergen Awareness Zone. All foods brought to the classroom for special occasions (i.e. birthday or holiday treats) MUST have an FDA approved label with ingredients and allergens listed.

Students in an allergen aware classroom should be instructed by the teacher or school nurse the dangers of sharing or trading food, beverages, or utensils and the importance of hand washing before and after snacks and meals.

Prevention in the Cafeteria

Each campus will provide an Allergen Awareness table for students with food allergies. The parent/guardian of a student with a life-threatening allergy will have the option to have their child sit there or at the regular lunch table. The table will be clearly marked and cleaned between each lunch period with commercial cleaner and disposable cloths. No lunches brought from home, other than from children who have a documented life-threatening food allergy, will be allowed at this table. Students who purchase a lunch from the cafeteria may accompany students with allergies at the designated table. This area will be monitored by staff who have been trained in recognizing signs and symptoms of anaphylaxis during all lunch periods.

Prevention on BISD Transportation

Bus drivers will be trained to identify signs and symptoms as well as treatment of anaphylaxis, including EpiPen administration. The school nurse will inform the Transportation Department of

students with severe food allergies and those who self-carry emergency medications. No open food or drinks, except for bottled water, are permitted on school buses during daily routes.

Field Trips/Extracurricular Events

Food is permitted on the school bus during field trips or extracurricular events. There may be an allergy awareness zone created in one area of the bus by parent or student request. The supervising staff member accompanying the student shall obtain the allergy action plan and emergency medications from the school nurse and carry them at all times. If the parent accompanies the student, they may carry the emergency medications. If the student has been approved to self-carry, this student does not need to be in a specific group or with a specific adult unless requested by the student or parent.

Treatment

If a student is suspected of having an allergic reaction, the student should be immediately escorted by a staff member to the nurse or the nurse notified to immediately come to where the student is located. Epinephrine or other emergency medications should be administered promptly if criteria are met according to the student's AAP. EMS (911) and the student's parent/guardian will be contacted immediately. Stock EpiPens are located near the clinic in an unlocked box, easily accessible to anyone. Following any accidental exposure to an allergen, the school nurse and administrators will review campus procedures and the student's plan of care to identify ways to improve safety for students.

Reviewed: May 2, 2023

Updated: May 15, 2023

Reference document: *Texas Department of State Health Services (TSDS) - Guidelines for the Care of Students with Food Allergies at Risk for Anaphylaxis, Rev. March 2023;*
<https://www.dshs.texas.gov/texas-school-health/allergies-anaphylaxis>