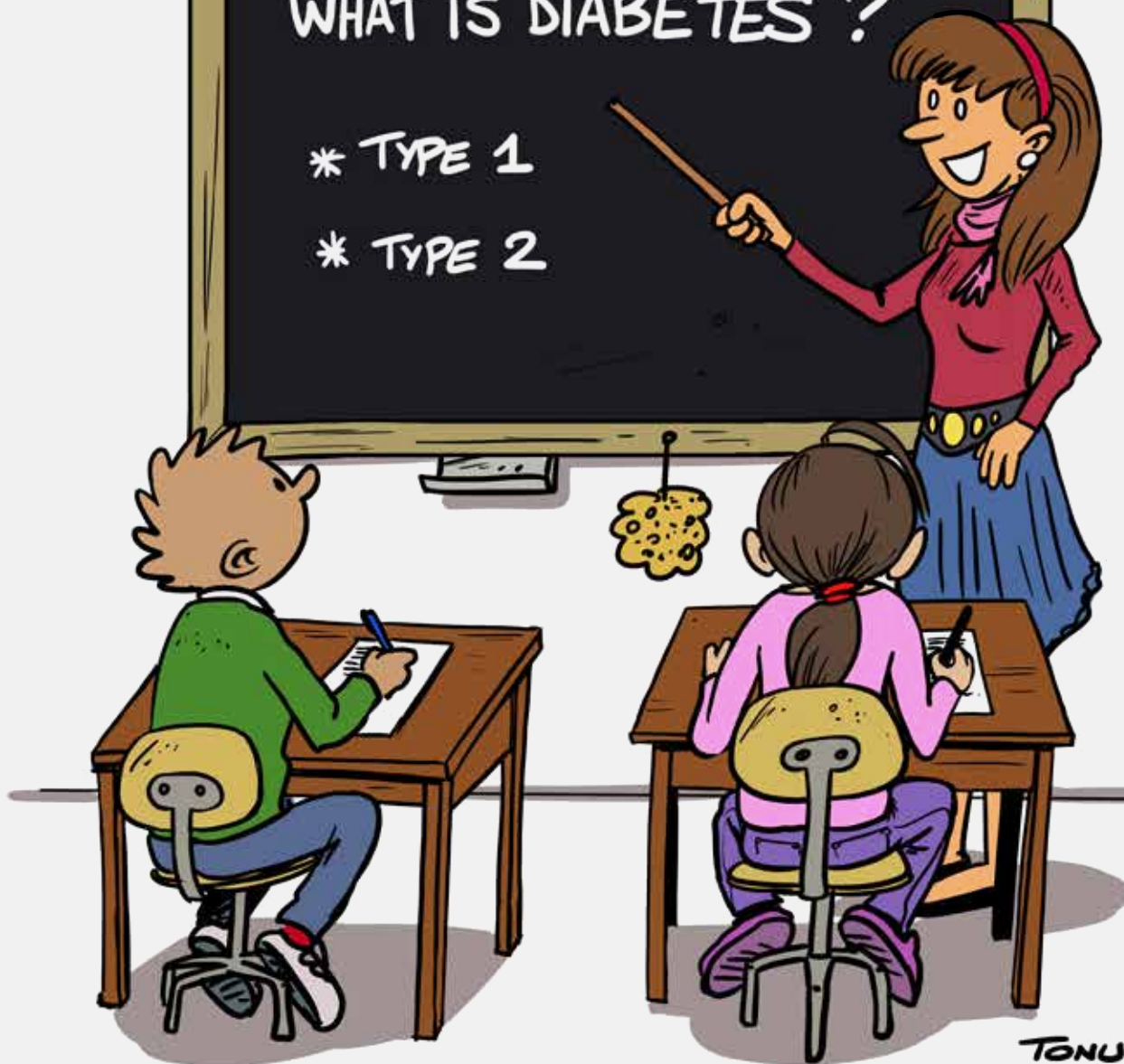


WHAT IS DIABETES ?

\* TYPE 1

\* TYPE 2



TONU

A toolkit to inform on  
diabetes in schools

TEACHERS

KIDS

PARENTS

DIABETES PARENTS

ANNEXES

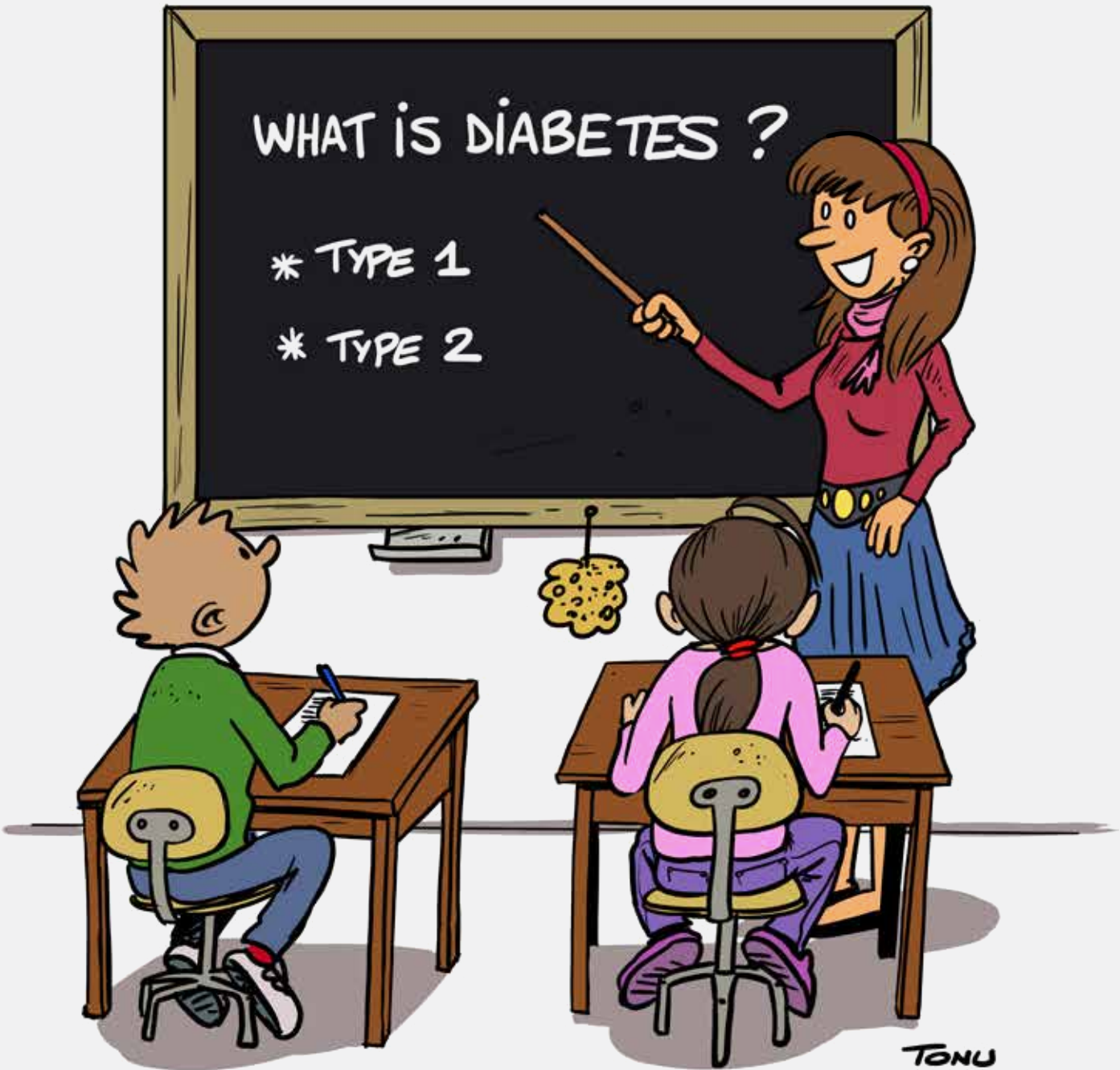
This *diabetes information pack for schools* has been developed for different groups of people.

