

## What to include on a 504 plan

From [anorexiafamily.com](http://anorexiafamily.com)

[child's name] has been diagnosed with an eating disorder which requires ongoing treatment, medical monitoring and the following accommodations:

1. [child's name] must be permitted to carry food with her throughout the school day. She is on a medically prescribed nutrition plan that requires both a morning and afternoon snack in addition to lunch. Her snack food must NOT be limited to “healthy” fruits and vegetables and may include cheese, yogurt, nuts, granola, dark chocolate or any other foods containing the fat / cholesterol needed to support brain growth and development.
2. [child's name] must be excused from height, weight and BMI screening done at school.
3. [child's name] may be excused from the requirements of PE as needed / directed by her treatment team.
4. Depending on her ability to complete her prescribed nutrition plan at school, [child's name]’s treatment team may require that she eat her morning snack and lunch (to completion) under adult supervision, which may include a school nurse, teacher, school staff, or a parent in whatever arrangement best supports [child's name].
5. [child's name]’s nutrition needs may at times necessitate a late start to her school day since she must complete breakfast at home before school.
6. [child's name]’s treatment needs may at times necessitate release time away from school in order to provide ongoing access to treatment specialists.
7. [child's name] may require homebound instruction on an intermittent basis if her nutritional requirements and health cannot be safely maintained during regular school attendance.
8. [child's name] must be excused from any class curriculum that addresses nutrition, body size, and weight topics, including documentary films (Supersize Me, Fed Up) and / or other health, science, consumer science, mathematics, or any other curricula that involves cooking, calorie counting, logging meals, et cetera. Likewise, [child's name] may be excused from any class curriculum that addresses body image, body size, self-image, characterizations of “unhealthy” relationships between emotions and food, et cetera.
9. [child's name] must be excused from any class curriculum, guidance, or educational materials which make a simplistic distinction between “good” and “bad” foods in a misguided effort to help all children make “good choices” without regard to, or knowledge of, any particular child’s individual needs.
10. As needed, [child's name] must be temporarily excused from any social activity, function, or exercise that results in an overwhelming feeling of anxiety, and she must be provided a quiet place to de-escalate in response to any such situation.