

Anaphylaxis Action Plan

École Robert Browning

When you send your child(ren) to school, you are entrusting them in our care. We want every child's school day to be safe, enjoyable and full of learning. At École Robert Browning, **we have several children with life threatening allergies**. This means that in order to make the school environment safe for them, **we need to take extra care**. To do this effectively, we need your understanding and support. We have entered into a partnership with parents and health professionals to protect these anaphylactic children from potential tragedy. Our school plan addresses the needs of these children and respects the rights of the whole school community.

ALLERGENS OF EXTREME CONCERN IN OUR BUILDING INCLUDE:

ALL NUTS, PEANUTS AND TREE NUTS

IN PAST YEARS, WE HAVE NOT PERMITTED TUNA INTO OUR BUILDING, HOWEVER, WE ARE AGAIN ABLE TO WELCOME TUNA LUNCHES AND SNACKS AT OUR SCHOOL.

Policy JHCE (June 22, 2004) states:

The St. James-Assiniboia School Division will strive to ensure the safety and protection of students with life threatening allergies by reducing risks as much as possible; however, recognizing that risks can never be completely eliminated in a school environment.

Anaphylaxis Regulation:

Avoidance of specific allergens is the cornerstone of management in preventing anaphylaxis.

Establish Safe Lunchroom and Eating Area Procedures

- a. The student with a life-threatening allergy will only eat food prepared from home and will take precautions including placing a place mat, wax paper or napkin on the table/desk for eating.

- b. All students will be discouraged from sharing of food, utensils and containers.
- c. All students will be encouraged to wash their hands before and after eating.
- d. Tables/desks used for eating will be washed after lunch, using a cleansing agent approved for school use.
- e. Students will be asked to eat their snacks before/after recess at their own desk and wash their hands after.
- f. Students will not be allowed to eat snacks in common areas such as the library, gym, or music room.
- g. External groups using the school building will be informed of the allergens that are not allowed in the building.
- h. Parents/guardians will be asked, in writing, (see above) to:
 - i. Refrain from sending any allergens to school.
 - ii. Read food labels to ensure allergens are not included.
 - iii. Encourage their child(ren) to wash their hands before & after eating.
 - iv. Discourage their child(ren) from sharing food, utensils and containers.

Allergens Hidden in School Activities

School staff will attempt to choose products that are safe for all children in the classroom.

- i. School staff will attempt to be aware of the possible allergens present in curricular materials such as:
 - i. craft materials (e.g. play dough, egg cartons, etc.)
 - ii. pets and pet food
 - iii. bean-bags, stuffed toys (peanut shells are sometimes used)
 - iv. counting aids (e.g. beans, peas)
 - v. toys, books and other items which may have become contaminated in the course of normal use
 - vi. science projects,
 - vii. special seasonal activities (e.g. Easter eggs, garden projects)
- j. The student with a life-threatening allergy will keep the same desk/table spot all year in order to prevent accidental contamination.

Holidays and Special Celebrations

- k. The child with life threatening allergies will eat food brought from his or her own home only.

- l. An effort to focus on activities rather than food to celebrate special occasions will be made.
- m. If a parent/guardian is planning to bring food into the school for a special function, they will inform the school administrator/classroom teacher prior to the event to ensure precautions are taken.
- n. If a special celebration occurs in a room in the school, eating surfaces will be cleaned following the party.

Responsibilities of All Parents/Guardians

- a) Follow the St. James-Assiniboia School Division Anaphylaxis Regulation.
- b) Support requests from school to eliminate allergens from packed lunches and snacks and participate in parent/guardian information sessions. **Please READ food labels.**
- c) Encourage children to respect the needs of children with life threatening allergies.
- d) Inform the teacher prior to distribution of food products to any children in the school.

Responsibilities of All Children in the Class

- a) Avoid sharing food, especially with children with known risk of anaphylaxis.
- b) Follow school rules about keeping allergens out of the classroom and washing hands.
- c) Refrain from bullying or teasing a child with a known risk of anaphylaxis.

Families ARE be permitted to send home-baked goods into the school for their own child(ren)'s consumption. In doing so, parents will need to be aware of and understand the danger of cross-contamination.

Cross-contamination occurs when a safe food comes in contact with a food allergen such as peanuts, nuts, seeds, shellfish or sesame. For those with life-threatening allergies, eating even the slightest trace of an allergic food can cause a fatal reaction. To avoid cross contamination:

*Thoroughly wash your hands with soap and water before preparing food.

*Thoroughly clean all baking/preparation equipment with hot, sudsy water

*Ensure that hands & face (if necessary) are washed with soap & water as soon the person is done eating –before they touch anything (including chairs, tables, and door knobs.)

*Grill on barbecue must be thoroughly cleaned before cooking food for an allergic child.

*Use a clean sponge or dish cloth.

*Take precautions to ensure that your non-allergenic foods do not become contaminated by allergenic foods.

