

STUDENT WELLNESS

Goals

Based on review and consideration of evidence-based strategies and techniques, the New Kent County School Board establishes the following goals to promote student wellness.

Nutrition Promotion and Education

The Division's health education curriculum standards and guidelines address both nutrition and physical education.

Physical Activity

Students are given the opportunity for physical activity through physical education (PE) classes, daily recess periods for elementary school students and the integration of physical activity into the academic curriculum where appropriate.

Other School-based Activities

The availability of subsidized food programs is adequately publicized in ways designed to reach families eligible to participate in the programs. All children who participate in subsidized food program are able to obtain food in a non-stigmatizing manner.

Nutrition Standards and Guidelines

The School Board incorporates and adopts the nutrition standards in 8 VAC 20-740-10 through 8 VAC 20-740-40.

The superintendent is responsible for creating

- A. Regulations to develop and implement standards for all foods and beverages provided, but not sold, to students on the school campus during the school day; and
- B. Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that promote student health and reduce childhood obesity and are consistent with the applicable standards and requirements in 7 C.F.R. §§ 210.10, 210.11 AND 220.8.

Marketing on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards under 7 C.F.R. § 210.11, serve to promote student health, reduce and prevent childhood obesity, and combat problems associated with poor nutrition and physical inactivity.

III. Implementation

The School Board encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators, and the general public to participate in the development, implementation, and periodic review and update of this policy.

The Executive Director of Finance and Budget and the School's Health Committee is responsible for enforcing this policy and overseeing the implementation of this policy.

The School Board retains the following records to document compliance with 7 C.F.R. § 210.31:

- C. The policy
- D. Documents demonstrating compliance with community involvement requirements, including requirements to make the policy and triennial assessments available to the public; and
- E. Documentation of the triennial assessment of the policy.

Implementation procedures include measuring and making available to the public, at least once every three years, an assessment of the implementation of the policy, including the extent to which schools are in compliance with the policy, the extent to which this policy compares to model school wellness policies and a description of the progress made in attaining the goals of the policy. The results of the triennial assessment are considered in updating the policy.

Adopted:	2006	Revised:	April 28, 2017
Revised:	November 3, 2008	Revised:	August 7, 2018
Revised:	June 17, 2013	Revised:	August 5, 2019
		Revised:	July 12, 2021

Legal Refs: 42 U.S.C. § 1758b.

7 C.F.R. 210.3.

Code of Virginia, 1950, as amended, § 22.1-207.4.

8 VAC 20-740-30.

8 VAC 20-740-40.

Cross Refs:	EFB	Food Service
	IGAE/IGAF	Health Education/Physical Education
	JL	Fund Raising and Solicitation
	KQ	Commercial, Promotional, and Corporate Sponsorships and Partnerships

New Kent County School District's Wellness Policies on Physical Activity and Nutrition

The New Kent County School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the New Kent County School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition requirements of the *Healthy Hunger-Free Kids Act of 2010*.
 - The School Nutrition Services department will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will offer a variety of choices to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
 - To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program).
 - Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Advisory Board

The school district's existing school health advisory board will develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The School Health Advisory Board and/or its members will serve as resources to school sites for implementing those policies. The school health advisory board consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the School Board, school administrators, teachers, health professionals, and members of the public.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) plain milk and fat-free plain or flavored milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- encourage that the majority of the served grains are whole grain.

The School Nutrition Department should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. Information about the nutritional content of meals is available on the NKCPS website.

Breakfast

To ensure that all children are encouraged to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will operate the School Breakfast Program.
- Schools will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to promote healthy eating. Eating a healthy breakfast will be encouraged by the school through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

Meal Times and Scheduling

Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast in the cafeteria or the classroom and 20 minutes after sitting down for lunch;

- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10:15 a.m. and 1:30 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

The school food service program will approve and provide all food and beverage sales to students in all schools during the school day. All food and beverages served during the school day will meet or exceed the Healthy Hunger-Free Kids Act.

Fundraising Activities

To support children's health and school nutrition-education efforts, it is encouraged that school fundraising activities will not involve food or will sell food items and deliver items outside of the school day. All fundraising activities involving food will be sold and delivered outside of the school day. Schools will encourage fundraising activities that promote physical activity.

Snacks

Snacks served during the school day or in after-school programs will make a positive contribution to children's diets and health incorporating the nutrition requirements of the Healthy Hunger-Free Kids Act. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

Rewards

Schools should not use food or beverages that do not meet the nutrition standards for foods and beverages as rewards for academic performance or good behavior.

