



COALDALE CHRISTIAN SCHOOL

"Your word is a lamp unto my feet and a light for my path" Psalm 119:105
2008-8 Street Coaldale, Alberta T1M 1L1 Ph: (403)-345-4055 Fax: (403)-345-6436
office@coaldalecs.com
www.coaldalechristianschool.com



Allergy/Anaphylaxis Policy

An allergy is the body's overreaction to usually harmless substances called allergens. The most common allergens are pollen, dust, insect bites, pets and a variety of foods. Certain foods, such as peanuts, nuts, seafood and milk, may cause severe reactions.

Recognizing Allergies:

Symptoms include:

- excessive throat clearing, chronic cough
- wheezing, runny nose, sneezing, sniffing
- itchy puffy eyes, dark circles under the eyes
- intermittent hearing loss
- frequent brief absences from school
- inconsistent behaviour or spells of hyperactivity and irritability in a usually well-adjusted student
- disruptive behaviour
- lethargy and sleepiness which may be a result of allergic reactions, antihistamines or lack of sleep
- occasional decrease in attention span and lack of concentration
- headaches
- weakness and pallor
- listlessness and withdrawal from classroom activities
- learning difficulties, particularly with reading and listening skills
- itchiness, rashes, hives

Recognizing an Extreme Reaction:

Severe Allergies: Anaphylaxis

Anaphylaxis, defined as a severe allergic reaction that can involve several body systems and lead to death if untreated, is a growing public health issue. While anaphylaxis has the potential to cause death, fatalities are rare and usually avoidable. Measures must be in place to reduce the risk of accidental exposure and to respond appropriately in an emergency. Signs and symptoms of a severe allergic reaction can occur within minutes of exposure to an offending substance. Reactions usually occur within two hours of exposure, but in rare cases can develop hours later. Specific warning signs as well as severity and intensity of symptoms can vary from person to person and sometimes from attack to attack in the same person.

An anaphylactic reaction can involve any of the following symptoms, regardless of the triggering allergen:

Skin: Hives, swelling, itching, warmth, redness, rash

Respiratory (breathing): wheezing, shortness of breath, throat tightness, cough, hoarse voice, chest pain/tightness, nasal congestion or hay fever like symptoms (runny, itchy nose and watery eyes, sneezing), trouble swallowing

Gastrointestinal (Stomach): nausea, pain/cramps, vomiting and diarrhea

Cardiovascular (heart): pale/blue color, weak pulse, passing out, dizzy/lightheaded, shock

Other: anxiety, feeling of "impending doom", headache, uterine cramps in females

If an allergic person expresses any concern that a reaction might be starting, the person should always be taken seriously. When a reaction begins, it is important to respond immediately, following instructions in the person's Anaphylaxis Emergency Plan (attached).

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The cause of the reaction can be investigated later. The most dangerous symptoms of an allergic reaction involve breathing difficulties caused by swelling of the airways or a drop in blood pressure indicated by dizziness, lightheadedness or feeling faint or weak. **Both can lead to death if untreated.**

Guiding Principles

The purpose of this policy is to minimize the risk of exposure of students with severe allergies to potentially life-threatening allergens without depriving the student with severe allergies of normal peer interactions or placing unreasonable restrictions on the activities of other students in the school. While we cannot guarantee an allergen-free environment, reasonable steps can be taken to create an allergy-aware environment. Our school anaphylaxis policy is designed to ensure that children at risk are identified, strategies are in place to minimize the potential for accidental exposure, and staff and key volunteers are trained to respond in an emergency situation. The safety of students at risk of life-threatening allergies depends on the co-operation of the entire school community including students, parents and school personnel. Each must understand and fulfill their responsibilities.