Examples of how cross-contamination occurs (using peanuts as the allergen):

- Placing a wrapped cheese sandwich in the same container as a wrapped peanut butter sandwich. Both sandwiches were wrapped separately but placed in the same storage container.
- When making a peanut butter sandwich, you butter the bread with your knife; then dip the knife into the peanut butter and spread it on the bread, then dip the knife into the jam and spread it on the bread. You cut the sandwich on the bread board and place the sandwich on a plate. You wipe the knife with a dishrag. At this point there are traces of peanut on the knife, in the butter, in the jam, on the cutting board, on the plate, on your hands and on the washcloth.
- You have been eating peanuts and kissed a child.
- You shared a sip of your pop with a child with peanut allergy after you had been eating a product containing peanut.
- You stored peanut butter cookies in a jar and then put in sugar cookies in after without thoroughly washing out the cookie jar. The sugar cookies would contain traces of peanut butter.

Although the food your child brings to school may have to be carefully planned, there is nothing stopping your child(ren) from enjoying this food at home. Your child will probably eat 21 meals in a week (not including snacks). Asking that 5 of 21 meals be considerate of others needs, especially when it concerns the safety of young children, is a reasonable request.

HERE ARE FOOD IDEAS THAT ARE EASY, NUTRITIOUS AND ALLERGEN SAFE:

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni & cheese Raisins Cookies Orange wedges Beverage	Leftover chicken Slice of bread Carrot sticks Oatmeal Cookies Beverage	Carrot muffins Cheese cubes Fruit cocktail Beverage	Leftover meatloaf Ketchup Apple Pudding Beverage	Bowl of cereal Milk Fruit cocktail Raisins Cookies Beverage
Hard boiled egg Bagel Banana Yogurt Beverage	Cheese & lettuce sandwich Celery sticks Blueberry muffin Beverage	Sausage slices Cheese & crackers Pear Banana loaf Beverage	Fried Egg sandwich Carrot sticks Pudding Popcorn Beverage	Soup Crackers Apple Banana loaf Beverage
Leftover pizza Leftover salad Oatmeal Cookies Beverage	Submarine sandwich Orange Banana loaf Beverage	Leftover pasta Vegetables & dip Oatmeal Cookies Beverage	Ham sandwich Peaches Pudding Cornmeal Cornmeal muffin Beverage	Leftover chicken fingers on a bun Orange Gingersnaps Beverage
Leftover pancakes or French toast Syrup or jam Fruit cocktail Beverage	Chicken Salad sandwich Vegetables & dip Yogurt Animal crackers Beverage	Bologna sandwich Apple Pudding Cranberry loaf Beverage	Egg salad sandwich Green pepper strips Yogurt Animal crackers Beverage	Soup Bun Orange Raisin cookies Beverage

Suggestions:

- Muffins & Loaves – bran, oatmeal, banana, blueberry, cranberry, raisin, cornmeal, gingerbread, applesauce, carrot, zucchini, etc.
- Sandwiches – meat, cheese, egg on breads, buns, biscuits, pita or tortilla shells. Make ahead and freeze what you can.
- Soups – tomato, chicken noodles, vegetable, mushroom, etc. Heat in the morning until steaming hot and put in a thermos. Don't forget a spoon!
- Cookies and Snacks – raisin, oatmeal, newtons, gingersnaps, animal crackers, teddy grahams, social teas, shortbread, homemade bits and bites, popcorn, etc
- Leftovers – individually wrap or package, label and freeze. Put into a lunch bag in the morning.

Below is a list of nut safe breads & crackers. It is important to check the ingredient list each time you purchase the same product as companies may change suppliers without notification. We hope that you will find this list useful in providing sesame / nut safe choices.

Bread

- Dempsters flatbread (Walmart)
- Dempsters pouches (Walmart)
- Wonder Bread Wraps (Superstore)
- Suraj Nan Bread (Superstore)
- Stonehenge Corn Tortillas (Safeway)
- Reser's Flour Tortillas (Safeway)
- Olafson's Tortillas (Safeway)
- Bakestone Brothers Naan Bread (Safeway)
- KUB Bread rye bread (Walmart, Costco, Sobeys, Safeway, Giant Tiger)
- KUB white bread, whole wheat bread, cinnamon loaf (Walmart)
- Natural Bakery rye bread (Walmart, Costco, Safeway, Sobeys, G. Tiger)
- Natural Bakery Dark Sourdough Rye (Sobeys)
- Natural Bakery French bread (Sobeys, Giant Tiger)
- Natural Bakery Bavarian Rye bread (Sobeys)
- Natural Bakery European Rye (Sobeys)
- Natural Bakery Vienna bread (Sobeys)
- Natural Bakery Crusty 60% Whole Wheat bread (Giant Tiger)
- Natural Bakery Crusty White bread (Giant Tiger)
- Natural Bakery Kaiser Buns (Giant Tiger)
- Natural Bakery Whole Wheat Rolls (Giant Tiger)
- Natural Bakery Round Buns (Giant Tiger)
- Natural Bakery Sub Buns (Giant Tiger)