Celebrations

It is encouraged that schools should limit celebrations that involve food during the school day. Food and beverages offered at school celebrations should meet the nutrition requirements of the Healthy Hunger-Free Kids Act therefore faculty should consult the School Nutrition Services department to provide healthy options.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances)

It is encouraged that foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards of the Healthy Hunger-Free Kids Act.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

The New Kent County School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at most grade levels as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, and farm visits,
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes some training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school may send home nutrition information, post nutrition tips on school websites, or provide nutrient analyses of school menus. Schools should encourage parents to purchase a healthy school lunch for their child or to pack healthy lunches and snacks. Parents are encouraged to advocate and support their children to refrain from consuming beverages and foods that do not meet the above nutrition standards set by the USDA. The district/school may provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment.

Staff Wellness

New Kent School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. New Kent County Public Schools should establish and maintain a staff wellness committee composed of at least one staff member, and school health committee member. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12

All students, including students with disabilities and special healthcare needs will have the opportunity for weekly physical education classes. All students in grades K-8 will receive at or above the required average 150 minutes of physical activity per week during the regular school year. All high school students will be required to take two credits of physical education. All physical education classes will be taught by a certified physical education teacher. Student involvement in other activities outside of physical education class, such as interscholastic sports will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

All elementary, middle, and high schools will offer extracurricular physical activity programs. All high schools and middle schools will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school programs are encouraged to provide periods of physical activity for all participants.

Physical Activity and Punishment

School personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment. Due to the benefits of physical activity teachers are asked not to pull students from PE class to finish or make up class work or tests.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations as permitted in accordance with the Facility Request form. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

VI. Monitoring and Policy Review

Monitoring

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district Superintendent or designee.

The School nutrition supervisor will ensure compliance on nutrition policies within school food service areas and will report on this matter to the Superintendent or designee. . In addition, the school nutrition supervisor will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The Superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the School Board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review

The policy will be reviewed every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Adopted: 2006
 Revised: November 3, 2008
 Revised: January 5, 2011 (Regulation Numeration Change Only)
 Reviewed: April 8, 2013
 Revised: September 21, 2015
 Revised: April 28, 2017

Legal Refs.: 42 U.S.C. § 1751 Note

Code of Virginia, 1950, as amended, § 22.1-253.13:1.D.13.

Cross Refs.:	EFB	Free and Reduced Price Food Services
	IGAE/IGAF	Health Education/Physical Education
	JL	Fund Raising and Solicitation
	KQ	Commercial, Promotional, and Corporate Sponsorships and Partnerships

FOOD ALLERGY MANAGEMENT

New Kent County Schools recognizes that food allergies, in some instances, may be severe and even occasionally life-threatening. The foods most likely to cause allergic reactions are peanuts, tree nuts, dairy products, eggs, soy, wheat, fish, and shellfish. Although most food allergies produce symptoms that are uncomfortable, persons with allergies to the above listed foods can suffer more serious consequences. Our goal is to help students learn how to manage their food allergies while providing an environment where the risk of exposure is reduced. The school cannot achieve this goal alone and student and family involvement are critical. Ultimately the primary responsibility for reducing the risks associated with food allergies rests with the student and his parents.

New Kent County Schools cannot guarantee that a student will never experience an allergy-related event while at school. New Kent County Schools is committed to student safety, and therefore has created this policy to reduce the risk that children with allergies will have an allergy-related event.

A. Parent/Family Responsibilities

1. Notify the school of the child's allergies.
2. Provide written medical documentation, instructions, and medications as directed by a physician, using the Food Allergy Action Plan. (Attached).
3. Provide clearly labeled medications per doctor's orders and in accordance with New Kent County School's medication policy. Replace medications after use or upon expiration.
4. Provide emergency contact information and update as needed.
5. Review the lunch menu and contact the school nutrition supervisor for ingredient listings as needed.
6. Provide meals or treats for their student if uncertain about possible exposure to allergy-causing foods.
7. Plan with teacher for unexpected food (treats).
8. May request information about student's allergy be provided to and sent home with classmates.
9. Request a child study meeting if the student's needs rise to the level of 504 consideration.
10. Educate the child in the self-management of their food allergy including:
 - a. Safe and unsafe foods
 - b. Symptoms for allergic reactions
 - c. How and when to tell an adult they may be having an allergy-related problem
 - d. How to read food labels (age appropriate)

