

## Back to School

Returning to school when you have diabetes can be scary for the parents and the child. Here's a simple reference for you to determine what you need to do to prepare:

- Most importantly, set up a meeting with school personnel who will be involved in your child's daily routine at school. This may involve:
  - School nurse
  - School principal
  - Secretary
  - Teacher(s)
  - Bus driver
  - Coach for sports
  - Lunchroom employees
  - Playground supervisors
- You need to establish responsibilities so that there is always open communication.

Student	Parents	School Personnel
<ul style="list-style-type: none"> <li>— Be involved in your school plan</li> <li>— Communicate any symptoms or problems to school personnel &amp; parent/guardian</li> </ul>	<ul style="list-style-type: none"> <li>— Provide a diabetes plan to school each year</li> <li>— Review basic diabetes treatment guidelines with trained school personnel</li> <li>— Provide permission for school nurse to delegate diabetes care to other trained personnel</li> <li>— Investigate school menus &amp; request carbohydrate content information</li> <li>— Update school personnel whenever plan changes</li> <li>— Provide diabetes supplies &amp; equipment and be able to provide instruction to school</li> <li>— Provide emergency contact information</li> <li>— Discuss a communication plan with school on obtaining blood sugar readings &amp; insulin dose records</li> </ul>	<ul style="list-style-type: none"> <li>— Request a current diabetes plan each school year</li> <li>— Keep treatment guidelines readily accessible</li> <li>— Delegate diabetes care to other trained staff as “back-up” support</li> <li>— Assist with detection &amp; treatment of low blood sugar</li> <li>— Provide information regarding meals/carb content</li> <li>— Request parents maintain an updated diabetes plan of care</li> <li>— Discuss any questions regarding the plan with parents &amp;/or Diabetes team</li> <li>— Notify parent/student of anticipated activity &amp;/or schedule changes</li> <li>— Be familiar with emergency diabetes guidelines</li> <li>— Provide ready access to restroom facilities &amp; drinking water</li> </ul>

3. Provide supplies: It is also a good idea to have a consolidated diabetes kit for any other school personnel who may occasionally care for your child, such as PE teachers, coaches, bus drivers, or teachers.
 

— Insulin, syringes or pen needles	— Glucagon kit
— Blood sugar meter, strips, & lancets	— Food for snacks
— Ketone strips, alcohol wipes	— Batteries
— Food to treat low blood sugar (juice, tabs)	— Extra pump supplies (if applicable)
  
4. Meal planning: The primary issue is to decide who will be responsible for the food items placed on your child's meal tray. Most importantly you should:
  - Determine the meals given at school by obtaining a school menu
  - Obtain information on the carbohydrate content of foods for the portion sizes served
  - Ask if special food products such as sugar-free: Jell-O, syrup, or jelly are available on request
  - Provide examples of food-substitutes that are allowed if your child is unable to finish their meal for the insulin dose already taken
  - Designate a responsible adult your child can go to if all of their food was not eaten, even if the meal comes from home
  - Remind school personnel that no meal or snack should be omitted or delayed
  
5. Precautions: Basic preparations and precautions can be taken to prevent unnecessary complications:
  - A method for recording and reporting blood sugar results needs to be discussed
  - Express importance to your child and all school staff of the importance of early detection and treatment of low blood sugars. Time is critical when the blood sugar is low.
  - Liquid or easy to consume carbs should be readily available to student at all times
  - The student should be escorted to health office if symptoms of low blood sugar occur. They should never be left alone.
  
6. Plan changes: Examples of situations that may cause a change in your child's careplan include: field trips, PE days, or class parties. Establish open communication with the school so these situations can be prepared for.
  
7. Absences for diabetes related illnesses: a note excusing your child from school may only be provided if office is aware of illness at that time.