Good health promotes good learning

Health Services
Park Ridge-Niles School District 64

BACK TO SCHOOL HEALTH REMINDERS 2016-17

Food Allergy Management

District 64 recognizes the increasing prevalence of severe food allergies, particularly to peanuts and nuts, among students and staff. Every food-allergic reaction has the possibility of developing into a life-threatening reaction within minutes, and even with proper treatment, can be fatal.

Partnership Approach
Due to the unpredictability of a severe allergic reaction, a combined school and parent/student approach is required to successfully and responsibly respond.

In order to provide for the safety of our students:

- Peanuts/nuts and their products will not knowingly be served or used in the classroom as part of the curriculum.
- In keeping with our Wellness guidelines, no food will be served during classroom celebrations/events or for reward and incentives.
- Food served at any time during a school-sponsored event before or after school hours must follow food allergy guidelines (no peanuts/nuts).

Cooperation from parents is essential. Therefore:

- Parents should not send peanuts/nuts and their products to the classroom for snack time or times when lunch is eaten in the classroom. Unlike the lunchroom, classroom desks are not cleaned daily and peanut/nut residue could pose a problem for a highly sensitive child. Product labels should always be read for listing of peanuts/nuts, and for disclaimers such as “processed on shared machinery,” or “manufactured in/with peanuts/nuts,” etc.
- Children may bring lunches with nut products (such as peanut butter and jelly sandwiches) to the school lunchrooms. Peanut/nut-safe lunch tables are designated at all elementary schools for students with identified allergies and their friends who choose to abstain from those products. Arrangements at the middle schools are handled on an individual basis to accommodate student needs.
- At the elementary schools, PTO/A-sponsored lunches require that parents decide which catered foods are appropriate for their child. Please use nutritional information from vendors to inform your choices. At the middle schools, nutritional information for cafeteria food is available on the menu page of the school website.
- Field trips present special challenges to maintain a safe environment outside of school grounds. Parents are strongly encouraged to pack a non-peanut/nut lunch.

Food Served at School

Food served at any time during a school-sponsored event before or after school hours must follow the food allergy guidelines (peanut/nut free). Guidelines for serving these foods must conform to the City of Park Ridge environmental health policy, which directs that only foods prepared by a commercial establishment, such as a bakery, grocery store, or other licensed establishments, or prepared in a commercial, licensed kitchen may be served. Homemade or home-prepared items may not be served to students during these events.

District 64 promotes good nutrition and healthy eating habits with students as part of the District Wellness Plan and the health curriculum. Parents should not send food treats to school for their children’s birthdays.

Head Lice

Although not as fun as gathering school supplies, checking hair for head lice should be an important part of back-to-school preparations. Please take time to conduct a thorough search of the heads of all household members.

The presence of head lice has nothing to do with cleanliness, nor is it a reflection of poor hygiene or housekeeping. **Checking your child's head frequently, along with prompt, thorough treatment, is a parental responsibility.** However, health staff members will check students individually if itching or scratching of the scalp is observed in school. Reminding students not to share hats, combs/brushes, hair accessories, sports helmets, headphones and pillows are all preventative measures that can stop the spread of head lice. We urge you to report identified head lice cases to school, so that we can do our part to help control the spread**.**

Further information on head lice can be found online at the "Health & Safety Tips" page of the District 64 website:

http://www.d64.org/health-services/health-safety-tips.cfm

Thank you for your cooperation in these important health matters, and for your support of ongoing efforts in District 64 to recognize the health and safety needs of all children and staff. Please feel free to contact one of us should you have any questions or concerns, or consult the annual Student-Parent Handbook or our website (www.d64.org) for more information.

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