B. School Responsibilities

1. Review health records submitted by parents and physicians and identify students with allergies.
2. Share information pertaining to a student's allergies with the appropriate faculty and staff that have contact with the student, but otherwise will be kept as confidential as possible.
3. Provide emergency training to staff annually and as needed, including, but not limited to administrator, teacher and bus driver.
4. Designate school personnel who are properly trained to administer medications in accordance with the State Nursing and Good Samaritan Laws governing the administration of emergency medications.
5. Ensure a trained person attends all functions where the student is present, i.e. field trips.
6. Parents and students may obtain lists of ingredients for any food served by contacting the school nutrition supervisor.
7. Food Services will provide food that all students may enjoy. In the case of a student with multiple or unusual allergies, New Kent Schools may require the student/family to provide lunch and snacks to ensure the student's safety.
8. Enforce a "no-eating" policy on school buses with exceptions made only to accommodate special needs.
9. Provide instruction to faculty and staff on how to recognize symptoms of an allergic reaction and to respond appropriately.
10. Provide seating accommodations at meal times as needed, i.e. designate a table in the cafeteria "peanut free" and/or "allergy aware", allow student to eat meals in office.
11. Ensure that cafeteria tables are cleaned appropriately between meals.
12. Code students appropriately in our food service "point of service" system, so that students with food allergies can be easily identified as they move through the cafeteria line.
13. New Kent Schools will attempt to avoid serving food with nuts, but cannot guarantee that products with nuts will never be present on campus or at school events. Likewise, New Kent Schools cannot monitor products sold at athletic events or special student sales, products brought for celebrations, or served on off campus trips. Therefore, persons with severe food allergies must carefully monitor their food in these situations.

C. Student Responsibilities

1. Should not trade or share food with others.
2. Should not eat anything with unknown ingredients or known to contain any allergen.
3. Should be proactive in the care and management of their food allergies based on their developmental level.
4. Should notify an adult immediately if they eat something they believe may contain the food to which they are allergic or if allergy symptoms appear.
5. Know what you are allergic to and avoid allergens.
6. Understand the symptoms of an allergic reaction.
7. Wash hands before and after eating.
8. Report teasing or harassment.
9. May carry and self-administer epinephrine if appropriate in accordance with New Kent County School's medication policy.

References:

Food Allergy and Anaphylaxis Network. www.foodallergy.org

Henrico County Public Schools. Managing Allergies 2010

Hampton Roads Regional Schools. Life Threatening Allergy Management Policy

American Academy of Allergy, Asthma and Immunology. www.aaaai.org

Oregon Episcopal School. Food Allergy Policy. www.oes.edu

Gilman School. Policy Regarding Students with Life-Threatening Food Allergies.
www.gilman.edu

Committee members for adopting policy:

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Jane Walsh, RN, School Nurse, NKCP
Patricia Kern, Assistant Principal, GWES
Joan Cannon, Teacher, GWES
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Christina Wills, D.O., Physician Consultant

Adopted: January 5, 2011

Revised: April 8, 2013

Revised: September 21, 2015

Food Allergy Action Plan
New Kent County Public Schools



JHCF-R2 (Form 1)

Student's Photo

Name: _____ DOB: _____

Allergy to: _____

Weight: _____ lbs. Asthma: ☐ No ☐ Yes (higher risk for a severe reaction)

Extremely reactive to the following foods: _____

Therefore: ☐ If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.

☐ If checked, give epinephrine immediately if the allergen was definitely eaten, even if no symptoms are noted.

Any SEVERE SYMPTOMS after suspected or known ingestion:

One or more of the following:

LUNG: Short of breathe, wheeze, repetitive cough

HEART: Pale, blue faint, weak pulse, dizzy, confused

THROAT: Tight, hoarse, trouble breathing/ swallowing

MOUTH: Obstructive swelling (tongue and/or lips)

SKIN: Many hives over body

OR combination of symptoms from different body areas:

SKIN: Hives, itchy rashes, swelling (e.g., eyes, lips)

GUT: Vomiting, crampy pain



1. INJECT EPINEPHRINE IMMEDIATELY

2. Call 911

3. Begin monitoring (see box below)

4. Give additional medications.*

- Antihistamine

- Inhaler (bronchodilator) if asthma

Antihistamines & inhalers/ bronchodilators are not to be depended upon to treat a severe reaction (anaphylaxis). USE EPINEPHRINE.

