



## 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 **Authorization for Medication to be taken during School Hours** 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. 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.
- 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.

### 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 eat only 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. While we do not purchase products with nuts listed as an ingredient, we cannot guarantee that the manufacturers’ facilities are Nut-Free

- **We do not have a policy which restricts students and staff from packing nuts/peanuts** for their own consumption.
- **Nut-Free table:** We do provide a lunch area designated as Nut-Free.
- **Purchasing Lunch:** Major Food allergies and intolerances can be noted on the student’s lunch account via the cashier computer screen, *as long as the allergy or intolerance is documented with a letter from the healthcare provider.* Students are encouraged to use the lunch account and not pay cash, since a cash transaction may not pull up the student’s account and noted allergy information. If a menu substitution is required, the note from the healthcare provider would need to specify the allowable substitutions.
- **It is the parent’s responsibility to review the menu.** You may contact the Food Services Director with questions regarding 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:** Food Services does not provide food for parties or awards lunches. For parties, we suggest the parent supply a container of “safe snacks” for your child. If your child is invited to an awards lunch, you will be requested to approve of the menu or provide a packed lunch.
- **Field Trips:** Be sure to pack your child’s snack and/or lunch for field trips.

If you have a specific suggestion or concern, please contact us.

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