

ADDRESSING SEVERE ALLERGIES

Mayfield Student Health Services offers the attached **Allergy Action Plan** for students diagnosed with an allergy to food, insect stings, or other allergen. You and your physician can use the form to formulate the appropriate health care plan for your child to avoid the allergen and for the school to be prepared to treat your child in the event of possible exposure to the allergen or an actual reaction. If medication is ordered (such as Epi-pen), you will need to complete **Medication Administration at School** form(s) and provide the medication. You may also need to provide the school with other supplies, such as "safe" snacks or insect repellent. Be sure to teach your child not to share food and to check with his teacher when food is served in the class.

Your child will be listed on the **Health Alert List**. The list is distributed to school personnel for them to be aware of student's special medical issues. Staff members are refreshed annually in signs of allergic reactions and how to respond. It is in the child's best interest to learn he/she has a significant allergy and not be self-conscious or embarrassed about it. We highly recommend your child wear a Medical Alert bracelet or necklace if they are at risk of an anaphylactic reaction.

Regarding Food Allergies at the Elementary School level:

If your child has experienced an anaphylactic reaction in the past, Mayfield Health Services recommends the child only eat food provided by their parent. For the safety of your child, please teach them not to accept food which has not been determined to be "safe" by you, the parent.

Peanuts and Tree Nuts: We are NOT a Peanut/Nut-Free district. In the elementary buildings, Mayfield Food Services makes every effort to eliminate food with nut/peanut content or is manufactured on equipment which also processes peanuts/nuts. However, there are things out of our control such contents changing without notice, labeling errors, and manufacturing errors. Also, we do not have a policy which restricts students and staff from packing nuts/peanuts for their own consumption. We do provide a lunch area designated as Nut-Free.

Purchasing Lunch: The Food Service has a computerized system called Point of Sale (POS) in which students can be registered by their name or finger scan. The system was set up for paying for lunch from a prepaid account. However, we can also input student information, such as food allergies. With physician documentation of a food allergy, we will add the information to the POS system. As long as the student is paying for lunch from their account (and not cash), any information regarding food restrictions will appear on the register screen. Food service staff will not let them purchase restricted items. The one food substitution we do make is replacing milk with juice or water with a physician request. Otherwise, we do not make replacements on student's trays for individual food allergies.

It is the parent's responsibility to review the menu. You are invited to contact the Food Services Director with questions regarding specific content of any specific food items. If there is something on the menu you do not want your child eating and they cannot self regulate, you will need to provide them with a packed lunch for the day. Also, please be aware, it is unavoidable that sometimes there are also last minute substitutions.

Snacks/Parties: When there is food served at any other time during the day (e.g. parties) or awards lunches, it is not provided by Food Services. For these events we suggest the parent supply a container of "safe snacks" for your child. Frozen items can be stored in the clinic freezer. If your child is invited to an awards lunch, you will be requested to approve of the menu or provide a packed lunch. Staff members are not permitted to approve food items for students with a food allergy (for example: by reading the ingredient label).

Field Trips: Be sure to pack your child's snack and/or lunch for field trips.

We are continually making improvements in our procedures to prevent allergic reactions. If you have a specific suggestion or concern, we want to hear about it. Please call us.

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