RESPONSIBILITIES:

Parent/Guardian Responsibilities:

- Inform the school principal and home-room teacher about the student's allergy at the time of registration, or when the allergy is diagnosed.
- In a timely manner, complete enrollment/medical forms and the Anaphylaxis Emergency Plan (AEP) which includes a photograph, description of the child's allergy, emergency procedure, contact information, and consent to administer medication. Keep the information current. (The AEP should be developed together with the principal.)
- Provide the student with a case containing at least one unexpired Epinephrine Auto-Injector (Epi-Pen) or other medications as prescribed and ensure that the student has the Epi-Pen or medication readily available while at school, off-site activities or at other school events and activities.
- Provide the school with at least one unexpired Epi-Pen or other medications as prescribed to be kept in a relevant area in the school. For children with stinging insect allergy, this would not have to be for the full year but during insect season (warmer months).
- Advise the school if their child has outgrown an allergy or no longer requires an Epi-Pen.
- It is recommended to have the child wear medical identification (e.g. MedicAlert bracelet). The identification could alert others to the child's allergies and indicate that the child carries an Epi-Pen. Information accessed through a special number on the identification jewelry can assist first responders, such as paramedics, to access important information quickly.
- Assist the principal by supporting the provision of educational information about severe allergies to other parents/guardians and the school community.
- Advise the school bus driver of the student's severe allergies.

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Student Responsibilities:

- Eat only foods brought from home unless authorized by the parents/guardians in writing (if the allergy is food related).
- Wash their hands before eating (if the allergy is food related).
- Learn to recognize symptoms of a severe allergic reaction.
- Promptly inform a teacher or an adult as soon as accidental ingestion or exposure to an allergen occurs or symptoms of a severe allergic reaction appear.
- Keep an Epi-Pen or medication handy at all times.
- When age appropriate, know how to use an Epi-Pen or take medication.

Principal Responsibilities:

The principal is responsible for the coordination and management of plans for students who have life-threatening allergies. The principal must:

- Consult with the parents/guardians of the student with severe allergies and develop an Anaphylaxis Emergency Plan (AEP) in regard to the student. The principal is encouraged to involve parents/guardians (and staff, board, or health professionals when deemed necessary) in all phases of planning, including eliminating certain foods from the school environment (including the bus) if necessary.
- Request that the parents/guardians sign the Authorization to Administer Medication.
- Request the consent of the parent to post the student's photo and display the AEP as decided.
- Advise all staff members of students who have potentially life threatening allergies as soon as possible.
- The principal must ensure that the AEP:
 - Is kept in a readily accessible location at the school and includes emergency contact information.
 - Is posted in key areas such as in the child's classroom (posted on the wall or inside a cupboard door), and the staff room. Parental permission is required to post the child's plan.
- The principal must ensure:
 - Any Epi-Pens provided by parents/guardians and which are not in the student's possession are stored in a secure and accessible location at the school; and all teaching staff, including substitute teachers, and non-teaching staff, and student teachers are aware of the location of the Epi-Pen.
 - Posters which describe signs and symptoms of anaphylaxis and how to administer an Epi-Pen be placed in relevant areas, such as the classroom and staffroom.
 - That all teaching staff and non-teaching staff be aware of the emergency response protocol and receive training twice per school year, or more frequently if required, in the recognition of severe allergic reactions and the use of Epi-Pens or other medication required.
 - That students will learn about allergies and anaphylaxis during assemblies and class presentations.
 - That all members of the school community including substitute teachers, student teachers and volunteers have appropriate information about severe

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- allergies, including background information on allergies, anaphylaxis and safety procedures.
- That all off-site activity service providers are notified of the student's severe allergy, if necessary.
- That the school community will be made aware of their responsibilities as required in the AEP for students. This will be communicated in various ways, such as signage, announcements in the At-A-Glance or Messenger or letters.
- With the consent of the parents, the principal and the classroom teacher must ensure that the student's classmates are provided with information on severe allergies in a manner that is appropriate for the age and maturity level of the students, and that strategies to reduce teasing and bullying are incorporated in this information.

Teacher Responsibilities:

The classroom teacher of a student with severe allergies must:

- Be familiar with the Anaphylaxis Emergency Plan (AEP) for an at-risk student.
- Be familiar with the signs and symptoms of allergic or anaphylactic reaction as well as the administration of any medications as required.
- Attend training sessions twice per school year.
- Discuss anaphylaxis with the class, in age-appropriate terms.
- Avoid allergenic foods and substances for classroom events.
- Facilitate communication with other parents/guardians.
- Leave information about students with severe allergies in an organized, prominent and accessible format for substitute teachers.
- Ensure that the AEP and appropriate medication is taken on off-site activities.
- Ensure that adults who accompany off-site activities are familiar with the AEP and the signs and symptoms of allergic or anaphylactic reactions as well as the administration of an Epi-Pen or any medications as required.

