



Allergy Procedures

St. Joseph's Preschool is aware and sensitive to the needs of children with food allergies. It should be noted that St. Joseph's School and Preschool is not designated as a "nut-free" zone. However, we want to work with families to minimize health risks for our students within the limits of our facility, staff responsibility and educational programming.

FOOD ALLERGY PLAN: In order to best ensure that a child with allergies does not ingest food that provides a health risk, all children with a food allergy are required to have a Food Allergy Plan for preschool. This standardized form is available from the preschool or your child's doctor and must be signed by that medical provider. All Food Allergy Plans will include a photo of the child. These plans are posted in the classroom and filed in both the master file as well as the Health & Safety Review Manual.

NURSE ON-SITE: A school nurse is on duty at St. Joseph's School five days a week and annually reviews all Food Allergy Plans. In addition, the nurse would be immediately contacted in a situation where a food allergy reaction is suspected. The Preschool staff is trained in allergy risks as well as EpiPen use.

HAND WASHING/ HAND SANITIZER: In an effort to minimize allergen exposure, we implement the following handwashing procedures:

- Children wash hands upon entering the classroom.
- Children wash hands prior to snack time.
- Children wash hands after any bathroom visit.

We also use hand sanitizer periodically throughout the school day.

MEDICATIONS: Any medications required for implementation of the Food Allergy Plan, such as Epi Pens, Benadryl or other meds, must be provided by the family, in its original container. Please check expiration dates on all medications as expired medications are not permitted.

- Prescribed medication (such as an EpiPen) must be provided in a container that has the child's label on it. In addition, there should be two EpiPens provided.
- Allergy medications are kept in a specially marked box in the child's classroom safely on the upper shelf of the teacher closed cabinet.

PARENT SUPPLIED SNACKS: If a child has a Food Allergy Plan, as prescribed by their physician, that child will only be served snacks from his/her private supply of approved snacks that are **provided by the parent**. These snacks will be placed provided by the school in a plastic bin, marked with the child's name. On the special occasion such as the Thanksgiving Feast, the family with allergy concerns will be contacted by the teacher ahead of time to discuss the menu. The teacher will not

serve other snacks brought in by other Preschool families, even if they seemingly would not pose a health risk.

TEACHERS: Teachers are not responsible for reading product labels to ensure nut products or other allergens are served to the children in the class. Teachers are responsible for supervising up to 20 preschool age children and cannot guarantee proper screening for individual snacks. In addition, the teachers are not properly trained in dietary assessment.

ALLERGY COMMUNICATION WITH OTHER FAMILIES AND PEERS FOR SNACKS:

All families receive a Suggested Snack List which outlines many non-nut snacks.

- We ask families to consider these items when providing snack. Items containing nuts will not be distributed.
- Note, to minimize seriousness of ingestion of allergens, we believe our procedural commitment to serving the allergy child only allergy-safe snacks from the child's own snack supply provided by parents is the safest, reasonable, and most reliable procedure for the child.
- If deemed necessary by the school nurse, age-appropriate resources will be shared with the children, such as videos or books, to further educate the child's peers on food allergies. Parents will be alerted when this further training is provided to the preschool children.

LUNCH BUNCH: If a child with food allergies enrolls in the optional Lunch Bunch program, it is imperative that the parents, Lunch Bunch teachers and school nurse meet prior to enrollment to ensure the child's allergy plan can be accommodated within current procedures.

ADDITIONAL PROCEDURES: If the child's allergy risk demands different procedures than outlined above, the parent, teacher, director, and school nurse will meet to determine what accommodations could be made within the limits of the facility, staff responsibility and educational programming. The school principal will review these recommendations prior to implementation.

For more information, please contact the Main School Office (651) 457-8550