

APPENDIX: SEVERE ALLERGY & HIGH-RISK MEDICAL CONDITION GUIDELINES

General Statement

Walden School strives to provide an educational environment that is safe and healthy for its students. Moreover, Walden School welcomes all students, including those who may have medical conditions that can be managed on campus. These Guidelines explain Walden School's process for supporting children with high-risk medical conditions.

Children with high-risk medical conditions include students for whom everyday foods like peanuts, tree nuts, eggs, and more pose serious and even life-threatening dangers. These children include those with known food allergies as well as those children who are not known to have food allergies but who exhibit allergic signs and symptoms.¹ In fact, when exposed to these foods by ingesting, touching, and in some cases just inhaling their odors, severely allergic children are subject to an anaphylactic reaction² that can constrict their breathing and quickly become a life-and-death crisis.

While we cannot guarantee a school environment that is 100% free of peanuts, tree nuts, or other allergens, Walden School believes that partnering with the community and defining the responsibilities of the School and those of the parents and students will foster the safest environment for all students.

Indeed, Walden School believes that food-allergy management requires a comprehensive and coordinated team approach, with parents, students, and school staff working to reduce the risk of students ingesting an allergen.

School Guidelines

- Walden School provides only allergy-safe foods for any of its snack and cooking programs.
- At all grade levels, teachers and support staff will receive written information concerning each student's allergic conditions and necessary action plan.
- Walden School, in collaboration with the student and parents, will develop any necessary individualized health-care plan, emergency-care plan, and appropriate medication orders.
- As part of Walden School's annual first-aid instruction, Walden School employees will be trained how to recognize an allergic reaction and properly administer first aid, including epinephrine pens.
- **Given the presence of nut allergies at Walden School in our student body:**
 - Peanuts, tree nuts, and any foods or other products containing peanuts and tree nuts are prohibited from all classrooms and class events that are off-campus, including field trips.
 - If a staff member identifies a snack, treat, concession, or lunch brought into this area that does not follow these Guidelines, the child will be asked not to consume it, and it will be removed from the area. The parent/guardian will be requested to provide a replacement when appropriate.

¹ Twenty-five percent of the severe and potentially life-threatening reactions (anaphylaxis) reported at schools happened in children with no previous diagnosis of food allergy. Centers of Disease Control and Prevention. *Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs*. Washington, D.C.: U.S. Department of Health and Human Services; 2013, p. 3.

² Anaphylaxis refers to the more severe allergic reactions (breathing difficulties and shock), which are potentially fatal.

- If a student has a serious food allergy, the student should eat only what the parent provides from home unless the parent has made other provisions directly with Walden School. Walden School will work with the parent to help the child feel included and safe.
- Parents of students with food allergies are welcomed and encouraged to provide allergy-safe food for school events.
- Students are not permitted to share lunch or snack food with one another in the classroom, or while on school sponsored trips.
- If a child has a serious food allergy that poses a risk of allergic reaction through touching or smelling the food allergen, the classroom teacher will ask his/her students and parents to avoid bringing that known food allergen into the classroom in the form of the snacks and/or the lunches of the children in that classroom.

Parent Responsibilities:

Parents must help mitigate the risks for severely allergic children at the Walden School in these ways:

- Do not send your children to school with snacks or lunches containing peanut or tree-nut products (including peanut and almond butter and other items containing nuts).
- Please remind your children that they must not share snacks or lunch items with other children at any time.
- Do not include peanuts and tree nuts and any foods containing these allergens when you bring food to be shared at school events and activities.
- When your child's teacher announces food allergy concerns affecting other students in the class, follow the teacher's directions concerning lunches, snacks, birthday treats and any food you provide for the class during the school year.
- In the event your child(ren) is allergic to or has a severe reaction to any foods, especially nut or tree-nut products in a way that may create a serious medical condition, you must notify the front office and teacher so that appropriate steps may be taken.
- The School may [also] request information from the child's doctor to better understand how the medical condition might impact the child and affect his/her ability to attend School. This information on the functional limitations of your child will be shared with appropriate School staff on a need-to-know basis to work to provide a safe environment and appropriate response in case of an exposure.
- In circumstances where it may be helpful, you may grant written permission for the child's physician to share additional information with the School about your child's medical condition. In these circumstances, the permission should clearly designate who may communicate directly with the physician and have access to the additional information provided by the physician.
- Parents must maintain complete and accurate medical and emergency-contact information using the school student-information system. Indicate whether your child has severe allergies or a serious medical condition, which will alert the school to activate the procedures in these Guidelines.
- If your child has a severe food allergy or other serious medical condition, collaborate with a school team at the start of the school year to develop a reasonable plan accommodating your child's needs in the classroom,

lunch area, after-school program, and school-sponsored activities. The plan should include providing the School with appropriate written medical documentation and instructions on addressing the manifestation of the symptoms at School.

- Provide properly labeled medications for your child(ren) and replace medications after use or upon expiration.
- Educate your allergic child in the self-management of her/his condition, as is age-appropriate, covering topics including:
 - ✓ Safe and unsafe foods;
 - ✓ Strategies for avoiding exposure to unsafe foods/allergens or other triggering events;
 - ✓ Symptoms of a reaction or onset of their condition;
 - ✓ How and when to tell an adult she/he may be having a medically related problem; and
 - ✓ How to read food labels.
- Consider having your child wear a bracelet that lists the allergy or medical condition.
- Provide allergy-safe lunch and snack foods for your allergic child(ren) and provide safe foods for your allergic children at school events.
- Review all policies/procedures with the school's administration, the child's physician, and the child, if age appropriate, after a reaction/incident has occurred.

Student Responsibilities

- All students shall review these Guidelines with their parents or guardians and agree to abide by them.
- Students must not share or trade food with others.
- Students with allergies should not eat food with unknown ingredients or known to contain any allergen.
- Students with allergies or medical conditions should be proactive in the care and management of their condition based on their developmental level.
- Students who become aware that they've eaten food with their allergy trigger, or are exposed to anything that they believe may cause a reaction, should notify an adult immediately.

School's Responsibilities

- Instruct all parents of their responsibilities by way of these Guidelines.
- Review health records submitted by parents/families and physicians.
- Establish a team (including the student's classroom teacher and at least one administrator) to work with each family who has indicated that their child has a serious food allergy or medical condition to establish a medical-safety action plan and, if needed, a food-allergy action plan, and to determine the manner in which

Walden School may reasonably accommodate their child. At the start of each school year, the Walden School will invite parents who indicate their children have severe allergies or other serious medical conditions to meet, create this plan, and discuss any issues or concerns with the team.

- Educate staff who work with students with serious allergies and medical conditions so that they can recognize specific symptoms and know what to do for that child in an emergency. All staff will be trained to recognize basic allergy symptoms and activate emergency first aid procedures.
- Store relevant medications, directions for use, and action plans in an easily accessible location. Note that the Walden School requires parents and families manage all periodic updates of any prescription medication.
- Conduct an audit each September to ensure that needed action plans have been created and are in place along with medications/directions.
- Provide emergency supplies that are peanut and tree nut free.

CAUTION - Despite these Guidelines, Walden School cannot promise that any area on its campus is completely nut-free or allergen-free because allergens may “find their way” into any classroom or other location on campus — despite the best of intentions of our school community. Walden School provides its staff with training in basic first-aid and emergency-response procedures. BUT the School does not employ a staff nurse, and its adult employees and representatives, including parent volunteers, are not medical professionals. Parents and families requiring a higher level of medical and emergency care for their children than can be reasonably accommodated by the School will need to explore options outside of the School for providing that care. All actions taken by School agents under these Guidelines will be subject to any general consent to medical treatment and release of liability policies enacted by Walden School.