You will easily find your way using these tabs.





information pack  
for TEACHERS



A toolkit to inform on  
diabetes in schools

## Acknowledgements:

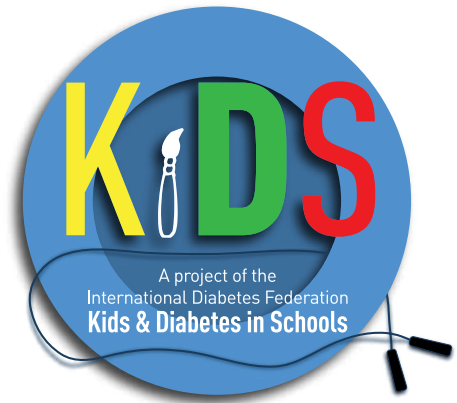
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## Partners :



International  
Diabetes  
Federation



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# TABLE OF CONTENTS

## Introduction

### Type 1 diabetes:

- What is diabetes?  
A day in the life of Tom, living with type 1 diabetes
- What is type 1 diabetes?
- Myths about diabetes
- As a teacher what do I need to know?
- What do I need to know about low blood sugar?  
Causes, symptoms and how to cope with it
- What to do if a child has low blood sugar
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### Type 2 diabetes:

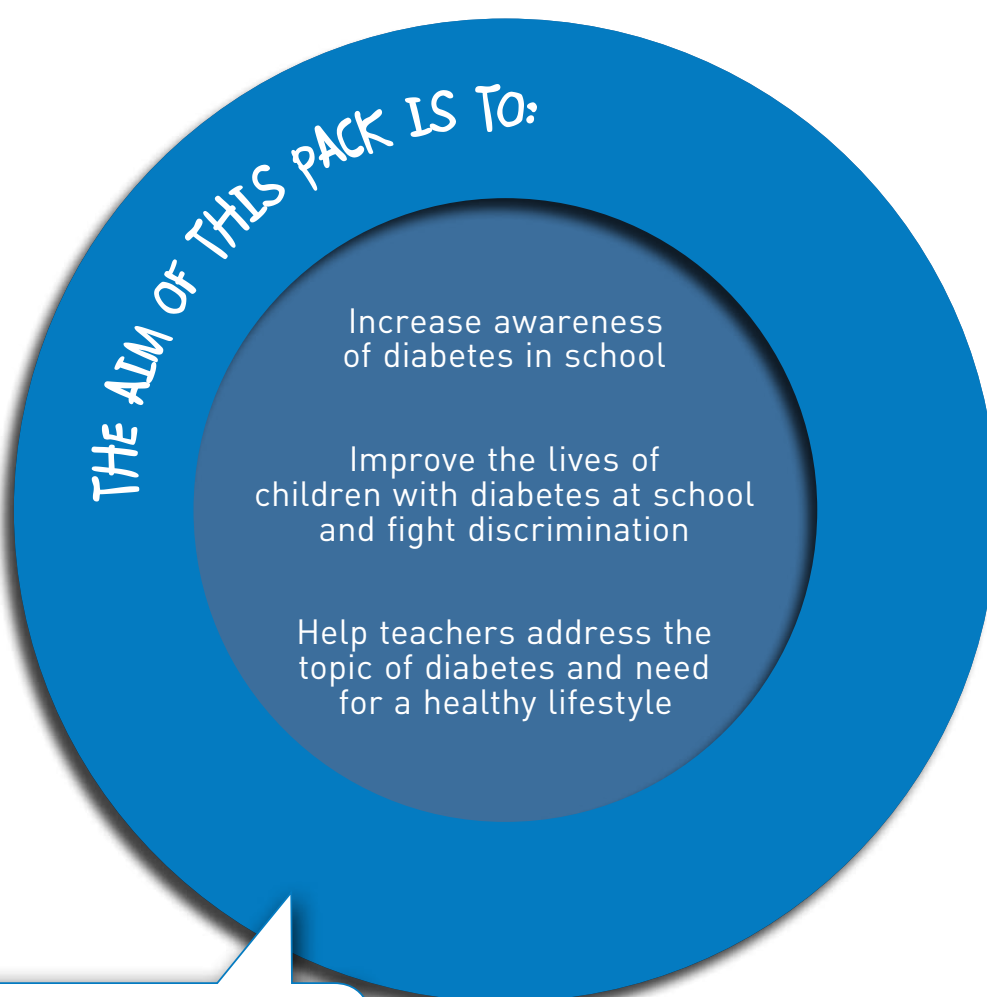
- What is type 2 diabetes?
- As a teacher what do I need to know?
- Why do people need to prevent and take care of diabetes?
- Why is it important to choose a healthy lifestyle?
- How to stay healthy: eat well, move well!
- Stay healthy, follow your heart

