

Before You Begin a New School Year – First School Meeting

Contact your school to schedule a meeting with the school nurse, teacher (s) and school staff preferably a week before school begins.

Who will attend: parents of student with diabetes, student, school nurse, new teacher(s), school health aid, any others who want to be included such as principal or assistant, specials teachers, P.E. teacher, etc.

Purpose of meeting: To personally meet your child's school nurse, new teacher(s), and school staff, and to introduce them to your child, and find out if they have experience with diabetes. Notify the school nurse of any school-sponsored, before and after school activities and programs You may need to explain diabetes (handout), discuss any current health plan (handout) (or developing one), explain to teacher(s) the importance of blood glucose testing schedules, high and low blood sugars, how testing, snacks and insulin administration will be handled, how independent your child is and what the teacher(s) role will be in assisting your child.

What to bring:

Healthcare Provider's orders

Letter for classroom and specials teachers (art, music, P.E.) as appropriate

Emergency Supply Ziploc baggies with enclosed Instruction Card, juice(s), and cake gel for specials teachers.

Diabetes kits for Health Room and Classroom, which would include blood glucose meter, lancing device and extra lancet's, test strips, extra batteries, juice(s), glucose tablets, cake gel, snack(s), ketone test strips.

Some issues to consider and discuss:

1. Collaborate with your school nurse regarding communications to classroom parents regarding shared snacks in the classroom
2. You will find that the younger your child is, the more you will need to rely on school staff and aids for assistance.
3. Your child may need to be reminded to test. You may need to supply the teacher with a timer to keep on her desk.
4. Your child may need to be reminded of scheduled snacks. Again a timer comes in handy. The teacher may need to follow up that the student finishes his snack, or low blood sugar may result.
5. If the student feels low and is away from his testing equipment, he must be accompanied by an adult or classmate (depending on how low he feels).
6. P.E. & recess: hopefully the monitors will have access to walkie-talkies if case of emergencies—find out! If not, the teachers may want to take the Emergency Supply Kit when they leave the building with your child.
7. Teachers or the Health Aid will need to take a kit with them for fire drills or other activities that take them out of the building.
8. Classroom parties: Parents need a heads up to plan for extra snacks or how they will be handled. Carb counts would be ideal but not always possible. Parents may want to supply the student with diet soda or another beverage to drink in place of any sugar drinks supplied at party.
9. Some teachers like to give candy rewards for good behavior. Plan how you will handle this if your child's teacher is one of these.
10. Teachers need to know how a change in activity levels (extra recess, extra

strenuous P.E. or absence of recess due to punishment or bad weather, school assemblies instead of recess of PE) can affect blood sugar levels. Teachers must keep parents advised of changes. You may want to administer additional insulin on low or no-activity days.

Make sure your child also knows what's expected of them (depending on their age, independence and abilities), and what their teacher and health assistant will help them with.

11. Teachers need to know that high or low blood sugar can effect the student's disposition and ability to think clearly. This also comes into play when taking tests.
12. You'll also want to make sure that they know your child should NOT exercise when blood sugar is high and/or ketones are present
13. Find out ahead of time your child's lunch and specials schedule so you can plan testing, snacks and insulin administration accordingly. Remember that PE days will mean different procedures.
14. Cafeteria assistants will need to know about your child's condition, and you may enlist their help in making sure your child eats and/or finishes their lunch.
15. You'll need to have a plan for how field trips are handled.
16. Field Day and other similar events will need special planning.