

INSTRUCTIONS FOR RETURNING TO SCHOOL

It can be stressful returning to school regardless of whether your child has been living with diabetes for years or was just diagnosed yesterday. Here are some suggestions to prepare for a successful return to school:

1. Call the school as soon as possible to schedule a meeting with the school.

If possible, include all of the following people:

- a. School Nurse (if you do not have a school nurse, ask the school who will be helping with care)
- b. Nurse's Aide/ Administrative Support Staff
- c. Your child's teacher(s)

2. Review the school orders with school nurse/staff.

- a. Mark your child dependent/independent, sign, and date on all pages
- b. Questions to ask:
 - Who will help my child with blood glucose monitoring?
 - Who will assist and/or give my child insulin at school if needed?
 - Who will call me when my child's diabetes supplies need to be replaced?
 - Who will remind my child to eat his/her snack (if applicable)?
- c. Arrangements to make
 - The location of supplies and a designated area for testing blood glucose and taking insulin
 - A plan for school personnel to report logbook information to parents
 - Area(s) to store items used to treat low blood sugar

3. Discuss if a 504 Plan or IEP is needed to protect your child's rights as a person with diabetes.

- a. [What is a 504 Plan?](#)
- b. [Example 504 Plan](#)
- c. [What is an IEP?](#)

4. Diabetes supplies/equipment to bring and keep at school

- Blood sugar meter (glucometer)
- Test strips
- Finger poker (lancing device) and lancets
- Fast-acting insulin vial/pen
- Pen needles/syringes
- Extra pump supplies (infusion sets / pods, cartridges / reservoirs / syringes to fill)
- Ketone test strips
- Glucagon emergency kit
- Low blood sugar treatments in 15 gram carb amounts (juice box, fruit snacks, etc.)
- Additional snacks 15g carb with protein / fat (crackers with cheese, granola bar, etc.)
- Carbohydrate-free snacks (protein) if still hungry! (jerky, cheese, nuts – if school is not nut-free)
- Emergency contact list including phone numbers of caregivers