### Annexes:

- Diabetes management plan
- Guidelines for management of children with diabetes in school
- School activities with children to explain diabetes
- Resource websites

# INTRODUCTION

The following KiDS information pack will guide you in making the school environment a better place for children with diabetes. The pack is an awareness and information tool created to inform teachers and children about diabetes. This pack should be seen purely as an information resource and *is not intended to replace the advice of the diabetes team.*



## Why a blue circle?

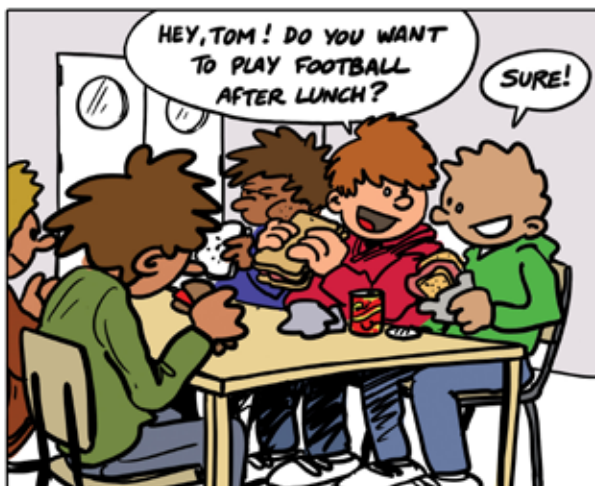
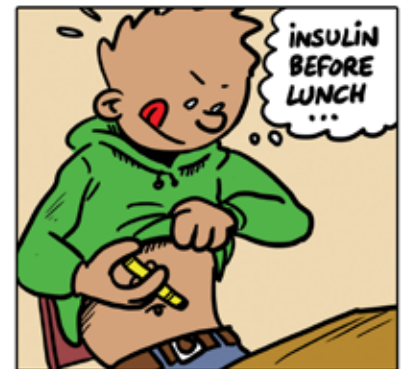
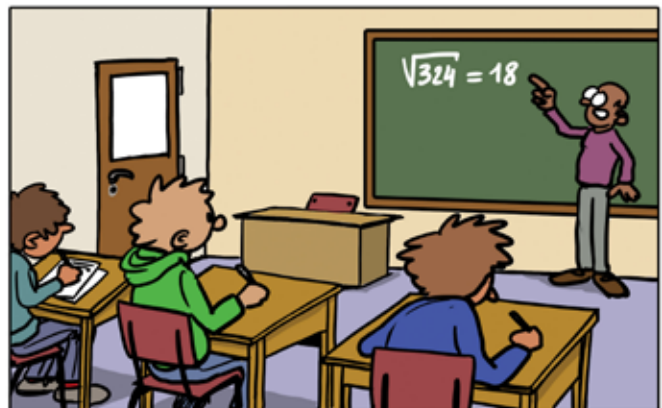
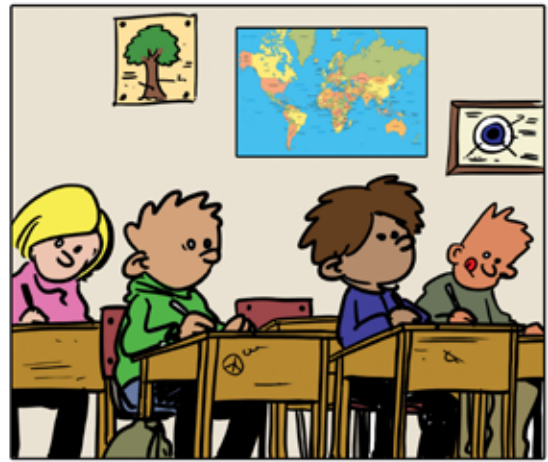
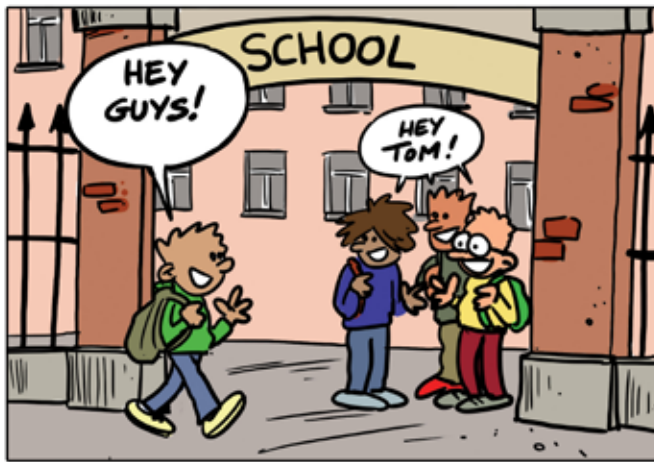
The icon was designed as a call to unite for diabetes and is a symbol of support for the UN Resolution on Diabetes. The colour blue represents the sky and it is the same colour as the flag of the United Nations

