

# Diabetes in School: Ensuring Your Child Has a Successful Year

The best way to ensure that your diabetic child has a safe and successful school year is to communicate with teachers and administrators.

Prior to the new school year arrange for a meeting to include your child, the classroom teacher(s), P.E. teacher, school nurse or health aid, principal or assistant, etc. The meeting will give your child an opportunity to meet with those who will be assisting him/her during the school year.

Topics for discussion should include your child's health plan: the importance of blood glucose testing schedules, information about high and low blood sugars, and how testing, snacks and insulin administration (if used) will be handled. Identify in writing the role the teacher or caregiver will have in this process.

## Things to Consider...

- Younger children may need to rely more on school staff for assistance.
- Your child may need to be reminded to test or to eat a snack.
- During P.E. class, recess, or other activities outside of the school building, an emergency supply kit should always be available. Supply kits should include: blood glucose meter, lancing device and extra lancets, test strips, juice(s), glucose tablets, and snacks such as raisins or peanut butter crackers.
- Plan ahead for classroom parties. Parents may wish to supply students with alternative snacks from those that may be provided in the classroom.
- Some teachers give candy rewards for good behavior. Plan ahead to have the teacher offer your child an alternative reward.
- Make teachers aware that differing activity levels can affect blood sugar levels. On days with no P.E. class or recess, more insulin may need to be administered.
- Make teachers aware that if blood sugars are high or ketones are present then the child should NOT exercise. (Ketones are a by-product made when the body burns stored fat for energy. Ketones occur in the urine when glucose levels are too high.)
- Prepare an emergency contact list for the school.

Children with diabetes should have a written plan for their specific needs. Allowances may need to be made for:

- Eating whenever and wherever necessary.
- Unlimited bathroom and drinking privileges.
- Absences due to sickness more frequently than the traditional limit.

Check with your school administration to find out which medical release forms they require. The medical information should be updated every year. Remember to provide an update if your child's treatment changes during the school year.



For more information please see the following websites:  
[http://www.childrenwithdiabetes.com/d\\_0q\\_000.htm](http://www.childrenwithdiabetes.com/d_0q_000.htm)  
[http://www.jdrf.org/index.cfm?page\\_id=103439](http://www.jdrf.org/index.cfm?page_id=103439)