



GEMS

مدرسة جيمس الخليج الدولية  
Al Khaleej International School

# GEMS AKIS SCHOOL POLICIES

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## Food Allergy Management

Food Allergies can be life-threatening, and the purpose of the food allergies management policy is to provide guidelines to minimize the risk and to provide a safe educational environment.

AKIS aims to prevent exposure to allergens, encourage self-responsibility among students, staff, and **Common allergens as defined by many food regulators within the UAE are:**

- Crustaceans and their products (prawns and other shellfish)
- Peanuts and their products
- Soybeans and their products
- Tree nuts and their products
- Sesame seeds and their products

The above allergens are not allowed inside the school. The food containing the above allergens should not be sent to school.

Parents should follow the policy for allergy management and understand the responsibilities and expectations outlined in the document are requested to follow the following responsibilities:

- Share information regarding the student's medical condition, by providing written medical documentation, instructions, and medications as directed by their family physician, as well as emergency contact information.
- Provide the school with their current/updated contact information (mobile, email, etc.)
- Work with the school medical team to develop a plan that accommodates the child's needs at school, or provide their physician a specified and tailored Individualized Health Plan (IHP). This plan should cover the child's entire school day, including time in the

classroom, in the cafeteria, during afterschool programs, during school-sponsored activities, and while on the school bus.

- Provide properly labeled medications and replace medications after use or before/upon expiration.
  
- Educate the child in the self-management of their food allergy including:
  - Recognizing safe and unsafe foods
  - Knowing strategies for avoiding exposure to unsafe foods and various allergens
  - Identifying and recognizing symptoms of allergic reactions early
  - Knowing how and when to tell an adult they may be having an allergy-related problem
  - Knowing how to read food labels (age appropriate)
  - Knowing and remembering where their medication is kept, and who can administer it
  - **Knowing not to share snacks, lunches, or drinks and politely explain why he/she is not sharing**
  - Understanding the importance of handwashing and hygiene
  - **Providing appropriate food for their children if they have a history of food allergies whenever there is an event at school (such as birthday parties, International Day celebrations, etc.), and ensuring they don't eat the food on offer to prevent a potential allergic reaction.**
  - Review the IHP with the medical team annually and provide updates and information as requested.



EDUCATION