# WHAT IS DIABETES?

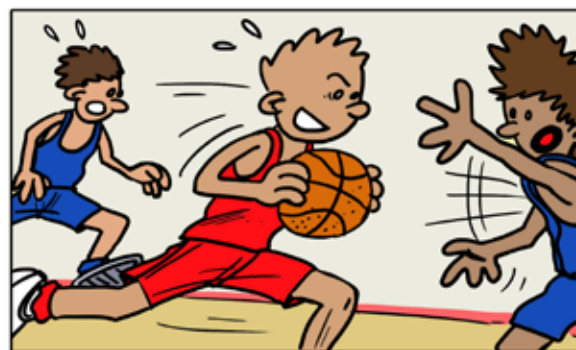
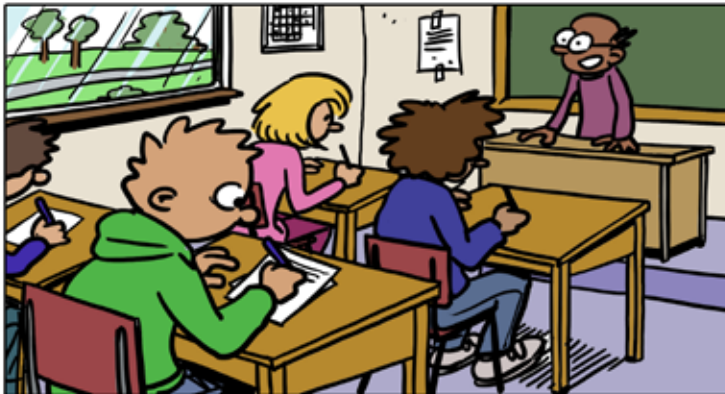
A day in the life of Tom, living with type 1 diabetes

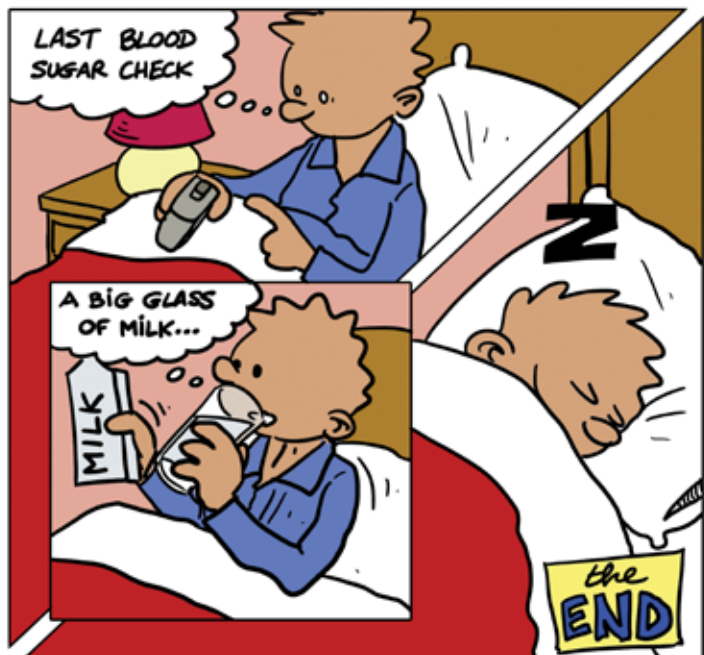
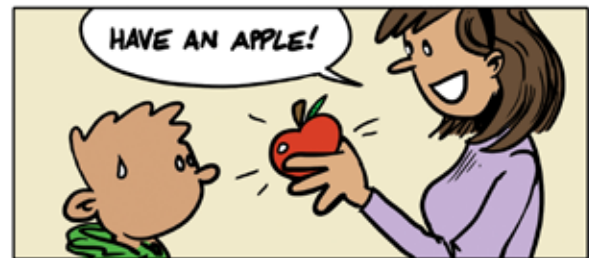
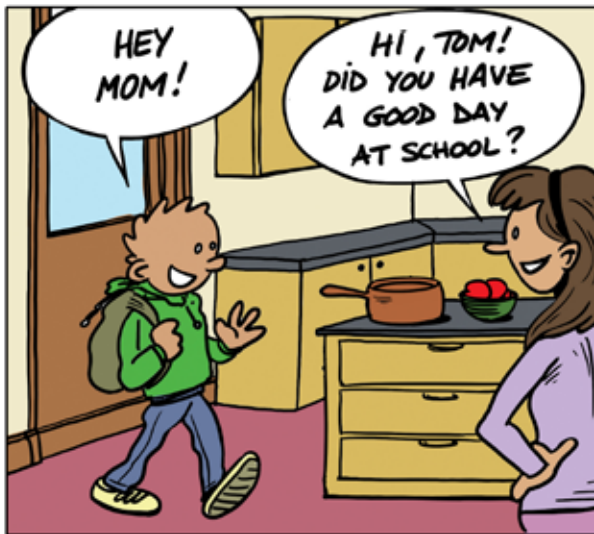












the  
END

# WHAT IS TYPE 1 DIABETES?

Type 1 diabetes is diagnosed when the pancreas stops making insulin completely. It is an autoimmune disease which means the body's own immune system attacks the pancreas destroying the cells that make insulin. This results in the body being unable to control the amount of sugar in the blood.

Diabetes can develop in a child of any age, including infants and toddlers. Type 1 diabetes often develops quickly and may be life-threatening if not diagnosed early.





# MYTHS ABOUT DIABETES?

Quiz true or false

TRUE OR FALSE:

Eating too much sugar  
causes diabetes

**FALSE:** When kids get type 1 diabetes, it's because their bodies can't make insulin anymore. It has nothing to do with eating too much sugar. When kids get type 2 diabetes there might be a connection because eating too much sugar (or foods with sugar, like candy or regular soda) can cause weight gain, and weight gain can lead to type 2 diabetes.

TRUE OR FALSE:

People with diabetes should  
not exercise

**FALSE:** Exercise is important for all children— with or without diabetes. Exercise has many benefits. It keeps kids healthy and fit, and also helps them balance their blood sugar.

TRUE OR FALSE:

You can catch diabetes  
from another person

**FALSE:** Diabetes is not contagious, so you can't catch it from someone who has it.

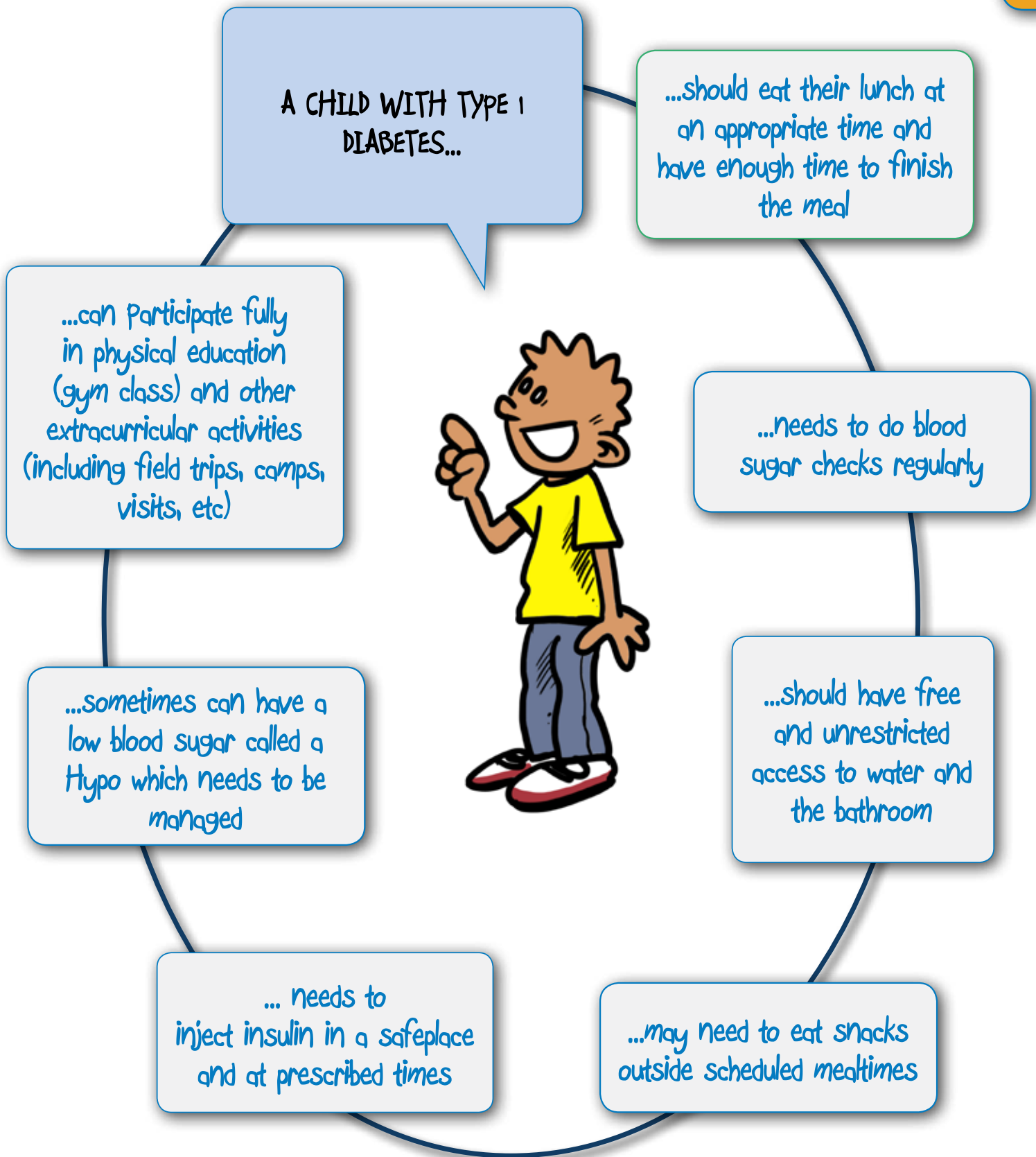
TRUE OR FALSE:

Kids with diabetes can  
never eat sweets

**FALSE:** Kids with diabetes can eat sweets — as part of a balanced, healthy diet. Like everyone else, a person with diabetes shouldn't eat too many sweets because they may cause damage to teeth and they don't have many vitamins and minerals.



# AS A TEACHER WHAT DO I NEED TO KNOW?



# WHAT DO I NEED TO KNOW ABOUT LOW BLOOD SUGAR?

Hypoglycaemia or low blood sugar

## CAUSES

Low blood sugar  
may be caused by:

- Too much insulin on board
- Too little carbohydrate
- Unplanned exercise and activities
- Missed or delayed meals/snacks

## SYMPTOMS



# WHAT TO DO IF A CHILD HAS LOW BLOOD SUGAR

How to cope with hypoglycaemia or low blood sugar

When a hypo does happen it is very important to act quickly:

**Ask the child to check his/her blood sugar if he/she has a (gluco)meter**

**Ensure that the child consumes a fast acting carbohydrate (see next page)**

**Listen to the child, don't ignore their needs or their friends' worries**

## **FOLLOW WITH A SNACK OR MEAL IF DUE**

Be aware of the level of consciousness of the child. If the child is unconscious seek immediate medical attention and contact his/her family.

**Ensure that child is supervised during hypoglycaemia and until recovery.**

Check blood glucose again after 15 minutes.

# WHAT TO DO IF A CHILD HAS LOW BLOOD SUGAR

How to cope with hypoglycaemia or low blood sugar?



GLUCOSE TABLETS  
(4-5)



FRUIT JUICE  
(150-200 ML)



HONEY  
(1 TABLESPOON)



SUGARY DRINK  
(75-100 ML)



JELLY BEANS  
(4-5)



**Get the child to recheck his/her blood sugar in 10 – 15 minutes.  
if still low, repeat the treatment.**

**Send a note to parents to let them know their child had a low  
blood sugar at school.**



# WHAT DO I NEED TO KNOW ABOUT HIGH BLOOD SUGAR?

Hyperglycaemia or high blood sugar

## CAUSES

High blood sugar may be caused by:

- Too little insulin on board.
- Eating too much carbohydrate.
- Stress from an illness.  
(such as a cold or flu)
- Other stress/anxiety.  
(such as family conflicts or exams)

## SYMPTOMS



VERY THIRSTY



NEED TO URINATE OFTEN



IRRITABILITY



STOMACH PAIN

# WHAT TO DO IF A CHILD HAS A HIGH BLOOD SUGAR

How to cope with high blood sugar

## What to do in case of high blood sugar

A CHILD WITH A HIGH BLOOD SUGAR LEVEL SHOULD BE ADVISED TO:

**Drink plenty of water to keep hydrated**

**Check his/her blood sugar and repeat the blood sugar test level in about 2 hours**

**If his/her blood sugar level is very high (15 mmol/l or 270 mg/l) contact the school nurse or child parents so they can seek further advice**

## ATTENTION

**When high blood sugar occurs over a number of days, it is important to report to parents and school nurse.**

# WHAT DO YOU NEED TO KNOW ABOUT EXERCISE AND DIABETES?

The duration and intensity of exercise will have an influence on blood glucose levels. To avoid low blood sugar episodes, a child with diabetes may need to eat an **additional snack before, during and after exercising.**

If a child has symptoms of low blood sugar or will be participating in more than 40-45 minutes of physical activity, **blood glucose levels should be checked before exercising.**

**Exercise is a key component of diabetes management.**

With few special considerations, a child with diabetes can fully participate in all athletic opportunities available in schools.