MILD SYMPTOMS ONLY:

MOUTH: Itchy Mouth

SKIN: A few hives around mouth/ face, mild itch

GUT: Mild nausea/ discomfort



1. GIVE ANTIHISTAMINE

2. Stay with student; alert healthcare professionals and parent

3. If symptoms progress (see above), USE EPINEPHRINE

4. Begin monitoring (see box below)

DOSAGE

Epinephrine: inject intramuscularly (check one)

☐ EpiPen®

☐ EpiPen® Jr.

☐ Twinject® 03. Mg

☐ Twinject® 0.15 mg

Antihistamine: give _____
Medication, dose, route

Other: give _____
Medication, dose, route

IMPORTANT: Asthma inhalers and/or antihistamines cannot be depended on to replace epinephrine in anaphylaxis.

PLEASE NOTE: A physician's order must be submitted to the school nurse at the beginning of each school year and whenever modifications are made to this plan.

Page 1 of 2

INSTRUCTIONS FROM PHYSICIAN:

☐ I have instructed this student in the proper use of his/her emergency medication for anaphylaxis. This student should be able to carry and use this medication at school independently.

☐ This student needs assistance using his/her emergency medication for anaphylaxis in school.

Physician Signature _____

Phone Number _____

Date _____

PARENT PERMISSION:

By signing this form, I give permission for the school to use the above plan to manage my child's allergy. The school may contact my child's physician regarding their allergy. I understand that I may request to meet with the counselor to discuss educational accommodations that may be needed in the school setting.

Parent Signature _____

Date _____

RN Signature _____

Date _____

CONTACTS:

Call 911

Doctor: _____ Telephone: _____

Parent/ Guardian: _____ Telephone: _____

Parent/ Guardian: _____ Telephone: _____

Other Emergency Contacts:

Name/ Relationship: _____ Telephone: _____

Name/ Relationship: _____ Telephone: _____

MONITORING: Stay with student; alert healthcare professionals and parent. Tell rescue squad epinephrine was given; request an ambulance with epinephrine. Note time when epinephrine was administered. A second dose of epinephrine can be given 5 minutes or more after the first if symptoms persist or reoccur. For a severe reaction, consider keeping student lying on back with legs raised. Treat student even if parents cannot be reached. See back/ attached for auto-injection technique.

Trained Staff Members:

1. _____ 2. _____

3. _____ 4. _____

Food Allergy Action Plan
New Kent County Public Schools
Questionnaire/Permission Form



JHCF-R2 (Form 2)

Student: _____ Date of Birth: _____

School: _____ Homeroom Teacher: _____ Grade: _____

Contact Information (To be completed by Parent/ Guardian):		
Parent/ Guardian Name #1:		
Address: _____		
Telephone (Home): _____	Work: _____	Cell: _____
Parent/ Guardian Name #2:		
Address: _____		
Telephone (Home): _____	Work: _____	Cell: _____
Emergency Contact Name and Relationship:		
Address: _____		
Telephone (Home): _____	Work: _____	Cell: _____
Physician treating severe allergy:	Office:	
Please answer the following questions :		
1. What is your child allergic to? _____		
2. What age was your child when diagnosed? _____		
3. Has your child ever had a life-threatening reaction? <input type="checkbox"/> Yes <input type="checkbox"/> No		
4. What is your child's typical allergic reaction? _____		
5. Does your child have asthma? <input type="checkbox"/> Yes <input type="checkbox"/> No		
6. Does your child know what food/ allergens to avoid? <input type="checkbox"/> Yes <input type="checkbox"/> No		
7. Does your child recognize symptoms of his/ her allergic reaction? <input type="checkbox"/> Yes <input type="checkbox"/> No		
8. Will you be providing meals and snacks for your child at school? <input type="checkbox"/> Yes <input type="checkbox"/> No		
9. Will your child always eat the school provided breakfast and/ or lunch? <input type="checkbox"/> Yes <input type="checkbox"/> No		
10. How does your child travel to school? <input type="checkbox"/> Bus # _____ <input type="checkbox"/> Car <input type="checkbox"/> Walk		

I give permission to the school nurse and designated school personnel to perform and carry out the tasks outlined in my child's Food Allergy Action Plan as ordered by the physician. I understand that I am to provide all supplies necessary for the treatment of my child's allergy at school. I also consent to release of information contained in this plan to staff members and other adults who have custodial care of my child and who may need to know this information to maintain my child's health and safety.

