School Nutrition
Windsor Prep
Food Allergies and Dietary Needs

Windsor Prep recognizes that students may have allergies to certain foods or other substances and may be at risk for anaphylaxis. Anaphylaxis is a sudden, severe, serious, systemic allergic reaction that can involve various areas of the body. Anaphylaxis is a serious allergic reaction that may be rapid in onset and may cause death. USDA regulations require that children whose disabilities restrict their diet be provided substitutions in school meals when that need is supported by a statement signed by a licensed healthcare professional authorized to write prescriptions or a registered dietician. The statement must identify the child's disability, an explanation of why the disability restricts the child's diet, the food or foods to be omitted from the child's diet, and the food or choice of foods that may be substituted. The risk of accidental exposure to foods can only be reduced in the school setting if schools work with students, parents, and professionals to minimize risks and provide a safe educational environment for food allergic students. Windsor Prep shall take reasonable steps to identify students who may be at risk of life threatening food allergies and to prevent the likelihood of an allergic reaction. Windsor Prep shall implement the following guidelines:

Family's Responsibility

A. Notify the school of the child's allergies;

B. Work with the school team to develop an Individualized Emergency Healthcare Plan (IHCP) that promotes food allergy management and accommodates the child's needs throughout the school including the classroom, in the cafeteria, and during school sponsored activities.

C. Provide written medical documentation, instructions and medications as directed by a licensed healthcare professional authorized to write prescriptions or a registered dietician, using the Individualized Healthcare Plan (IHCP) as a guide.

D. Replace medications after use or upon expiration.

E. Educate the child in the self-management of their food allergy including:

1. Safe and unsafe foods
2. Strategies for avoiding exposure to unsafe foods
3. Symptoms of allergic reactions
4. How and when to tell an adult they may be having an allergy related problem
5. How to read food labels (age appropriate)

6. Review policies/procedures with the school staff, the child's healthcare professionals, and the child (if age appropriate) after a reaction has occurred.

School's Responsibility

A. Be knowledgeable about and follow applicable federal laws including ADA, IDEA, Section 504, and FERPA and any state laws that apply.

B. Review available medical information.

C. Implement appropriate strategies and prevention measures for the reduction of risk of exposure to food allergens throughout the school day and at all school sponsored activities wherever food is present.

D. Include food allergic students in school activities. Students should not be excluded from school activities solely based on their food allergy.

E. Provide training to staff that interact with the student on a regular basis in understanding allergies to food, recognizing symptoms, and to know the school's general emergency procedures and steps to take should a life threatening allergic reaction occur.

F. Eliminate or substitute the use of food allergens in the student's meals, educational tools and materials, arts and crafts projects, or incentives.

G. Discuss appropriate strategies including informing the parents, for managing the food allergy during field trips, classroom celebrations and other occasions where ingredients of food and beverage products may be unknown.

Student's Responsibility to the Extent Appropriate

A. Should not trade food with others.

B. Should not eat anything with unknown ingredients or known to contain any food allergen

C. Should be proactive in the care and management of their food allergies and reactions based on their developmental level

D. Should notify an adult immediately if they eat something they believe may contain the food to which they are allergic.

Windsor Prep shall provide reasonable meal modifications for students with disabilities, including qualifying food allergies and other medical conditions that restrict a student's diet, in accordance with applicable federal and state requirements. A food allergy need not be life-threatening to qualify as a disability. Requests for meal modifications shall be evaluated

individually, and appropriate documentation shall be obtained when required by USDA regulations. Substitutions for dietary preferences or conditions that do not constitute disabilities may be provided at the school's discretion, consistent with applicable School Nutrition Program requirements.

Windsor Prep is not required to provide meal services to children with disabilities when the meal service is not normally available to the general student body, unless a meal service is required under the child’s IEP.

Bullying and harassment of food allergic students will not be tolerated and violators will be disciplined appropriately. Confidentiality with regard to the health of specific students will be respected.