

School of the Cathedral of Mary Our Queen

Guidelines for Managing Students with Food Allergies

Food allergies can be life-threatening. Recognizing, understanding and managing the risks of serious food allergies are safety responsibilities that are taken very seriously at Cathedral. The School of the Cathedral is committed to work with students, parents and physicians to optimally provide a safe educational environment. However, The School cannot guarantee that any student or adult will never experience an allergy-related reaction on this campus or at a school-sponsored activity. In the end, the responsibility for food allergy risk reduction lies with the student and their parents/guardians.

A person can be allergic to any food at any given time. According to the Food Allergy and Anaphylaxis Network, “there are eight food that account for 90% of allergic reactions: peanuts, tree nuts (walnuts, almonds, cashews, pistachios, pecans, etc.), fish, shellfish, eggs, milk, soy and wheat.” Most allergic reactions come from a first time undocumented sensitivity or accidental ingestion.

Family’s Responsibility

- Notify the school of the child’s allergies.
- Submit written medical documentation (including the school’s Emergency Health Plan), instructions and medications as directed by the student’s physician. A photo of the child will be on the Emergency Health Plan.
- Supply the school with properly labeled medication and replace the medication after used or upon expiration.
- Submit emergency contact information
- Educate their child about how to self-manage and advocate for their own health.
- Debrief with school staff, child physician and the child (if appropriate) after an allergic reaction has occurred.
- Send in substitute snacks/food for their child, in case, a proper substitute is not available at school.

School’s Responsibility

- Know and follow pertinent federal laws including ADA, IDEA, Section 504 and FERPA, additionally any Maryland law and policy that applies.
- Review health records submitted by parents.
- Include food-allergic students in school activities.
- Assure all staff interacting with food-allergic students on a routine basis identifies food allergies, recognizes signs and symptoms of an allergic reaction and emergency care and assists the student and family in minimizing risk.
- Properly store student’s medications and have emergency kits available.
- Educate faculty and staff on campus about allergic reaction signs and symptoms and how to manage a reaction.

- Discuss food allergy management with families' on campus and at off-campus functions like field trips and retreats.
- Educate students to refrain from sharing foods.

Student's Responsibility

- Should refrain from sharing food.
- Should not ingest anything with unknown ingredients or know to contain any allergen.
- Should be proactive in the care and management of their food allergies and reactions based on their developmental level.
- Should notify an adult immediately if they eat something they believe may contain the food that they are allergic to and if they notice any symptom of an allergic reaction.