

MAYFIELD CITY SCHOOLS  
STUDENT HEALTH SERVICES

## ADDRESSING SEVERE ALLERGIES in the SCHOOL SETTING

Mayfield Student Health Services offers the attached **Allergy Action Plan** for students diagnosed with an allergy to food, insect stings, or other allergens. 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 ordered. If your child will be carrying an Epi Pen, it will also be necessary to have one stored in the Clinic. You may also need to provide your child with other supplies, such as "safe" snacks or insect repellent.

Your student will be listed on the **Health Alert List**. The list is distributed to appropriate school personnel so that they are aware of your student's special issues. Staff members are inserviced annually in signs of allergic reactions and how to respond. By this age, we hope that most students are able to determine the foods that are safe for them by reading labels. We highly recommend your student wear a Medical Alert bracelet or necklace if they are at risk of an anaphylactic reaction.

### Regarding Food Allergies at the Middle and High School level:

**Peanuts and Tree Nuts:** Our school buildings are NOT Peanut/Nut-Free. If the student wants to purchase a school lunch, Mayfield Food Services will provide substitutions for a menu item that 'may contain nuts.' The student will need to request an approved substitution. Students and staff are not restricted in what they bring for themselves to eat and there are other nut containing foods available a la carte.

**General Information:** For students with life-threatening food allergies, Mayfield Health Services recommends students only eat food provided by their parent. When there is food served at any other time during the day (snacks, parties, award lunches), the safest solution is for their parent to supply food for the student from home. Staff members are not permitted to approve food items for students with a food allergy (e.g. by reading the label). For the safety of your student, please instruct them not to accept food from other students and not to eat any food which has not been determined to be allergen-free by you or by your student. The student should be able to read labels and be able to detect ingredients that may cause a reaction. The student will be allowed to wash his hands before eating at any point during the day.

**Lunch:** It is the parent's/student's responsibility to review the menu. You are invited to contact the director of Food Services with questions regarding specific content of any specific food items (995-7835). With a physician order documenting a milk allergy, we can replace milk with juice or water. If there is something on the menu that you do not want your student to eat, you will need to provide them with a packed lunch for that day or the student will have to communicate an approved substitution to the server. For students who have experienced a life-threatening reaction, the safest solution is to bring their own food to school.

The Food Service has a computerized system called Point of Sale (POS) in which students can be registered by their name and account number. In this program we can flag students with food allergies. When they pay for their lunch and a la carte items, the allergy comes up on the payment screen. However, students are expected to self-regulate once in the Middle School and High School setting.

**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. Despite all our attempts to protect them, we cannot make guarantees. Please contact us if you have a specific suggestion, concern or questions.

### Student Health Services:

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