

**Parents/Guardians Responsibilities:** We ask parents to assist the school in the prevention, care, and management of their child's food allergies and reactions. To achieve this goal, parents are asked to follow these guidelines:

- Inform the school nurse in writing of your child's allergies prior to the opening of school (or immediately after a diagnosis) by providing the following:
  - Completed medication and/or Allergy Action Plan authorization from a licensed physician
  - Properly labeled medications (to be replaced after use or upon expiration)
  - Written medical documentation and instructions as directed by a physician.
  - Comprehensive emergency contact information.
- Make a note of the food allergy on the child's Annual Health History Form and fill out the Food Allergy History form (see attached form) and return both forms to the Nurse in your child's building.
- Participate in developing a Food Allergy Action Plan
- Provide a list of foods and ingredients to avoid
- Provide the school with a statement signed by a physician if your child no longer has food allergies

It is important that children take increased responsibility for their allergies as they grow older and as they become developmentally ready. Consider teaching your child to:

- Understand the seriousness of their allergies
- Recognize the first symptoms of an allergic/anaphylactic reaction.
- Notify an adult immediately when they are having a reaction.
- Carry his/her own EpiPen when appropriate (or know where the EpiPen is kept), and be trained in how to administer his/her own EpiPen when this is an age-appropriate task.
- Recognize safe and unsafe foods
- Do not share snacks, lunches, or drinks
- Encourage the habit of reading ingredient labels before eating food when this is an age appropriate task.
- Understand the importance of proper hand washing before and after eating.
- Inform others of your allergy and specific needs.

Empower the student to self-advocate in situations that they might perceive as compromising their health.

Suggestions:

- Provide a Medic Alert bracelet or necklace for your child.
- While the school will not exclude an allergic student from a field trip, a parent may choose to do so. Be willing to go on your child's field trips or participate in class parties or events if requested.