

Dear Parent,

The following steps will assist in making your child's transition to Middle or High School a safe progression for diabetes management. Please review the information below, and in the month prior to the start of school complete the tasks necessary to provide for your child's diabetic health needs at school.

Parents will complete the following:

- At the time of enrollment, inform the principal that your child has diabetes.
- Arrange a meeting the week before school starts with the school principal and a school nurse. Your child should also attend this meeting.
- Complete the Diabetes Medical Management Plan that is enclosed. Provide accurate, current medical and contact information.
- Provide all supplies and equipment necessary to care for your child. This includes blood glucose monitoring equipment, snacks, insulin administration supplies, fast-acting glucose and a glucagon emergency kit if ordered. If ketone testing is to be done, urine ketone testing supplies should be provided. Replenish all supplies as needed throughout the school year.
- It is the parent's responsibility to notify school bus transport staff regarding your child's diabetes if you choose to share this information.
- Inform the appropriate school staff including teachers and coaches when your child will be participating in school-sponsored activities.
- Inform the school of any changes in your child's Diabetes Medical Management Plan.

Students entering Middle or High School will be able to do the following:

- Participate in developing their Diabetes Medical Management Plan.
- Recognize when he/she needs to check his/her blood sugar. Know how to get assistance at school if needed.
- Perform their own blood glucose checks and record results.
- Interpret the results of glucose testing and seek assistance as needed.
- Calculate and administer appropriate insulin dose as needed. (Some students who need insulin during the school day are able to administer it on their own; others will need supervision.)
- Properly dispose of needles and lancets as directed by the school nurse.
- Identify foods that meet the needs outlined in his/her diabetes management plan
- Carry diabetes equipment and snacks at all times. Make sure enough supplies are available at school.

Parents, students, and schools following these simple steps will be more likely to have successful diabetes management and a healthy, safe school year. Thank you!

Sincerely,

(Name, Title, School)

Questions in August? Call Barb Germann, RN, Health Services Coordinator, at 525-3060

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