

Students

Students with Special Health Care Needs

The Willington Public Schools recognize that food allergies and Glycogen Storage Disease (GSD) may be life threatening. (GSD is an inherited disorder in which an abnormal amount or type of glycogen is stored in the liver.) For this reason, the District is committed to developing strategies and practices to minimize the risk of accidental exposure to life threatening food allergens and to ensure prompt and effective medical response should a child suffer an allergic reaction while at school. Individualized Health Care Plans (IHCP) may be implemented for each known student with life threatening food allergies and GSD. The district is also committed to appropriately managing and supporting students with food allergies and/or GSD.

The district further recognizes the importance of prevention as the most important management strategy as well as collaboration with parents and appropriate medical staff in developing such practices. The district also encourages strategies to enable the student to become increasingly proactive in the care and management of his/her food allergy and/or glycogen storage disease, as developmentally appropriate. To this end, the Willington Public Schools adopts regulations to support students with special health care needs.

(cf. 5141 Student Health Services)

(cf. 5141.21 Administering Medication)

(cf. 5141.23 Students with Special Health Care Needs)

(cf. 5141.3 Health Assessments)

(cf. 5145.4 Nondiscrimination)

Legal Reference:

Connecticut General Statutes:

10-15b Access of parent or guardian to student's records.

10-154a Professional communications between teacher or nurse and student.

10-207 Duties of medical advisors.

10-212a-1 through 10-212a-7 Administration of Medication by School Personnel

10-212c Life-threatening food allergies: Guidelines; district plans, as amended by P.A. 12-198

10-220i Transportation of students carrying cartridge injectors

10-231c Pesticide application at schools

The Americans with Disabilities Act (ADA) of 1990 (42 U.S.C. §12101 et seq.; 29C.F.R. §1630 et seq.

52-557b "Good Samaritan law." Immunity from liability for emergency, medical assistance, first aid or medication by injector. School personnel not required to administer or render.

Section 504 of the Rehabilitation Act of 1973, 29 U.S.C. § 794

Individuals with Disabilities Education Act, 20 U.S.C. § 1400 et seq.

Family Education Rights and Privacy Act of 1979 (FERPA)

Occupational Safety and Health Administration (OSHA)

Regulations for Accommodating Students with Life Threatening Food Allergies and GSD**Accommodating Students with Life Threatening Food Allergies and GSD**

The Board of Education believes all students, through necessary accommodations where required, shall have the opportunity to participate fully in all school programs and activities.

In some cases, a student's dietary needs or special needs may prevent the student from eating meals prepared for the general school population.

Substitutions to the regular meal will be made for students who are unable to eat school meals because of their special dietary needs when that need is certified in writing by a physician. Meal service shall be provided in the most integrated setting appropriate to the needs of the student with a life threatening food allergy or GSD.

School should be provided information about the nature of the student's physical impairment, the reason impairment prevents the student from eating the regular school meals, including foods to be omitted from the student's diet, indication of the major life activity affected, the specific diet prescription along with the substitution(s) needed will be specifically described in a statement signed by a licensed physician/allergist. The district, in compliance with USDA Child Nutrition Division guidelines, will provide alternate choices to food allergic students based upon the physician's and allergist's signed statement.

The Board recognizes that students with documented life-threatening food allergies and glycogen storage disease are covered by The Disabilities Act and Public Law 93-112 and Section 504 of the Rehabilitation Act of 1973. A clearly-defined "504 Accommodation Plan" shall be developed and implemented for all such identified students in which necessary accommodations are made to ensure full participation in student activities.

Schools are also responsible for developing and implementing guidelines for the care of students with life threatening food allergies and GSD. Such guidelines shall include, but not be limited to, staff development, strategies for identifying students at risk for life-threatening allergic reactions, means to manage the student's allergy including avoidance measures, designation of typical symptoms and dosing instructions for medications.

