

Managing Diabetes at School

Sending your child to school when they have Type 1 Diabetes can be very stressful. When a student is first diagnosed with type 1 diabetes, or at the start of a new school year, there will be a period of training and education so that everyone understands their role and what to do.

In many cases, parents will provide this training, but your diabetes care team is available to assist:

- **All school staff** should get an overview of type 1 diabetes, including how to recognize and respond to symptoms of low blood sugar, and what to do in an emergency.
- **Classroom teachers and all school staff** who are responsible for students with diabetes should get extra training in topics such as understanding blood sugar readings, and how insulin, food and physical activity interact and influence blood sugars.
- **Staff helping with diabetes tasks** will be trained in those specific skills.

Diabetes at school is a resource for families, schools and caregivers to help school-aged children with type 1 diabetes. This website <https://www.diabetesatschool.ca/tools/video-series> includes a series of videos on a variety of topics pertaining to diabetes management, including:

- The basics
- High blood sugar at school
- Low blood sugar at school
- How to prevent emergencies
- Severe low blood sugar at school
- Understanding blood sugar
- Insulin: what school staff need to know
- Type 1 Diabetes and physical activity: What school staff need to know
- Type 1 Diabetes and food: What school staff need to know

Individual Care Plan

Each student with diabetes must have a completed care plan at school. Typically, parents complete the plan, with help from a member of their child's diabetes care team if needed.

The Canadian Paediatric Society, Canadian Pediatric Endocrine Group, and Diabetes Canada all recommend that each student with diabetes have a completed care plan at school. The ICP should clearly outline roles and responsibilities of school personnel, parents and the child with diabetes.

Before the start of each school year (or right after a student is diagnosed), parents should review the plan with the principal (or designate), the child's teachers, and the school staff who have been designated to provide care or support throughout the school year.

The ICP should include information about:

- When and how often to check blood sugar
- Treating low blood sugar (hypoglycemia)
- Treating high blood sugar (hyperglycemia)
- Administering insulin (if needed at school)
- What to do at meal and snack times
- What to do before, during or after physical activity
- Other aspects of a student's diabetes care at school

For more information about Ontario's policy and guidelines on diabetes management in school please visit the Ontario Ministry of Education website for their position on medical conditions at:

<http://www.edu.gov.on.ca/eng/healthyschools/medicalconditions.html>