All of the students with diabetes need to have their **"Hypo Pack"** (see guidelines in annex).



# WHAT ABOUT EXTRA CURRICULAR ACTIVITIES?

I CAN participate in all after-school activities. My teacher should notify my parents as soon as possible and invite them to the planning stage of the activity especially if this involves an overnight.



## I'll bring with me:

- a diabetes pack with a meter, insulin and a sugar source.
- a fast-acting carbohydrate snack or drink in case of hypoglycaemia.
- extra snacks in case lunch is delayed or we get more exercise than usual.
- a bottle of water.

An overnight activity means I need to be able to inject my insulin or this needs to be arranged with my parents.



# WHAT IS TYPE 2 DIABETES?

Type 2 diabetes is being diagnosed in children in a growing number of countries. In the United States, up to 1 in 3 new cases of type 2 diabetes, is diagnosed in youth younger than 18.

Type 2 diabetes is diagnosed when the body does not produce enough insulin to function properly, or the body's cells don't react to insulin. This is known as insulin resistance. If this happens, the body is unable to control the amount of glucose in the blood.

**SYMPTOMS:**

Unlike type 1 diabetes, in people with type 2 diabetes the symptoms are often mild or absent, making this type of diabetes hard to detect.



In general the most common signs are



WEIGHT LOSS



VERY THIRSTY

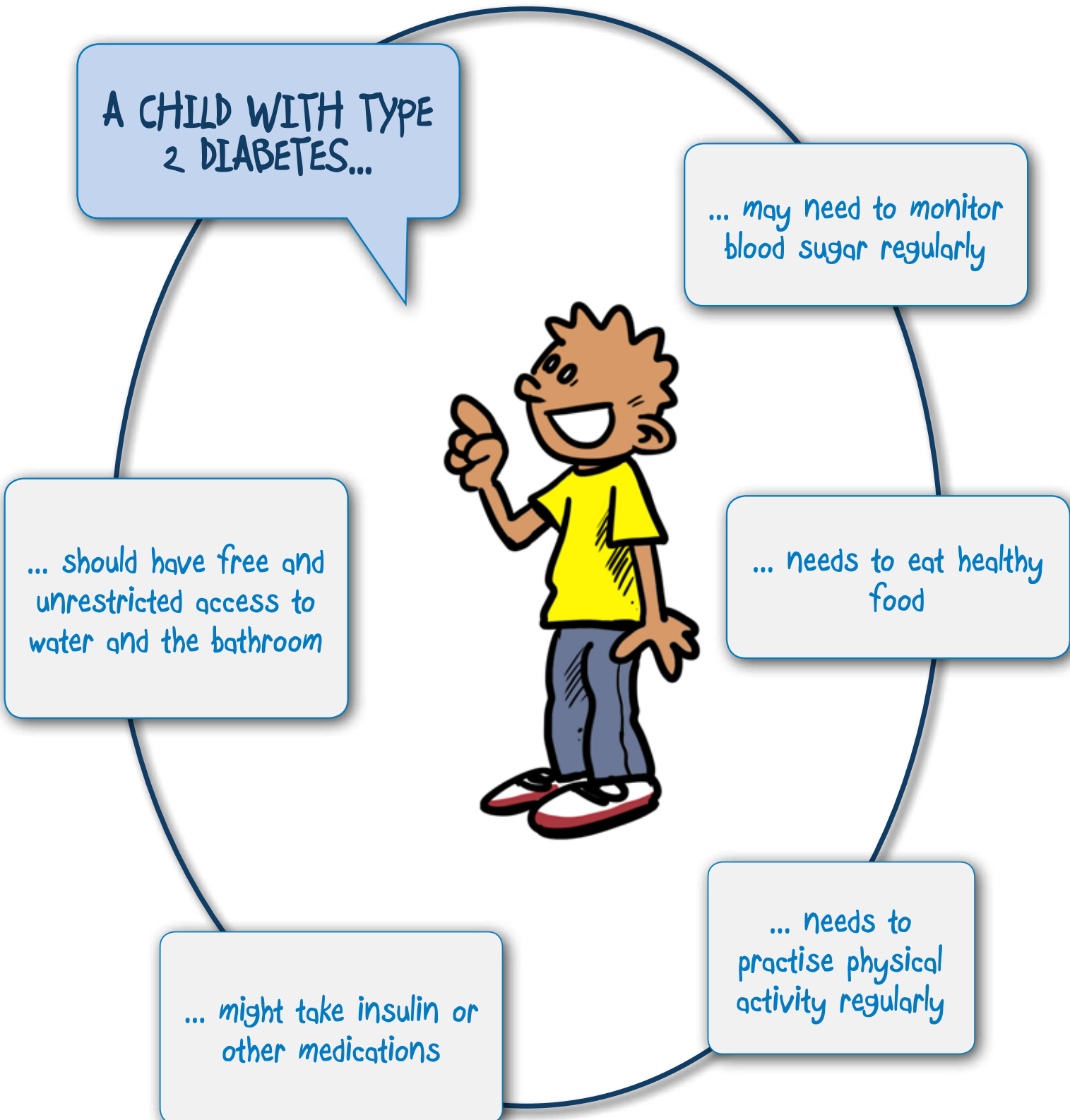


NEED TO URINATE OFTEN



WEAKNESS FATIGUE

# AS A TEACHER WHAT DO I NEED TO KNOW?



# WHY DO PEOPLE NEED TO PREVENT & TAKE CARE OF DIABETES

BECAUSE IT CAN LEAD TO :

I CAN'T SEE...

damage to the retina

foot problems



kidney disease

# WHY IS IT IMPORTANT TO CHOOSE A HEALTHY LIFESTYLE?

TO PREVENT:



OVERWEIGHT



TIREDDNESS



FEELING SICK

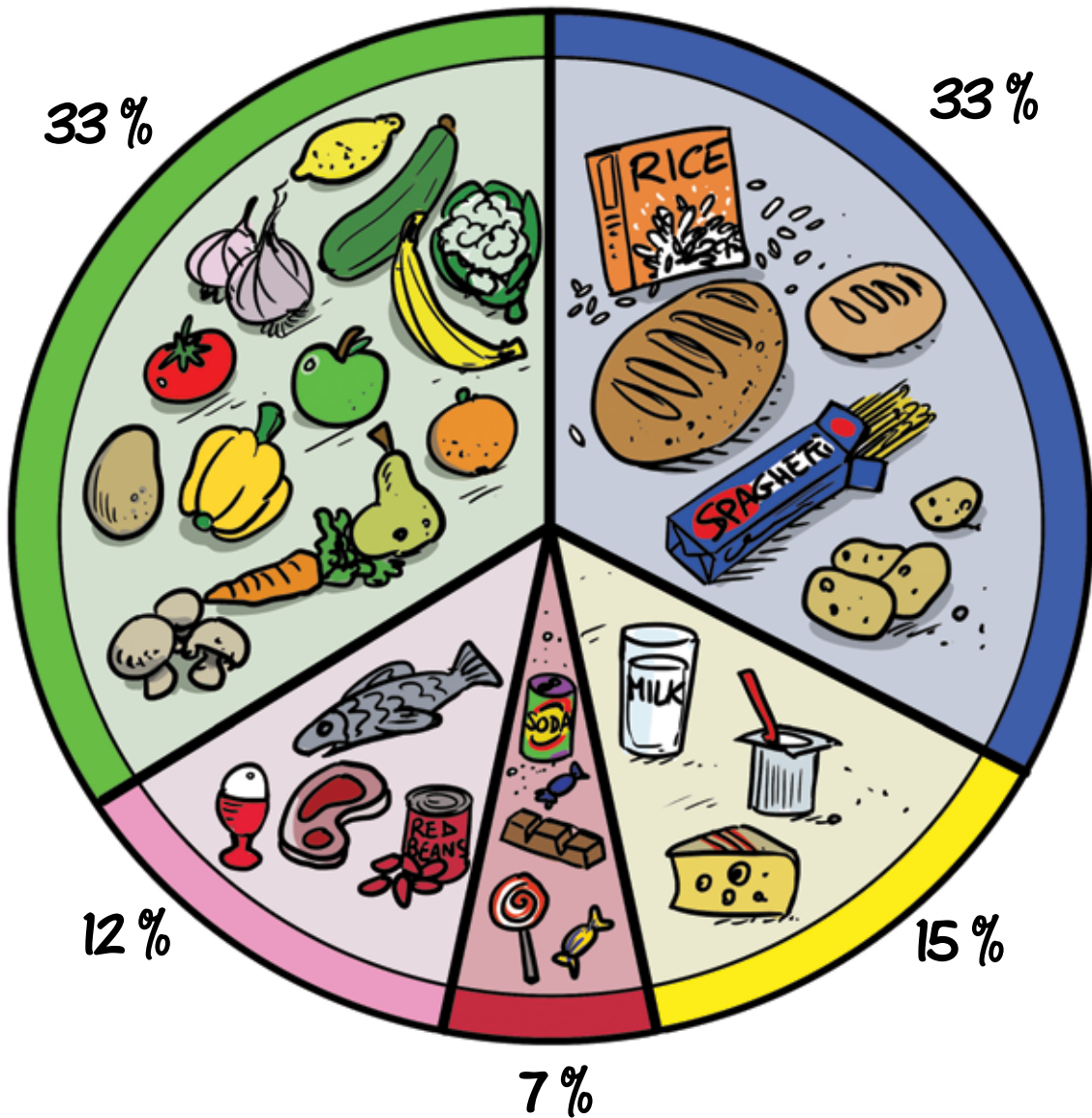


UNHEALTHY HEART

# HOW TO STAY HEALTHY? EAT WELL

There is a lot of evidence that lifestyle changes can help prevent the development of type 2 diabetes.

## THE EATWELL PLATE



Try to remember these proportions in your daily meals.



# HOW TO STAY HEALTHY? MOVE WELL

A healthy diet is built on a base of regular physical activity, which keeps calories in balance and weight in check.

## TIPS TO GET ACTIVE:

- Try sports and choose one you like
  - Set regular times for activities; make it a part of your daily schedule
- Reduce use of screen time (TV, computers etc..) and play with friends
  - Walk to school
  - Take the stairs instead of an elevator
  - Learn to use the skateboard, the bike or run instead of getting a ride
  - Walk the dog with your parents



Turn off your TV, smart phone or computer and spend some time playing with your friends

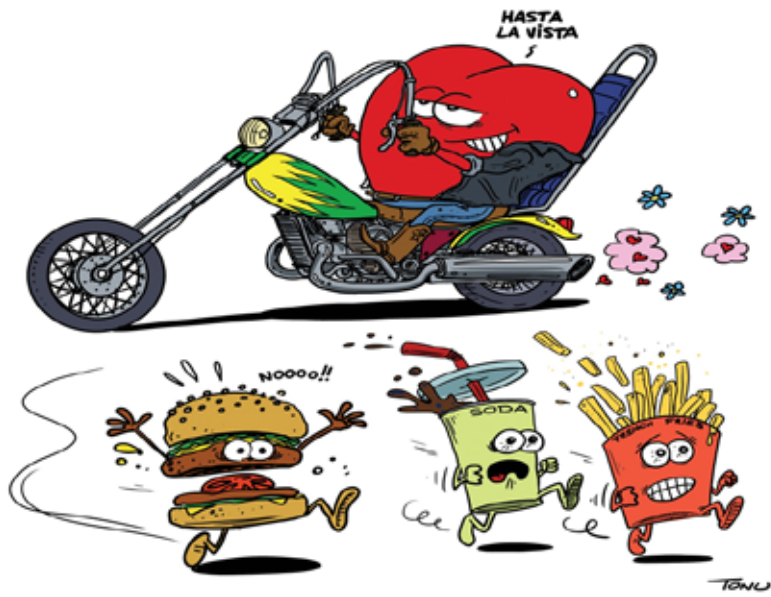
Stay active: do a minimum of 30 minutes of exercise per day!