In response to this growing need, the Willington Public Schools has adopted the following protocols and procedures to provide a safer school environment for students with life threatening food allergies and GSD. The school district will make every effort to eliminate all allergens from the school environment, adoption of the following procedures will help to reduce the possibility of a child's exposure to known allergens.

Regulations for Accommodating Students with Life Threatening Food Allergies and GSD**Definitions**

An “allergen” is any substance that causes an allergic reaction.

Glycogen Storage Disease (GSD) may be life threatening. GSD is an inherited disorder in which an abnormal amount or type of glycogen is stored in the liver.

An epinephrine injector (known as an “Epipen” or generic is a pre-filled automatic injectable medication containing epinephrine.

A student with life threatening food allergies and GSD is someone who has been diagnosed by a physician/allergist as having an allergic reaction to a specific substance.

An IHCP is an Individual Health Care Plan is highly individualized according to each student’s medical needs and often includes an Emergency Care Plan (ECP). The IHCP typically includes Food Allergy Management (documentation of food allergen signs and symptoms, maintenance of individual school health record, training of student and staff on prevention measures and emergency response, special transportation, instruction in epinephrine administration, preparing emergency response plans. In addition, Student Health Needs and Responses encourages parent participation in school health needs, advocating student self-care, updating records, implementing preventative measures that allow students to fully access educational programs, providing on-going training for staff, faculty and food preparation workers to implement appropriate accommodations, and insuring that policies and procedures are in place to address unfamiliar schedule changes, substitutes, and emergencies.

GUIDELINES AND STANDARDS FOR STUDENTS WITH LIFE THREATENING FOOD ALLERGIES AND GSD

In an effort to reduce the possibility of exposure to allergens within the school setting, the following standards and guidelines will be practiced. The goals of the plan are to maintain the health and protect the safety of students who have life threatening food allergies and GSD in ways that are medically accurate, developmentally appropriate, provide self-advocacy and competency in self-care and provide appropriate educational opportunities.

The Guidelines recognize that middle and high school students are at ages when they have learned to manage their own allergies. In the event that these students need assistance in managing life threatening allergies or glycogen storage disease, an individualized health care plan (IHCP) will be created and implemented under the supervision of the school nurse.

Students

Regulation 5141.25c

1. Parents/guardians of students with life threatening food allergies and GSD should inform the school nurse annually and provide emergency medication and medication orders in accordance with the Medication Administration Policy. (cf. 5141.21)
2. Parents of children with life threatening food allergies and GSD are strongly encouraged to provide lunch and snack food for their child.
3. School personnel, parents and students will collaborate to determine the need for and to formulate a written IHCP. This plan will be shared with all school staff who have contact with the student.
4. Peanuts, peanut products, tree nuts, milk, eggs, wheat, soy, fish and certain other food products are associated with the most frequent and severe of allergic food reactions. It is recommended to avoid use of allergenic foods for classroom activities such as arts and crafts, counting, science projects, parties, and other projects. An alternate activity will be provided for known students with life threatening food allergies and GSD when the IHCP indicates.
5. In the cafeteria, separate cleaning procedures for nut-free tables will be established each lunch period to avoid cross contamination.
6. Students may carry Epipens with them with physician and parent authorization.
7. Parents of Pre-K-6 students will be notified by written correspondence within the first week of the school year if there is a known life threatening food allergy or GSD in their child's classroom. Parents of Pre-K-6 students in such classrooms will be requested in such correspondence to refrain from sending in snacks with the known allergen during the school year.
8. Nurses, administrators and teachers shall meet with parents of students with life threatening food allergies or GSD whose medical needs are not addressed or met within these protocols and procedures.

Roles of Parents/Guardians

1. Inform and update the school nurse regarding allergies/reactions and glycogen storage disease. Provide documentation of diagnosis of allergy types, extent and treatment from-Physician /Allergist.
2. Collaborate with the school nurse to develop an IHCP and ECP that accommodates your child's needs throughout the day including the classroom, cafeteria, school bus and after school activities.

