

## **Information to Help TEACH My Child for Teachers**

Diabetes can have a significant impact on my child's academic performance. In fact, when my child is experiencing blood glucose levels outside a specified range, this can greatly impact his learning. In addition, self-care of diabetes and managing blood glucose values can affect classroom performance as highlighted below:

### **Too High?**

My child may need to use the restroom and have access to fluids such as water as necessary. If blood glucose is too high, this will affect his ability to concentrate and focus on the lesson. If you consistently observe these behaviors, have his blood sugar checked and inform the school nurse or me so we can make adjustments to his medication and meal planning routine.

### **Too Low?**

To avoid a low blood sugar reaction, my child may need to eat a snack in the classroom. Following an episode of low blood sugar, it can take several hours for my child to fully recover. Hence, he should not be expected to perform at optimal levels. He may need the lesson repeated at a future time. I would gladly help review this information as well if you would slip a note home to me about the material to review.

### **Test taking?**

My child may test his blood glucose prior to an exam to ensure his best performance. My child may need to leave the classroom during an exam due to high or low blood glucose management.

### **Absences?**

Occasionally my child will need to miss school for a doctor's appointment. I will send a note according to school policy and anticipate permission to miss school without consequences. My child may need instructions for making up the class time and may need additional help in completing the class work.