

### **Specialize Diet or Increased Fluids**

If your child needs to have a specialized dietary or increased fluid (water intake) plan, please provide:

1. Physician documentation
2. Make an appointment to meet with your child's teacher.

### **Chronic Health Concerns**

Parents of a student with a chronic health concern or that need nursing services during the school day must provide physician documentation of any school limitations or the need for accommodations each school year. It is suggested that the student wear a medical alert bracelet or necklace and that the parents meet with the classroom teacher(s) at least annually to explain any special needs.

### **Classroom Snacks and Cold Lunch**

Breakfast, healthy snacks and a healthy lunch have been found to promote the learning process. Parents are encouraged to send a healthy snack and lunch that is low in sugar, fat and caffeine-free. Soda is strongly discouraged as a lunch beverage option. Please be aware that some classrooms only allow healthy snacks and restrict candy as a snack item.

**Food Safety in School:** *Parents are encouraged to check with their child's teacher before bringing in snacks* for the classroom, as there may be some foods that are restricted due to special diets or food allergies.

To reduce the spread of illness, we are discouraging the use of 'classroom snack bowls' that allow students to put their hands into the bowls to serve themselves. Please individually wrap food items or snacks, or use commercially prepared snacks or snacks prepared by a licensed food vendor. Due to the lack of freezer or refrigerator space, foods that require refrigeration or freezer space should be avoided.

**If your child has a medically documented food allergy, please contact the classroom teacher(s) to personally inform them of your child's specific health concern and how it is managed. If your child has a food allergy, your assistance during class parties is welcomed.**

### **Life Threatening Allergies and the Epipen Auto-injector**

A physician and parent completed and signed Emergency Health Care Plan for Known Severe Allergic Reactions and a parent provided Epipen are required by the first day of school. It is suggested that the student wear a medical alert bracelet or necklace when at school and that the parents meet with the classroom teacher(s) to explain the life-threatening allergy. Parents are encouraged to attend field trips and classroom-school parties with their child.

### **Emergency Card Information**

All parents are required to fill out the emergency card annually for each child and immediately return it to school. Unlisted telephone numbers must be stated. If emergency treatment is required, your written permission on the emergency card will enable us to call an ambulance for emergency care. Please update the emergency card as needed throughout the school year. We need current information at all times. Please select a contact person who can act in your behalf, if we are unable to reach you during an emergency. ***If you don't have a telephone, please select a contact person that we can contact who can contact you.***