

**ALLERGY
AWARENESS
PLAN 2019-2020**

**SAN MARCO CATHOLIC
ELEMENTARY SCHOOL**

School staff and parents are responsible for creating safe and healthy environments for students within the limits created by legislation, school configuration, number of students with allergies and available school staff. Attendance by children with life-threatening food allergies present an additional challenge to schools. For some children, severe allergic reactions can be triggered not only by eating foods, but also by their touch and smell. This has implications for the whole school, not just individual classrooms.

The Ontario Allergy Society tells us that “it is impractical to achieve complete avoidance of all allergenic foods as there can be hidden or accidentally introduced sources.” However, “it is definitely possible to reduce children’s exposure to allergenic foods within the school setting.”

To this end, the following steps will be taken in order to attempt to establish and maintain an “allergy safe” environment, which recognizes the need for safety with regard to life threatening allergies.

1. Letter (school newsletter and classroom newsletter) sent home to all families which:

- Requests that lunches and snacks not contain nuts, nut products, eggs or other ingredients as indicated on students’ emergency forms
- Lists products / foods to avoid
- Lists alternate products / foods to send
- Advises community of “Allergy Safe” environment and of “no food sharing” rule
- Is received by all new families upon registering

2. “Allergy Safe” environment signs:

- Will be posted throughout the school in prominent locations (in classroom, at entrances, etc.) to promote awareness and educate school community

3. Staff will:

- Be trained to recognize signs of an anaphylactic reaction and how to take appropriate action
- Know how to administer the Epi-pen
- Avoid egg crafts/activities
- Contact the parents of children in their class, for whom an S16 form is required.
- Become familiar with the specifics of the child’s allergy/health issues
- Establish communication links for the upcoming year

4. Teachers and Students will:

- View anaphylaxis information video each year
- Increase their awareness of anaphylactic reactions
- Learn the signs of anaphylactic reactions and procedure to use if one occurs

5. Food in the school:

(a) Lunches will be:

- Eaten indoors. **Sharing is strictly prohibited**
- **Nuts or nut bi-products are to be strictly avoided throughout the school.**
- Eggs in pure form are to be strictly avoided throughout the school
- Eggs in baked goods are allowed, except in classroom of an egg- allergic child.
- Children in this classroom will be asked to be vigilant and to refrain from bringing in products that contain eggs (i.e. mayonnaise)
- When nut/egg products are brought to school:
 - Student will eat in office area, and then wash hands thoroughly
 - An “allergy safe” reminder note will be given to the student/parent

(b) Snacks for all grades will be:

- Eaten indoors before/after recess. No food is allowed outdoors. **Sharing is strictly prohibited**

- If nut/egg products are brought as a snack:, then.....
 - Will be removed from the student
 - An “allergy safe” reminder note will be given to the student/parent
 - An alternative safe snack will be given to the student

6. Food Sharing Events

(a) Large Scale Celebrations involving more than one class or many parents

(eg. VIP, SK Celebration of Learning, Sacramental Celebrations, Carnival, Pancake Tuesday, Kindergarten Graduation, Parental Gatherings/Meetings, Volunteer Appreciation CSC Meetings or functions, etc.).

- Food at these gatherings would be selected from a pre-approved list from the office and purchased by office or by committee members involved in the planning of these events.
- prior approval must be obtained from school administration
- A letter would go to parents informing them of the Celebration and the Allergy Safe Foods and their ingredients.

(b) Birthdays

- The school will recognize and celebrate birthdays through announcements. Foods that are sent in from parents/guardians to share with classmates **will not be distributed. Such foods will be kept by the teacher or office until the end of the day and returned home.** - If a parent wishes to recognize a child’s birthday with his/her class, he / she may only do so using:
 - a) Non-food loot bags., or
 - b) By child donating an educational game or book to the class.

7. School Functions or Fundraisers:

- Products used or sold will be Allergy Safe

8. Field Trips / Out of School Activities

- Epi-pens and S16 forms will be taken on trips
- Parents of severely allergic children may attend or transport their child by car
- No food will be eaten on the bus
- Students will not be allowed to purchase food items while on a trip

9. Buddy System:

- Children with severe allergies may use a buddy when leaving the class to go to the library, office, washroom, etc.. (Teacher will dialogue with the parent of the allergic child with regards to the use of the above).

The success of this plan is entirely dependent upon the collaborative efforts of the staff, parents and children of San Marco CS

Let’s work together to make our school an “Allergy Safe” environment.