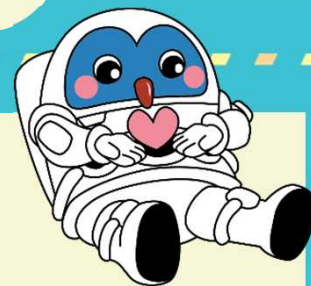


# Food Allergy Accommodations in Tsukuba's Public Schools (Summary)

Provisional  
Translation



## Food Allergy Accommodations in Tsukuba's Public Schools

### ① Option to provide a detailed menu

☐ This option is available if your child can identify their food allergens and their allergic reactions are relatively mild.

☐ Details: A more detailed menu (compared to the standard one provided to everyone) lists each ingredient in the school lunches, along with its breakdown and formulation. This allows you and/or your child to notify the school about dishes that should be avoided due to food allergens. Your child may bring alternative foods from home to replace these dishes. However, please note that **alternative foods must not contain any allergens your child is allergic to**, regardless of the severity of your child's allergic reactions.

### ② Option to cancel the whole or part (milk, rice and bread) of the school lunch program (and bring lunch from home)

☐ This option is available if your child cannot have school lunches due to allergies to multiple ingredients and/or the risk of severe allergic reactions.

☐ Details: You may cancel the entire school lunch program or part of it (milk, rice, and bread) for your child and have them bring their own lunch instead.

### ③ Option to serve egg- and dairy-free lunches (Option not available at Tsukuba School Lunch Center)

☐ This option is available if your child is on egg- and dairy-free diet at home, and the lunch center of your child's school is capable of serving egg- and dairy-free school lunches.

☐ Details: Egg- and dairy-free lunches will be served at school. Your child may bring alternative foods to replace those containing eggs and dairy, as no alternatives will be provided. Please note that **alternative foods must not contain any eggs or dairy**, regardless of the severity of your child's allergic reactions.

To accommodate your child's food allergy needs at school,  
your child must be diagnosed and provided with a School Life Guidance and  
Management Form (for food allergen)/Gakko Seikatsu Kanri Shidohyo  
(学校生活管理指導表(アレルギー疾患用)) by their healthcare provider.



More specifically, you may request food allergy accommodations to the school if your child is diagnosed with a food allergy, their allergens are identified, and their diet is restricted at home as advised by their healthcare provider, such as eliminating the identified food allergens.

The full version of the Food Allergy Accommodations in Tsukuba's Public Schools is available in Japanese on the official website of Tsukuba City: <https://www.city.tsukuba.lg.jp/kosodate/kyoiku/kyushoku/2/1001176.html>



Contact  
information

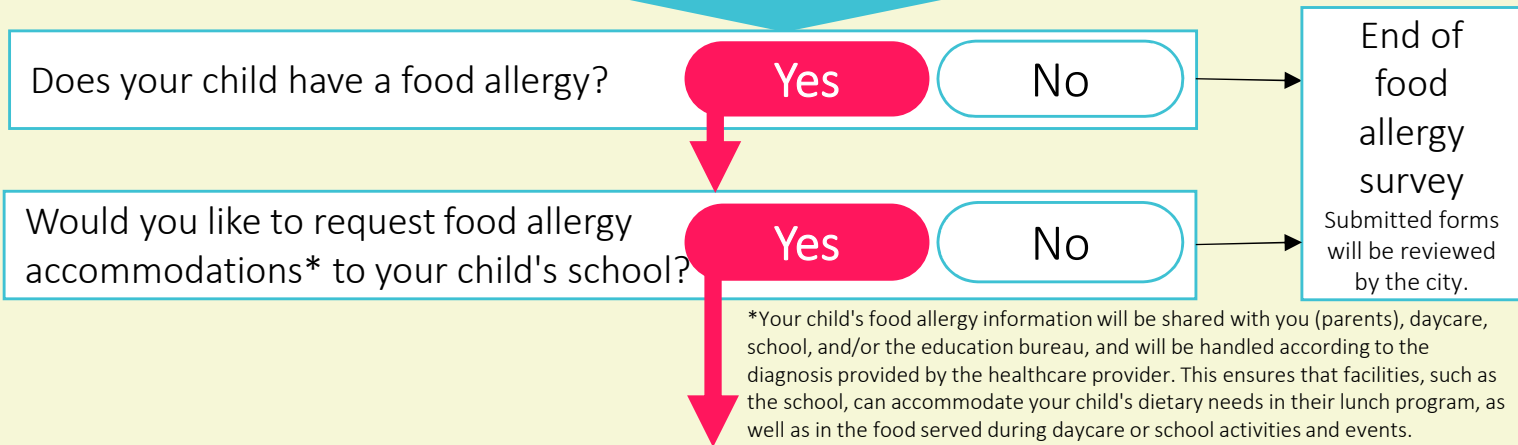
Health Education Division, the Education Bureau of Tsukuba City

1-1-1Kenkyugakuen, Tsukuba, Ibaraki, 305-8555

☎ 029-883-1111 (Switchboard) 📠 029-868-7613 ✉ edc060@city.tsukuba.lg.jp

# How to request food allergy accommodations for your child:

	Child starting daycare or school for the first time	School child moving up a grade	Child transferred from another school or child newly diagnosed with a food allergy
When to request	At a health check before starting daycare or school	Between January and February	As soon as possible
Required form	Dietary Requirements Notification Form (Gakko Kyushoku Moshidesho 学校給食申出書)	Change/Continuation Request Form regarding Dietary Requirements for School Lunch (Gakko Kyushokuno Taio Henko/Taio Keizoku Iraisho 学校給食の対応変更・対応継続依頼書)	Dietary Requirements Notification Form (Gakko Kyushoku Moshidesho 学校給食申出書)



Please ask your child's healthcare provider to complete the School Life Guidance and Management Form (for food allergen)/*Gakko Seikatsu Kanri Shidohyo* (学校生活管理指導表(アレルギー疾患用)) for your child.  
Note: You are responsible for any medical fees associated with having the form completed.

Individual Parent Meeting will be held.			
	Child starting daycare or school for the first time	School child moving up a grade	Child transferred from another school or child newly diagnosed with an allergy
When	January - March	March - April (Mandatory when your child moves up to a junior high school from elementary school, otherwise optional)	As necessary
Details	The school will ask questions according to the Tsukuba City's meeting checklist on food allergies, and you will discuss how the school should accommodate your child's allergy needs based on their medical record and School Life Guidance and Management Form (for food allergen).		
Participants	School administrative personnel, homeroom teacher, food allergy expert (including a school nurse, director of school lunch and school health management officer), nutritionist at school lunch center, staff member from the Health Education Division, and/or other relevant employee		

School lunches will be provided based on your child's food allergy needs.  
Note: If you would like to modify the details of your existing request, please submit the Change/Continuation Request Form regarding Dietary Requirements for School Lunch (*Gakko Kyushokuno Taio Henko/Taio Keizoku Iraisho* 学校給食の対応変更・対応継続依頼書), so the school can arrange a meeting with you.

You will receive a letter (titled *Gakko Kyushoku Taio Kettei Tsuchisho* 学校給食対応決定通知書) from the Education Bureau stating that your child's food allergy needs will be accommodated.

School Life Guidance and Management Form (for food allergen)/*Gakko Seikatsu Kanri Shidohyo* (学校生活管理指導表(アレルギー疾患用))

- In principle, you are required to submit the form once a year.
- If you would like the school to continue accommodating your child's food allergy needs, please ensure that your child's healthcare provider updates the form. The school will request this update once a year, typically between the end of December and mid-January.