

Saint Michael School
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Food allergies may be life-threatening. The risk of accidental exposure in school to foods may be reduced by working together to minimize risks and provide a safe educational environment for all students with food allergies. Saint Michael School is a NUT FREE school and strives to be an ALLERGY AWARE school. We ask parents and students to refrain from bringing nut products to school, especially any nut-butters since they are too sticky to clean in our rapidly changing cafeteria environment. The school and food service make every effort to provide foods that are both nut and peanut free. By delineating the responsibilities of each individual involved in planning for your child with food allergies, we hope to ensure a plan is in place that establishes a positive and safe learning environment.

PEANUT AND TREE NUTS POLICY

SMS is a nut free school. Although schools cannot guarantee an allergy free environment, we can utilize strategies to greatly minimize the risks associated with peanut and tree nut allergies. These strategies focus on prevention, education, and emergency response. As we face a growing number of children dealing with food allergies and, specifically, potentially life-threatening peanut and tree nut allergies, Saint Michael School will continue to be a peanut and tree nut free school. We have many students in our school that have life threatening food allergies. As a school dedicated to some of the youngest members of our community, we understand that many of our students are not old enough to make sound and safe decisions when it comes to what should go into their mouths and are less able to manage their allergies independently. Many preschool-aged children are not yet aware of potential food allergies. While our faculty and staff do an excellent job of sanitizing playing surfaces, toys, tables, chairs, and monitoring snacks and lunches brought into the school, there are some children within our school who could have a serious life-threatening allergic reaction from contact with even a microscopic amount of the offending foods. **Therefore, we have decided to keep Saint Michael School a peanut and tree nut (Brazil nuts, macadamia, almonds, cashews, pistachios, walnuts, pecans, and hazelnuts) free school. Please do not send your child to school with Peanut butter, Almond butter, or Nutella products.**

It is our school policy not to distribute food or snacks. Children are not allowed to share snacks. Lunches are provided by a private company, *Just Like Home*. *Just Like Home's* lunches are completely nut free. Please contact them directly with any questions concerning their ingredients. The health and safety of all students must take priority. The goal of this policy is to promote the wellness and safety of all students and limit any opportunity for any child to be exposed to foods that could harm him or her. We appreciate your cooperation with this policy. The sacrifice of not having peanut or tree nut products in the school is a small one to make compared to the consequence of a child with severe allergies could face. Check out Emily's Story: <https://robynobrien.com/emilys-story-life-lost-food-allergy-parents-wish-2/>

Family's Responsibility:

- Notify the school nurse of the child's allergies. Update/renew every school year.
- Work with the school nurse and teachers to develop a Food Allergy Action Plan that accommodates the child's needs throughout the school day.
- Provide medical documentation annually with instructions and medication as directed by a physician.
- Replace medication after use or upon expiration.
- Consider the use of a medic alert bracelet to identify the allergy.
- Educate the child in the self-management of their food allergy including: safe and unsafe foods, strategies for avoiding exposure to unsafe foods, symptoms of allergic reactions, how and when to tell an adult they may be having an allergy-related problem, how to read food labels.
- Notify child's bus driver of the child's medical condition, and where the medication is located if available.
- Discuss with the transportation company any training the school bus driver has had, including symptoms awareness and what to do if a reaction occurs.
- Review policies/procedures with the schools staff, the child's physician, and the child after a reaction has occurred.

School's Responsibility:

- Be knowledgeable about and follow applicable federal laws including, ADA, IDEA, Section 504, and FERPA and any state laws or district policies that apply.
- Inform parents of food allergy resources including the Food Allergy and Anaphylaxis Network, National Association of School Nurses, and the American School Food Service Association.
- Review the health records submitted by parents and physicians.
- Include students with food allergies in school activities. Students must not be excluded from school activities solely based on their food allergy.
- Identify a core team (school nurse, teacher, principal, school food service, and counselor) to work with parents and the student to establish a prevention plan. Changes to the prevention plan to promote food allergy management should be made with the core team's participation.
- Assure that all staff that interacts with the student on a regular basis understand the food allergy, can recognize symptoms, know what to do in an emergency, and are able to work with other school staff to eliminate the use of food allergens in meals, educational tools, and projects.
- Practice the Food Allergy Action Plan before an allergic reaction occurs to assure the efficiency/effectiveness of the plan.
- Coordinate with the school nurse to make sure that medications are appropriately stored and an emergency kit is available which contains a physician's order for epinephrine. Keep the medications easily accessible in a secure location central to designated school personnel.
- Designate school personnel who are properly trained to administer medications in accordance with the State Nursing and Good Samaritan Laws governing the administration of emergency medications.
- Be prepared to handle a reaction and ensure that there is a staff member available who is properly trained to administer medications during the school day regardless of time or location.
- Review policies/prevention plan with the core team, members, parents/guardians, student, and physician after a reaction has occurred.
- Notify the transportation company, if necessary, of students riding the bus with life threatening food allergies.
- Recommend that all buses have communication devices in case of an emergency.
- Remind students of the "no eating" policy on school buses with exceptions made only to accommodate special needs under federal or similar laws, or school district policy.
- Discuss appropriate management of food allergy with family.

- **School's Responsibility: (continued)**
- Discuss field trips with the family of the food-allergic child to decide appropriate strategies to managing the food allergy.
- Follow federal/state/district laws and regulations regarding sharing medical information about the student.
- Take threats or harassment against a child with food allergies seriously.

Student's Responsibility:

- Should wash hands before eating, use napkin on table/desk before putting snack down.
- Should not trade food, utensils, or any food containers with others.
- Should not eat anything with unknown ingredients or ingredients known to contain the allergen that they are allergic to.
- Should be proactive in the care and management of their food allergies and reactions based on their developmental level.
- Should notify an adult immediately if they eat something they believe may contain the food to which they are allergic.

Early Childhood Classes: Teachers will keep emergency medication with their emergency evacuation bag and carry emergency medication as deemed necessary in the student's *Individual Health Care Plan*.

Elementary Classes: Teacher or student will carry emergency medication as noted in the student's *Individual Health Care Plan*. As student develops more responsibility, they will be instructed on bringing their medication to the cafeteria before recess for availability during lunch. Otherwise, the medication will remain with the classroom emergency evacuation bag.

Middle School: Since students travel often from room to room, they should carry their emergency medication to the lunchroom and anywhere else as noted on their *Individual Health Care Plan*. They should keep their medication in the outermost zippered section of their backpack or lunch bag for easy accessibility by staff if needed.

Adapted from American School Food Service Association, FARE (Food Allergy Research & Education), National Association of Elementary School Principals, National Association of School Nurses, National Association of School Nurses, National School Boards Association, and North Andover Public Schools. Revised 5/2019 KML