Leggett ISD Food Allergy Management Plan

1. Parents will notify the campus nurse when their child has been diagnosed with a food allergy.

2. Individualized Student Care Plans
Once an at-risk student is identified, the school nurse works with the parents and physician to put formal plans in place:

- Emergency Action Plan (EAP) / Food Allergy Action Plan (FAAP): A clear, visual 1–2-page document detailing the student's specific triggers, warning signs, exact medication doses (e.g., Epinephrine auto-injectors), and step-by-step emergency instructions.
- Individualized Healthcare Plan (IHP): Outlines day-to-day medical management, nursing accommodations, and non-emergency routines.
- Section 504 Plan (if applicable): Protects the student's legal rights under federal law by establishing formal classroom accommodations to ensure equal access to education.

3. Environmental Risk-Reduction Strategies
Prevention focuses on preventing cross-contact (transferring an allergen from one surface or food to another) and accidental ingestion.

A. Cafeteria & Child Nutrition: Daily operations.

- Maintain dietary restriction files updated with physician orders.
- Train kitchen staff on reading labels for hidden allergens and preventing cross-contact during food prep.
- Establish designated allergen-aware seating areas if appropriate for younger grades (without isolating the student socially).
- Strictly enforce a "no food sharing" policy among all students.

B. Classrooms & Activities: Instructional environment.

- Limit the use of food items in lesson plans, craft projects, or rewards.
- Encourage pre-packaged treats with clear ingredient labels for class celebrations.
- Implement scheduled handwashing routines with soap and water before and after eating (hand sanitizers do not destroy food proteins).
- Designate allergen-safe zones within classrooms as needed.

C. Transportation & Field Trips: Extracurricular & travel.

- Provide bus drivers with a current list of students with severe allergies and note if they self-carry epinephrine.
- Enforce a no-eating policy on school buses (exceptions made for medical needs like diabetes)
- Ensure field trips carry the student's EAP and emergency medications.
- Verify mobile coverage and emergency communication routes for off-campus locations.

4. Staff Training & Emergency Protocols

Golden Rule of Anaphylaxis: Epinephrine is the primary, first-line treatment. Antihistamines should never delay giving epinephrine during a severe reaction.

Mandatory Staff Training

- Tier 1 (All Campus Staff): Annual baseline training covering common allergy signs/symptoms, basic prevention, and how to activate emergency protocol (calling 911 and notifying the nurse).
- Tier 2 (Direct Caregivers & Teachers): Targeted training for staff who supervise allergic students daily (classroom teachers, PE coaches, bus drivers) on recognizing early distress and administering an epinephrine auto-injector.

Standardized Emergency Sequence.

Action	Execution Details
1. Recognize	Watch for multi-system symptoms: hives, throat tightness, wheezing, vomiting, dizziness, or a feeling of doom.
2. Administer	Give the epinephrine auto-injector into the outer mid-thigh immediately. Note the exact time.
3. Call 911	Contact EMS right away and state that anaphylaxis is suspected.
4. Position	Lay the student flat on their back with legs elevated (or sit them up if breathing is difficult). Do not stand them up.

5. Notify & Monitor	Contact parents/guardians. If symptoms don't improve after 5–15 minutes, give a second dose if available.

5. Review & Website Requirements

   Under Texas state mandate, districts must keep their practices current and transparent:

   1. Annual Policy Review: The district board of trustees and school health team must review and update the management plan each school year.
   2. Post-Incident Review: Conduct a debrief after any anaphylactic event to evaluate response efficiency and restock supplies.
   3. Public Posting: Post a summary of these food allergy guidelines and instructions on how to access the full document directly on the district website.