

Here is what CVSD is doing for schools:

- Training videos for student and staff are available upon request from the School Nurses
- Allergy resources are available at your request
- All peanut and nut products that we serve are identified with a squirrel on the menu
- Kitchen staff have been trained to prevent cross contamination when handling foods
- We are encouraging team communication to prevent potential allergic reactions
- Annual training in anaphylaxis management is provided for all staff.

If you have any questions, please give us a call:

School Health Services
509-228-5522
Nutrition Services
509-228-5414

We are also on the web at:

www.cvsd.org/parentresources/schoolnurses

Central Valley School District

19307 E Cataldo
Spokane Valley, WA
99016



Life-Threatening Allergies in School





Common Allergies

The most common food items that create severe allergic reactions are: **Peanuts, Tree nuts (almonds, pecans, walnuts, etc.), Milk, Eggs, Soy, Fish, and Wheat.** Other common allergies that can lead to a life-threatening reaction are **Insect Stings, Latex, and Drugs.** Drug allergies are generally *not* considered life-threatening in the school setting because medications are not prescribed or recommended by School Staff.

Education & Training are the Key:

Bans on specific food items give students, parents, and staff a false sense of security. Today, processed foods contain trace amounts of food items that can be difficult to identify. Unidentified allergens could come from home or the school kitchen and cause a serious

problem if the school team members and parents are not prepared.

The Team approach:

To be successful, we need a partnership with parents, teachers, nurses, custodians, bus drivers, kitchen staff, counselors, and principals to ensure the safest possible environment for students. By working together we can create a plan that can help prevent an allergic reaction, and quickly respond to an emergency if one should occur.

The Plan:

Step #1 – Registration

The first step is to distribute documents to parents that may need to be filled out by parent and/or licensed health care provider (LHP).

- A Student Health History must be filled out upon registration and updated annually thereafter.
- Distribute the "Parent Packet for Life-Threatening Allergies"
- If a student has a potentially life-threatening allergy an Emergency Health Care Plan and other required forms must be filled out and signed by both parent and LHP, and reviewed by the School Nurse **before** the student may attend school.

Step #2 – Accommodations:

The next step is for parents to meet with appropriate school staff to develop a specific school/emergency plan for the student. School staff may include the principal, nurse, teacher, etc.

The plan should include:

- School accommodations that are necessary to meet the individual needs of the student (lunch room strategies, menu review, limiting cross contamination, field trip and classroom snack ideas, classroom craft precautions, where emergency medications will be kept, etc.).
- How to educate and communicate with staff, school wide (video, distribute school care plan, etc.).
- Make sure appropriate staff are trained in the use of emergency medications such as an EpiPen.
- Review/practice a variety of school emergency situations that may occur.