Parent's Name: _____

Parent's Signature: _____

Date: _____

School Nurse's Name: _____

School Nurse's Signature: _____

Date: _____

Reviewed: 4/8/13

Permission to Carry and/or Self-Administer Epinephrine (if appropriate)
New Kent County Public Schools



Name: _____

DOB: _____

School: _____

Grade: _____

I, as the Healthcare Provider, certify that this child has a medical history of severe allergic reactions has been trained in the use of the prescribed medication(s) and is judged to be capable of carrying and self-administering this medication(s). The nurse or the appropriate school staff should be notified anytime the medication/injector is used. This child understands the hazards of sharing medications with others and has agreed to refrain from this practice.

☐ Self-Carry

☐ Self-Administer

Healthcare Provider Signature_____
Print Healthcare Provider Name_____
Date

Parent/Guardian Response

In accordance with the Code of Virginia Section 22.1-274, I agree to the following:

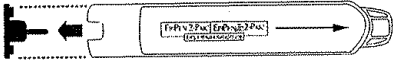
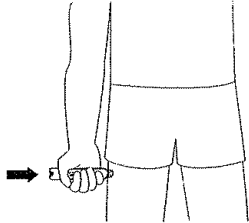


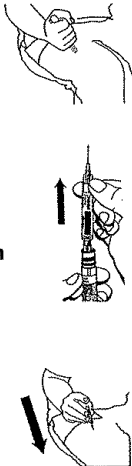


I will not hold the School Board or any of its employees liable for any negative outcome resulting from the self-administration of said emergency medication by the student.

I understand that the school, after consultation with the parent(s) may impose reasonable limitations or restrictions upon a student's possession and/or self-administration of said emergency medication relative to the age and maturity of the student or other relevant consideration.

I understand that the school may withdraw permission to possess and self-administer the said emergency medication at any point during the school year if it is determined the student has abused the privilege of possession and self-administration or that the student is not safely and effectively self-administering the medication.

Parent/Guardian Signature_____
Date_____
Student Signature_____
Date

Reviewed: 4/8/13

<p>EpiPEN Auto-Injector and EpiPEN Jr Auto-Injector Directions</p> <ul style="list-style-type: none"> First, remove the EpiPEN Auto-Injector from the plastic carrying case Pull off the blue safety release cap  <ul style="list-style-type: none"> Hold orange tip near outer thigh (always apply to thigh)  <ul style="list-style-type: none"> Swing and firmly push orange tip against outer thigh. Hold on thigh for approximately 10 seconds. Remove the EpiPEN Auto-Injector and massage the area for 10 more seconds  <p><small>EpiPEN 2-Pak® EpiPEN Jr 2-Pak® (epinephrine) Auto-Injectors 0.3/0.15 mg</small></p> <p><small>DEY® and the Dey logo, EpiPen®, EpiPen 2-Pak®, and EpiPen Jr 2-Pak® are registered trademarks of Dey Pharma, L.P.</small></p>	<p>Twinject® 0.3 mg and Twinject® 0.15 mg Directions</p>  <p>Remove caps labeled "1" and "2."</p> <p>Place rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.</p> <p>SECOND DOSE ADMINISTRATION: If symptoms don't improve after 10 minutes, administer second dose:</p> <p>Unscrew rounded tip. Pull syringe from barrel by holding blue collar at needle base.</p> <p>Slide yellow collar off plunger.</p> <p>Put needle into thigh through skin, push plunger down all the way, and remove.</p> 
<p>Adrenaclick™ 0.3 mg and Adrenaclick™ 0.15 mg Directions</p>  <p>Remove GREY caps labeled "1" and "2."</p> <p>Place RED rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.</p> 	<p>A food allergy response kit should contain at least two doses of epinephrine, other medications as noted by the student's physician, and a copy of this Food Allergy Action Plan.</p> <p>A kit must accompany the student if he/she is off school grounds (i.e., field trip).</p>

New Kent County Public Schools

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Dear Parents,

A student in your child's class is allergic to _____ which could cause physical reactions including difficulty breathing. Please assist us in keeping your child's classmate safe by honoring our request to keep this allergen out of the classroom. This will be of utmost importance in regard to field trips, birthday celebrations, field day events, holiday parties or special events.

Please talk with your child about the importance of honoring this request by teaching them about the danger of this allergen, practicing proper hand washing, treating one another with kindness and respecting one another's differences. Thank you so much for your attention to this matter.

Sincerely,

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