

Diabetes at School

School can be difficult for any child but adding diabetes to the picture can make it even harder. Managing diabetes at school can be challenging but with collaboration between the school, child, parents/guardians, and healthcare team, it can be less challenging. Success begins with education – in terms of both knowledge and skills. Below are some recommended tips for managing diabetes in the school:



Education of the child, parents/guardians, schools staff and students about diabetes can help make the child with diabetes feel less different and confident at school.

It is important to remember that the child has the right to check his or her blood sugar and treat a low blood sugar in the classroom, if it occurs.

Children with diabetes should be able to participate in all activities at the school, including but not limited to: recess, physical education, parties, and field trips.

There are laws protecting the rights of children with diabetes – Section 504 plan, Americans with Disabilities Act (ADA) and the Individuals with Disabilities Education Act (IDEA).



Awareness of a child's individual needs and helping that child integrate the daily responsibilities of his or her diabetes with normal, everyday activities is vital for success and emotional well-being.

There are many self-care activities a child with diabetes has to undertake, education is key to help ensure that the child is safe at school. The healthcare team is also an excellent resource for the parents and school if there are any questions or concerns.

The child should have a '504 plan' or Diabetes Medical Management Plan (DMMP) that outlines the diabetes care the child requires at school.

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It is important that the child feels that they can tell their teachers and peers about what is happening to them or how they feel. If the child senses a fear amongst their teachers and peers, they may not open up, leading to a potentially serious situation. It is important to provide the school with all the necessary information, equipment and emergency contact numbers to address any situation that may arise.

As early as possible in the child's life, he or she should be encouraged to undertake as many of the self-care activities from blood sugar testing, injecting insulin, food choices and treating high or low blood sugar levels.

The
School's
Fear
Becomes
the Child's
Fear

The school has a responsibility to be able to address the needs of a child with diabetes, including but limited to:

- Knowledge of the symptoms and treatment of low and high blood glucose
- Perform a finger stick blood glucose
- Take the appropriate action outlined in the DMMP
- Administer insulin and glucagon if required
- Provide information on foods served at the school
- Allow the child to follow to their eating plan
- Provide the child with permission to:
 - Attend required medical visits
 - Snack
 - Monitor
 - Take a bathroom break
 - Visit the school nurse

**PERMISSION
GRANTED**

Key points

- Successful management requires teamwork – child, parents/guardians, healthcare team and the school
- Develop a Diabetes Medical Management Plan
- Learn all you can about diabetes – don't be scared of it!
- Promote self-care abilities in the child with diabetes
- Allow the child to:
 - Follow their meal plan and allow flexibility in choices
 - Monitor their glucose levels
 - Supervise/Administer required insulin
 - Treat a low glucose
 - Get involved in all school activities
- Ensure the school has all the required information, equipment and emergency contact numbers to address any expected situation that may arise (Section 504 Plan)