Roles of Parents/Guardians (continued)

3. Provide the school nurse with emergency medication and medication orders in accordance with the Medication Administration Policy. (cf. 5141.21)
4. Provide the school nurse with EpiPen or generic injector for students with life threatening allergies.
5. Contact food services with any questions regarding special dietary needs.
6. Age appropriately educate their children in self advocacy skills, how to avoid the allergen, signs and symptoms of an allergic reaction, and what to do if they suspect a reaction. Age appropriately educate their children about glycogen storage disease and what to do if they suspect reaction.
7. Students with life-threatening food allergies should be taught allergen management and to never accept food from others also, how to communicate their needs to staff and peers.
8. Parents should accompany their child on field trips when possible.
9. Parents are encouraged to provide their child with a medical alert bracelet.

Nurse's Role

1. Collaborate with parents and, with input from the physician, share IHCP and emergency plans (including field trips) with appropriate staff.
2. For a student with GSD the IHCP shall not prohibit a parent or guardian, or a person designated by such parent or guardian, to provide food or dietary supplements to a student with GSD on school grounds during the school day.
3. In addition to the IHCP, the district shall also develop an ECP for each child identified as having a life threatening food allergy. The ECP included as part of the IHCP and describes the specific directions about what to do in a medical emergency.
4. Prior to the school opening, the nurse shall communicate and oversee the implementation of the plan to appropriate teachers, paraprofessionals and cafeteria staff.
5. Inform substitute nurses of students with life threatening food allergies and GSD and provide the IHCP and ECP as appropriate.

Students

Regulation 5141.25e

Nurses' role continued

6. Provide annual training and education to school staff of known students with life-threatening food allergies and GSD, risk reduction procedures as outlined in IHCP, and emergency procedures including how to administer emergency medications by demonstrating the use of an Epipen via the auto-injector trainers. The nurse shall keep a record of training including a list of staff trained.
7. Provide annual review to all students who self-carry emergency medication, or emergency medication administration with visual demonstration of Epipen auto-injectors (using a trainer device) and oral review of signs and symptoms of allergic reactions.
8. The ECP should be followed when allergic reactions occur.
9. Determine, in collaboration with parents, student and physician, if self-Administration of an Epipen is appropriate. A student with an allergic condition may retain possession of an Epipen at all times while attending school for prompt treatment of the condition, provided written authorization for self-administration of medication, signed by the parent/guardian and authorized prescriber, is submitted to the school nurse.
10. Epipens may be stored in the school health office. Epipen storage area is to be kept unlocked during the school day and locked after school hours as per State medication regulations and laws. Nurses will post locations of Epipens. Parents may provide additional Epipens for the classroom as per IHCP.
11. School nurses will notify the transportation coordinator and/or bus drivers of known reactors and provide training related to medical issues.

Teacher's Role

1. Know which students are known reactors and what the offending allergen is according to IHCP.
2. Educate all students in class, with collaboration of the school nurse, of the dangers of food allergies and policies and procedures to be followed.
3. Encourage parents of food allergic children to provide non-allergen snacks for specific events that may include foods.
4. Notify the school nurse of all field trips so that appropriate action can be taken.
5. Contact the field trip location to report student allergies and discuss potential issues.
6. Neither the teacher nor the nurse will be responsible for determining if a food product is safe for an allergic student to eat. Only the parent/guardian shall make the determination of food safety for their child.

Students

Regulation 5141.25f

Teacher's Role continued

7. Peanuts, peanut products, tree nuts, milk, eggs, wheat, soy, fish and certain other products are associated with the most frequent and severe of allergic food reactions, whenever possible, they shall not be used for instructional purposes in any classroom setting. An alternative activity will be provided for known reactors when their use cannot be avoided.
8. Information, including the IHCP and ECP of the students with life threatening food allergies and GSD, will be kept in the substitute teachers' folders. Substitute teachers will be informed and provided orientation for students with life threatening food allergies and GSD.
9. Encourage proper hand washing techniques by adults and children before and after the handling/consumption of food.
10. If a student is suspected of having an allergic reaction, staff will implement the IHCP and ECP.