- Natural Bakery Fine Bread Crumbs (Giant Tiger)
- Natural Bakery Hamburger Buns (808 Logan)

Crackers

- Christie Premium Plus Crackers (unsalted tops, salted tops, whole wheat, 5 grains)
- Christie Wheat Thins (Original, Vegetable, 100% Whole Grain)
- Christie Vegetable Thins (Original, Whole Wheat, Roasted Vegetable)
- Christie Ritz (Original, Real Cheddar Cheese, Bits Sandwiches)
- *Caution: Ritz bit sandwiches with real peanut butter contains Peanuts
- Christie Sociables
- Christie Sour Cream & Chives
- Christie Bacon Dippers
- Christie Cheese & Nips
- Christie Cheese Nips Party Mix
- Christie Swiss Cheese
- Christie Honey Maid Graham Wafers
- Christie Bits & Bites (original, BBQ, cheddar)
- Christie Crispers (salt & vinegar, ranch, all dressed, barbecue, sour cream & onion, nacho, dill pickle)
- Christie Toppables
- Christie Arrowroot Biscuits
- Christie Teddy Grahams (Honey, Chocolate Chip, Cocoa)
- Mr Christie's Snak Paks (Barnum's ABC's cocoa, Animal Crackers, Teddy Grahams Honey, Mini Chips Ahoy, Mini Oreo, Double Chocolate, Oatmeal Chocolate Chip)
- Christie Fig Newtons (Date, Fig)
- Stoned Wheat Thins (original, whole grain)
- Ritz Chips (original, veggie, sour cream & onion, cheddar)
- Triscuit & Thin Crisps (original, roasted tomato & olive oil, balsamic & basil, cracked pepper & olive oil)
- Kraft Handi-Snacks cheese 'n' crackers & cheese 'n' breadsticks
- Kraft Dinner Crackers (original, mild cheddar)
- Thinsations (Bits & Bites Original, Ritz, Cheese Nips, Peak Freans, Chips Ahoy, Oreo, Fudgee O)
- Barum's Arrowroot Animal Crackers
- Heinz Toddler Rice Snacks (Plain, Honey)
- Farley's Biscuits (Plain, Banana)
- Dare Bear Paws (Homestyle Oatmeal, Baked Apple, Brownie, Chocolate Chip, Banana Bread, Strawberry & Yogourt)
- Dare Bear Paws Minis (Oatmeal Chocolate Chip, Mixed Berry)
- Goldfish Crackers
- Rold Gold Pretzels & Pretzel Sticks
- Dare Wagon Wheels (Original, Fudge, Raspberry, Cherry)

Granola Bars

- Kellogg's All Bran Bars (Oatmeal, Chocolate Chip, Original)
- Nutri-Grain Bars (Cherry, Apple Cinnamon, Strawberry, Raspberry, Blueberry, Mixed Berry)
- All Bran Snack Bites (Strawberry, Cinnamon Brown Sugar)
- Rice Krispies Squares (Original, Caramel, Chocolatey, Strawberry, Rainbow)
- Rice Krispies Split Stix

Resources for better nutrition when considering allergy sensitive students:

Manitoba Healthy Schools

Food in Schools Website:

<http://www.gov.mb.ca/healthyschools/foodinschools/resources/>

Cookbooks:

<http://www.gov.mb.ca/healthyschools/resources/youth/healthyeating/books.html>

Manitoba School Nutrition Handbook:

<http://www.gov.mb.ca/healthyschools/foodinschools/documents/handbook.pdf>

School Nutrition Support Team toll-free information line at 1-888-547-0535

Dietitians of Canada

Healthy Lunches to Go

http://dietitians.ca/HLTG/HLTG_web/content/english/health_lunches.aspx

Find a Dietitian

http://www.dietitians.ca/public/content/find_a_nutrition_professional/find_a_dietitian.asp

Quick Recipes

http://www.dietitians.ca/english/kitchen/recipes/cgf_recipes.html

http://www.dietitians.ca/public/content/eat_well_live_well/english/cookbooks/simplygreatfood.asp
http://www.dietitians.ca/english/kitchen/recipes/gff_recipes.html

Canada's Food Guide

(For Educators):

http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/pubs/res-educat-eng.pdf

Canadian School Boards Association

Anaphylaxis: A Handbook for School Boards:

http://www.cdnsba.org/pdf/anaphylaxis_eng.pdf

St. James-Assiniboia School Division

School Nutrition Policy:

<http://polmanual.sjsd.net/polmanual/Section%20C%20-%20General%20School%20Administration/CGE%20Nutrition%20Policy.pdf>

First Aid and Emergency Medical Care:

<http://polmanual.sjsd.net/polmanual/Section%20J%20-%20Students/JHCE%20First%20Aid%20and%20Emergency%20Medical%20Care.pdf>

Thank you very much for your time taken in response to our school plan. If you have further questions or comments, please feel free to contact the school at your earliest convenience.

Mme M. Clarke & M Gomes
Administrative Team
École Robert Browning