Emergency Protocol:

- One person stays with the child at all times.
- One person goes for help or calls for help.
- Administer epinephrine (Epi-Pen) at the first signs of reaction. The use of epinephrine for a potentially life threatening allergic reaction will not harm a normally healthy child, if epinephrine is not required. Note time of administration.
- Call 9-1-1. Have the child transported to an emergency room as symptoms may recur hours after exposure to an allergen.
- Contact the child's parents/guardian' even if symptoms have subsided.
- It cannot be assumed that anyone suffering from anaphylaxis will be able to self-administer their Epi-Pen.

Community Responsibilities:

While the key responsibility lies with the students at risk and their families, the school community must also be aware. We are to love our neighbour as ourselves. Thus, special care must be taken to minimize risk to students with potentially life-threatening allergies.

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All Parents:

- Respond co-operatively to requests from the school to eliminate specific foods from lunches and snacks.
- Encourage children to respect school policies and other children with allergies.
- Inform teacher prior to distribution of any food within the school.

All Students:

- Follow school rules about keeping specific foods out of the school
- Avoid sharing food.
- Wash hands after eating
- Show love to students with allergies by not teasing or bullying

Adopted: September 2018

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Coaldale Christian School Anaphylaxis Emergency Plan

STUDENT: _____
has a potentially life-threatening allergy (anaphylaxis) to:

ALLERGEN: _____
Location of Epinephrine Auto-Injector (Epi-Pen): _____
Expiry Date: _____

Place
Photo of Student
Here

Emergency Protocol:

- One person stays with the child at all times.
- One person goes for help or calls for help.
- **Administer epinephrine (Epi-Pen) at the first signs of reaction.** The use of epinephrine for a potentially life threatening allergic reaction will not harm a normally healthy child, if epinephrine is not required. Note time of administration. Give a second dose in 10 to 15 minutes or sooner IF the reaction continues or worsens
- **Call 9-1-1.** Have the child transported to an emergency room as symptoms may recur hours after exposure to an allergen.
- **Call** the child's parents/guardian' even if symptoms have subsided.
- It cannot be assumed that anyone suffering from anaphylaxis will be able to self-administer their Epi-Pen.

Food: The key to preventing an anaphylactic emergency is absolute avoidance of the allergen. People with food allergies should not share food or eat unmarked/bulk foods or products with a "may contain nuts" warning.

A person having an anaphylactic reaction might have ANY of these signs and symptoms:

- **Skin:** hives, swelling, itching, warmth, redness, rash
- **Respiratory (breathing):** wheezing, shortness of breath, throat tightness, cough, hoarse voice, chest pain/tightness, nasal congestion or hay fever-like symptoms (runny nose and watery eyes, sneezing), trouble swallowing
- **Gastrointestinal:** (stomach): nausea, pain/cramps, vomiting, diarrhea
- **Cardiovascular:** (heart): pale/blue color, weak pulse, passing out, dizzy/lightheaded, shock
- **Other:** anxiety, feeling of "impending doom", headache

Early recognition of symptoms and immediate treatment could save a person's life.

Act quickly. The first sign of a reaction can be mild, but symptoms can get worse very quickly.

Emergency Contact Information

Name: _____ **Relationship:** _____
Home Phone: _____ **Work Phone:** _____ **Cell Phone:** _____

The undersigned parent or guardian is aware that school personnel are not licensed medical personnel and have limited or no training, and authorize any adult to administer epinephrine to the above named person in the event of an anaphylactic reaction, as described above.

Parent/Guardian Signature _____ **Date:** _____

Principal Approval

Signature of Principal _____ **Date:** _____

Please note: copies of this information must be:

- Placed in the Student Record
- Provided to teacher(s)
- Kept in a central location for access in case of emergency

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