Snacks

1. In order to support the schools' ongoing commitment to promote healthy lifestyles and fitness, all parents are strongly encouraged to provide fruits and vegetables for snacks.
2. Staff will request in writing that all parents of children in classes with known reactors refrain from sending peanut or nut containing snacks into such classrooms.
3. Students will be discouraged from sharing food or utensils.

Cafeteria Staff Roles

1. Within the first month of the school year, all food products offered to students/staff are required to be reviewed for allergens. In the event that a substitute lunch is offered in lieu of a previously published menu selection, cafeteria officials are required to notify the school nurse before lunch is served in order that the nurse may make any intervention necessary to protect a known reactor.
2. Other than peanut butter and jelly sandwiches peanut or tree nut containing foods will not be sold.
3. Review and follow sound food handling and food preparation practices and follow cleaning and sanitation protocols.

Student Self Advocacy

Students with life-threatening food allergies should be encouraged, trained and supported, when appropriate, to participate and be responsible for the management of their allergic conditions. Students should:

Student Self Advocacy continued

1. Learn to recognize symptoms of an allergic reaction.
2. Promptly inform an adult as soon as accidental exposure occurs or symptoms appear. Ask a friend to help you if you cannot get to an adult.
3. Follow safety measures established by your parent(s)/guardian(s) and school team at all times.
4. Not trade or share foods with anyone.
5. Not eat any food item that has not come from home or been approved by a parent/guardian.
6. Wash hands before and after eating.
7. Develop a rapport with the school nurse or another trusted adult in the school to Assist with the successful management of the allergy in school.
8. If approved by your parent/guardian or authorized by your physician, carry your EpiPen at all times.
9. Report any instances of teasing or bullying to an adult immediately.

Field Trips

1. Field trip protocol will be part of the allergic and glycogen storage disease (GSD) student's IHCP, determined and written by the school nurse in collaboration with school staff. A communication system for accessing emergency services (911) will be available at all times during the trip.
2. Known reactors will stay with their teacher if their parents/guardians are not on the trip. If trained, the teacher will be responsible for carrying and administering emergency medication if needed.
3. If school staff is unable to administer medications and the parent of an allergic child is not in attendance, a nurse shall accompany the field trip.
4. Teacher, parent and/or chaperone going on the trip will provide the school office with cell phone information.
5. Parents of students with known reactions will be encouraged to accompany their child/children on school trips.

Connecticut General Statutes:

10-15b Access of parent or guardian to student's records.

10-154a Professional communications between teacher or nurse and student.

10-207 Duties of medical advisors.

10-212a-1 through 10-212a-7 Administration of Medication by School Personnel.

10-212c Life-threatening food allergies: Guidelines; district plans, as amended by P.A. 12-198.

10-220i Transportation of students carrying cartridge injectors

10-231c Pesticide application at schools

The Americans with Disabilities Act (ADA) of 1990 (42 U.S.C. §12101 et seq.: 29C.F.R. §1630 et seq.

52-557b "Good Samaritan law." Immunity from liability for emergency, medical assistance, first aid or medication by injector.

School personnel not required to administer or render.

Section 504 of the Rehabilitation Act of 1973, 29 U.S.C. § 794

Individuals with Disabilities Education Act, 20 U.S.C. § 1400 et seq.

Family Education Rights and Privacy Act of 1979 (FERPA)

Occupational Safety and Health Administration (OSHA)

Regulation reviewed: 1.10.2017

2.14.2017

Approved: 4.19.2017

WILLINGTON PUBLIC SCHOOLS
Willington, Connecticut