

# Healthy Coping - Planning for Diabetes at School

A smooth transition back to school with diabetes is everyone's goal. Here are some suggestions that will help parents/guardians smoothly transition their child back to school:

- 1. Plan Ahead!** Arrange a meeting with school staff to discuss the plan at least 2 weeks before school starts. The school principal can help you know who to meet with: bus driver, coach, recess/lunch monitor, and teacher.  
  
The point person for your child's diabetes care does not need to be a nurse. Many families receive support from someone who works in the school office, from the teacher or the teacher's aide. It is important to have 2 - 3 key people at the school that can care for your child's diabetes needs.
- 2. Complete and Sign a School Medical Management Plan** for the school to have on file. You can get a blank school plan in our office or on our website at [helendevoschildrens.org/endo](http://helendevoschildrens.org/endo).
- 3. Allow 5 Business Days For Our Office to Review and Sign the Medical Management Plan** after we receive it from you.
- 4. Inform the School About Your Child's Meal Plan and Carbohydrate Counting.** If your child eats at school, the food service department may be able to provide carbohydrate counts on some foods they serve. If you pack your child's lunch, you may also want to consider writing down the carbohydrate grams for each food item on the brown paper lunch bag or on a slip of paper placed into the lunch bag.
- 5. Parent/Guardian Must Update the School On Any Changes in the Child's Diabetes Management Plan (Insulin Doses) Throughout the School Year.** This is specified on the Helen DeVos Children's Hospital Pediatric Endocrinology Diabetes School Care Plan. Many schools require the changes to be in writing.

## 6. Parent/Guardian Must Continually Provide Needed Diabetes Supplies to the School.

### Diabetes Supply Check List:

- Blood glucose test meter
- Blood glucose test strips
- Lancet device and lancets
- Fast-acting source of carbohydrate (juice)
- Snacks containing carbohydrate
- Urine ketone test strips
- Glucagon Emergency Kit
- Insulin supply (pens, vials, or cartridges)
- Insulin pen needles or syringes
- Insulin pump supplies
- School Diabetes Care Plan and School Diabetes Decision Tree

### Resources

- DeVos Pediatric Endocrinology website: [helendevoschildrens.org](http://helendevoschildrens.org)
- Chapter 23 in the Pink Panther book, "A First Book for Understanding Diabetes"
- American Diabetes Association, [diabetes.org](http://diabetes.org)
- "Helping the Student with Diabetes succeed: a Guide for School Personnel", [yourdiabetesinfo.org/schoolguide](http://yourdiabetesinfo.org/schoolguide) or 888.693.NDEP (888.693.6337)
- Juvenile Diabetes Research Information (JDRF) [www.jdrf.org](http://www.jdrf.org)
- Children with Diabetes, [childrenwithdiabetes.org](http://childrenwithdiabetes.org)