

GUIDELINES FOR SUPPORTING STUDENTS WITH FOOD ALLERGIES

The **Acton Boxborough Regional School District** recognizes the increasing prevalence and life-threatening nature of allergies for many students. The risk of accidental exposure to foods can be reduced in the school setting if schools work with students, parents/guardians and physicians to minimize risks and provide a safe educational environment for food-allergic students. Our aim is to **provide age-appropriate interventions that can assist children in assuming more individual responsibility for their health and safety as they grow older. The expectation is that the student will start to take on more responsibility beginning by fourth grade.** We ask for your assistance as we collaboratively work with your child in this regard. Please contact your child's school nurse if you have questions.

Parent/Guardian Responsibility

- Notify the school nurse of the child's allergies by the end of the first week of school or upon diagnosis using the [online Parent Portal](#).
- If applicable, provide written medical documentation, doctor's orders, and properly labeled medications using the Emergency Health Care Plan as a guide by the end of the first week of school. *Please note: This paperwork is required for school, field trips and school athletics.***
- Replenish medications after use or upon expiration
- Provide and update emergency contact information via the [online Parent Portal](#)
- Educate your child in the self-management of their food allergy, which includes:
 - Knowing safe and unsafe foods
 - Employing strategies for avoiding exposure to unsafe foods
 - Recognizing symptoms of allergic reactions
 - Knowing how and when to tell an adult they may be having an allergy-related problem
 - Knowing how to read food labels (age appropriate)
 - Encouraging the student to wear an allergy alert bracelet
 - Empowering the student to speak up on their own behalf

Student's Responsibility (Grades K-3)

Students in Grades K-3 should:

- be aware of their allergy and should be able to recognize symptoms (age appropriate)
- not trade food with others
- not eat anything that parents haven't cleared as safe (vs. supplied)
- wash hands before eating
- tell an adult immediately if not feeling well after eating something

Student's Responsibility (Grades 4-6)

Students in Grades 4-6 should:

- be aware of the allergy and should be able to recognize symptoms
- not trade food with others
- begin to monitor which foods are safe to eat with adult assistance as needed
- wash hands before eating
- begin to be aware of surroundings- (desk, table, etc.)
- tell an adult immediately if not feeling well after eating something
- go to the nurse immediately for medication, asking an adult to accompany them.

Student's Responsibility (Grades 7-12)

Students in Grades 7-12 should:

- be aware of their allergy and should be able to recognize symptoms
- participate in the 7th-grade allergy training session with the school nurse
- take more responsibility for their life-threatening allergy as you get older (reading labels, avoid eating allergens including cross-contamination, be aware of your environment and possible allergens)
- be able to recognize symptoms of an allergic reaction
- not trade food with others
- not eat anything with unknown ingredients or known to contain any allergen
- wash hands before eating
- tell an adult immediately if not feeling well after eating something
- self-carry with the approval of parent, physician, and school nurse for school and after-school activities
- Should discuss the allergy with adults in extracurricular after-school activities
- Should know how to store Epinephrine (to keep medication viable)
- Should understand how to administer Epinephrine to self