



Back to School

Tips for School Planning

- 1. Have a meeting with school personnel to discuss diabetes planning for your child.**
 - Principle
 - Teacher
 - Aides that will be working with your child
 - School Nurse (if there is one)
 - Lunchroom personnel (if appropriate)
 - Bus driver (if appropriate)
- 2. Write up a plan of how you want your child's diabetes managed at school.**
 - Best if parent fills out the plan first. You know your child and their needs best.
 - Make your plan the as specific as you can. Think about when you want the BG tested, who will assist the child with viewing/watching their CGM (if appropriate), what to do for a specific situation, who/when will insulin be given, who keeps records, etc. Don't forget to consider PE, Recess, lunchtime, class parties, field trips, etc.
 - What can the child do for themselves? What needs supervision? What needs to be done for the child by an adult (if any)?
 - Physician/Educators can review your plan and make suggestions.



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- School needs to identify who will do what tasks and provide at least one main person and one backup person.
- What will happen if there is a substitute teacher?
- When would you like to be called?

3. Does the school need training?

- We can provide if needed, small cost to the school district.
- Remember, a nurse is not needed to do these tasks. It is a good idea and your right to request that those doing diabetes tasks receive some training.
- Parents/guardians can provide the training on child-specific diabetes tasks if the school administrators, those doing the tasks, and the parents/guardians find this mutually acceptable.
- You want to trust they are doing it correctly, so decide how you will evaluate this.

4. Make a school kit. Things to consider including:

- Copy of phone numbers for parents and other caregivers
- BG meter, test strips, extra batteries, lancets
- Insulin
- Pen needles, syringes, and/or pump supplies
- Food/Drink for snacks, low BG
- Sharps container if needed
- Glucagon Emergency Kit

5. Other Tips

- Plan a method of follow-up with the teacher, nurse, or staff to make sure things are going well.
- It is a good idea to have the school keep a record of blood sugars, carbs, insulin.
- The school plan can be changed if needed. We support the right of the parents or guardians to make changes to the plan as needed and recommend that the plan state this.
- Check the school kit regularly to make sure it has what is needed.
- Be patient. Teachers and other school staff are often resistant because they are scared or worried they might do something wrong.

