

BACK TO SCHOOL CHECK LIST

Educating the school personnel about your child's individual needs is a very important parental role. Obtain your child's schedule for each week ASAP including transportation schedules and daycare/latchkey programs. Create or update the diabetes medical management care plan with the school nurse and the designated "school health team".

Make sure you have addressed all of these items, *before* school starts:

- Signed release form so that all medical personnel can freely discuss your child's medical care
- A picture of your child
- Record keeping sheets and how testing will be communicated to the parents
- Physician signed prescription medication form and/or permission form for insulin and glucagon administration. Keep on file at school
- Supplies –lancets, meter, strips, alcohol, ketone strips, pump supplies, insulin syringes and other related supplies
- Glucagon kit(s) with premeasured dose and list of trained personnel to administer it
- Reiterate the importance of the timing of meals and snacks
- Develop a plan for extra food on gym days, sports events/practices and field trips
- Hypoglycemia – *YOUR* child's particular symptoms, treatment, consequences of delaying treatment and when lows are most likely to occur. Create a "Quick Reference Emergency Plan" for handling lows.
- Hyperglycemia – symptoms, when you need to be notified, how it can affect your child's health and school performance
- Handling illness, especially vomiting
- Provide juice, crackers and glucose tablets or gel
- Determine how classmates will learn about your child's diabetes.
- Find out how this information will be communicated to SUBSTITUTE TEACHERS, bus driver's, coaches, cafeteria staff, physical education teacher, counselor, principal and school nurse