

Zach Elementary School Wellness and Allergen Aware Practices

In order to best align with PSD Policy and Guidelines:

- ADF-STUDENT AND EMPLOYEE WELLNESS
 - The District shall maintain a comprehensive learning environment for developing and practicing lifelong wellness behaviors.
- JLCE-FIRST AID AND EMERGENCY MEDICAL CARE
- JLCD-ADMINISTERING MEDICINE TO STUDENTS/ASTHMA, FOOD ALLERGY AND ANAPHYLAXIS HEALTH MANAGEMENT
- PSD Guidelines for Students with Severe Food Allergies and Intolerances

Our school is committed to the following practices:

1. Schools shall develop and maintain a school wellness team whose primary purpose is to support and implement a comprehensive health and wellness environment by creating a yearly School Health Improvement Plan ("SHIP")
2. In addition, the learning environment should positively influence a student's understanding of comprehensive health and habits as they relate to good nutrition, health and physical education, physical activity, and other wellness practices.
3. Supporting and promoting proper dietary habits contributing to students' health status and academic performance.
4. It is our school practice to have classroom celebrations and holiday parties focus on healthy food choices, although sugar based treats are acceptable in moderation. For Valentine's Day, we do not allow individual candy to be attached to valentines that can be consumed in class or taken home. A class party typically has plenty of sweet treats available and we do not support additional exposure to sugar at school. A parent, of course, may choose to give their child as much sugar as they desire outside of school hours.

General Wellness Guidelines:

- Schools shall encourage the availability of healthy food choice options, as defined by the U.S. Dietary Guidelines, at school functions including but not limited to celebrations, festivals, sporting events and other events held outside the school day.
- Schools shall properly address the inclusion and protection of students with food allergies and other dietary restrictions at school and school-sponsored activities where food and/or beverages are available.
- Schools are encouraged to use non-food based incentives and rewards to recognize student achievements. Resources and ideas for non-food based incentives and rewards shall be made available to schools.
- Schools are encouraged to offer events promoting physical activity as fundraising efforts.
- Elementary schools are encouraged to schedule recess before lunch.

- Schools shall provide students with access to hand washing or sanitizing facilities prior to their consumption of food.
- School gardens and nutrition instruction are encouraged as part of academic curriculum.
- Students shall be provided with various opportunities to engage in movement and exercise during the school day
- The withholding of physical activity as a consequence for student misconduct, and the use of physical activity as a punishment, are discouraged.
- Schools are encouraged to promote wellness activities and incentives for students and staff.
- District employees who work with students shall receive suicide prevention training.
- The District, and each of its schools, shall establish and maintain strong relationships with community support agencies to address students' mental health needs.
- Provide school sites with professional development opportunities that increase the understanding of students' issues related to mental health and trauma.

Allergen Aware Actionables:

- All staff members receive emergency anaphylaxis treatment training. The training provides the staff members with: (a) a basic understanding of food allergies and the importance of reasonable avoidance of agents that may cause anaphylaxis; (b) the ability to recognize symptoms of anaphylaxis; (c) the ability to respond appropriately in the event of a student suffering an anaphylactic reaction; and (d) the ability to administer self-injectable epinephrine to a student suffering an anaphylactic reaction.
- Designate the student's classroom as an "Allergen Aware" zone.
 - "Food Allergy Aware" signs can be placed on the entrance to classroom doorway where there are students with food allergies. This alerts parents and volunteers to ask the teacher about specifics.
 - Reduce the risk of exposure by eliminating the presence of identified allergens. Hidden allergens can be present in materials for projects/activities, academic rewards or incentives and foods brought into the classroom during parties, celebrations or special events.
 - Support non-food classroom celebrations, projects and academic rewards.
 - Allow only commercially prepared pre-packaged food items with ingredient labels for classroom projects, activities and celebrations, so that potential allergens can be identified.
 - Promote hand washing before and after snack and lunch as well as activities that utilize food products such as projects, celebrations and activities. Discourage the trading of food or sharing of utensils.
 - Preferential seating may be arranged or desks designated to be "Allergen-Aware". Extra precautions may include washing of desk surface to remove allergens, restriction of desk use by other students to prevent cross-contamination etc.
 - Collaborate with the school nurse, teacher, and parent to create and send an allergy letter home to all classroom parents.
 - Students have the option to self-carry.
- Media Center has a section of children's books to support a positive classroom education on allergies.

- We have a peanut/tree nut free table in the lunchroom. This is cleaned with solution that is designated for this table only to avoid cross contamination. Students are free to sit here with safe foods. Lunch monitors will check meals to ensure no peanut/tree nut products (manufactured in or processed in a plant) are consumed at this table. Students with allergies also have the option to sit at any other table as well as change tables at any time if they are uncomfortable.
- Photo rosters are given to all grade level teachers making them aware of students with emergency medication in the office.
- Use of 1 common "substitute teacher cover letter" highlighting important health information.
- Students with allergies are escorted to the health office by an adult on every occasion, with the exception of minor cuts or bruises.
- Anaphylactic posters are available for classrooms and common areas.