

## **Adams 12 Five Star Schools Allergy Information**

Allergies are hypersensitive immune responses to substances that either enter or come in contact with the body, such as pet dander, pollen or bee venom. A substance that causes an allergic reaction is called an "allergen". Allergens can be found in food, drinks or the environment. Allergies can range from mild, moderate or severe in nature.

Anaphylaxis is a serious allergic reaction of rapid onset. Anaphylaxis can be life-threatening and must be treated as a medical emergency. This type of allergic reaction presents several different symptoms which can appear minutes or hours after exposure to the allergen.

### **Allergies & Anaphylaxis Information**

- [National Jewish Health \(Allergies\)](#)
- [The Children's Hospital Colorado \(Allergies\)](#)
- [The Center for Disease Control and Prevention \(Allergies\)](#)
- [American Academy of Allergy, Asthma and Immunology](#)

### **Considerations for Students with Allergies**

If your student has been diagnosed with an allergy please be sure to alert their school health office. An Epi-pen is frequently prescribed, along with a histamine blocker, for students with moderate to severe allergies. To have those medications available at school your health care provider will need to complete the [Colorado Allergy and Anaphylaxis Emergency Care Plan](#). School staff will be trained and delegated by the district Registered Nurse in the proper use and administration of Epi-pens or any other brand of epinephrine containing auto injectors that have been prescribed for the student. If you choose to have your student self carry an Epi-pen you will need to complete the [Self Carry Contract](#) for Epi-pens. Elementary student rarely self carry any medications. It is strongly recommended to keep a backup Epi-pen in the health office in the event your student loses or forgets their Epi-pen. Epi-pens must have a pharmacy label with your student's

name. For further questions regarding allergies and anaphylaxis management in your student's school contact your district Registered Nurse.

## **Food Allergies**

Schools may take food allergies or intolerances into consideration, but they are not required to accommodate all food allergies. Meals for students with special needs shall be prepared in accordance with Individualized Education Plans, Section 504 Plans, or Food Allergy Action Plans. Food substitutions may be authorized for individual disabled children with medical or dietary restrictions. Requests for food substitutions shall be accompanied by a statement or prescription signed by a licensed physician. Our kitchens are sensitive to common allergens, specifically peanut allergies. For this reason, our peanut butter and jelly sandwiches are prepackaged to avoid contamination of other food items. In most cases, food allergies can be managed within the normal meal service due to the variety of choices available through Offer vs. Serve. Additional information about food allergies and school menus with listed common food allergens can be found at [Nutrislice Menu Website](#).

If you have any further questions about the ingredients for a specific menu item after referring to the weblink provided above, then please call your child's school kitchen or [contact Nutrition](#).

Did you know that 1 out of 13 students has an allergy? Despite these numbers, Silver Creek Elementary is not a peanut-free nor are we an allergen-free zone. It is incredibly difficult to monitor the vast amounts of allergens that each child has. However, depending on the severity of the allergy, we will make every effort to have students wash their hands, provide a peanut-free table at lunch and be as careful as we can be in the classroom. It is our recommendation that you provide your child with nonperishable "safe" treats that can be stored in the classroom and handed out to your child in lieu of any special treats. It is also a great idea to teach your child to advocate for their dietary/allergy needs by asking if an item has a specific allergen or reading labels themselves. If there is ever a doubt, a personal treat will be handed out or the treat will be placed in a Ziploc baggie and sent home for your approval.