Exercise with a friend



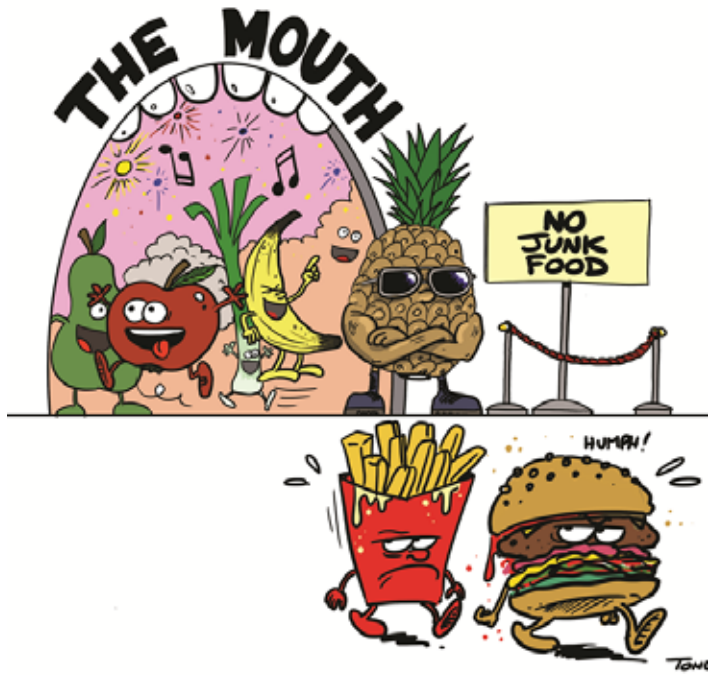
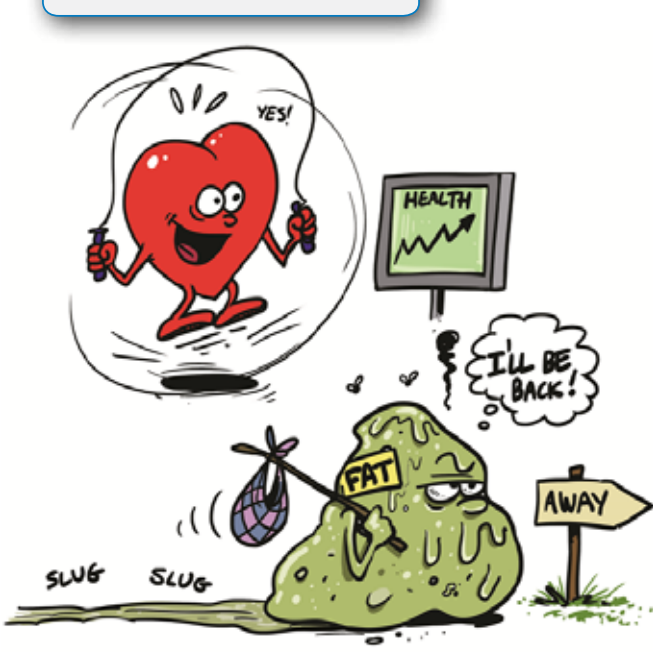
# STAY HEALTHY: FOLLOW YOUR HEART

## BECOME AN HEALTH ANGEL!



PHYSICAL ACTIVITY KEEPS  
YOUR HEART HEALTHY

REDUCING INTAKE OF  
JUNK FOOD CAN HELP  
REDUCE YOUR RISK OF  
TYPE 2 DIABETES



# ANNEX 1

# DIABETES MANAGEMENT PLAN

to be completed by parent or legal guardian

Child's name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Mother's Name \_\_\_\_\_

Father's Name \_\_\_\_\_

Child's age  
at time of  
diagnosis \_\_\_\_\_

## Contact phone numbers:

(list by order in which calls should be made, and note if it is a parent, friend, or caregiver and whether the number is home and or work. Also note if each person has legal authority to respond in an emergency situation.)

	Number	Name	Relationship	Location	Authority
1.	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____

## Primary Care Physician:

Name \_\_\_\_\_ Phone \_\_\_\_\_

## Other Health providers:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

## MONITORING:

Usual blood glucose monitoring times:

Morning

Mid-day

Afternoon

Night

Other: .....

Other: .....

Does your child have a preferred location for monitoring (classroom, school office, etc.)?

.....

Goal range for blood glucose: Between  and

## LOWS:

If below ....., please do the following:

.....

.....

Call parent if below: ..... (Tel: ..... )

Usual signs/symptoms of low blood glucose are:

.....

.....

.....

.....

.....

**HIGHS:**

If above \_\_\_\_\_, please do the following:

.....  
 .....

Blood glucose level at which to measure ketones: \_\_\_\_\_

Call parent if blood sugar is above: \_\_\_\_\_ (Tel: \_\_\_\_\_)

Usual signs/symptoms of high blood glucose are:

.....  
 .....

**Insulin:**

Will daily insulin be needed in school?  YES  NO

If insulin is needed at any other time, please specify time, amount and circumstances for administering insulin:

.....  
 .....

**FOOD:**

Will your child participate in school breakfast and/or school lunch?  YES  NO

If yes, will modifications to the regular menu be needed?  YES  NO

.....  
 .....

## EXERCISE:

What are your child's favourite physical activities?

Will your child participate in school sports?  YES  NO

## SELF-CARE:

Please put an **X** in the box that best describes your child's role:

	Does it alone	Does it with su- pervision	Parents help	Parents do it
Pricks finger				
Puts strip in monitor				
Reads monitor				
Records result				
Adjusts food based on result				
Adjusts insulin based on result				
Knows which foods to limit				
Can select kind and amount of food				
Helps plan meals				
Selects insulin injection site				
Prepares for injection, selects site				
Measures insulin				
Injects insulin				
Measures ketones				

## PARTIES AND SPECIAL FOOD OR MEALS:

Do you wish to be contacted before each event?

YES

NO

Additional instructions for the school:

---



---



---

## EMERGENCIES:

What do you feel should be treated as an emergency?

---



---

What do you want the school to do in an emergency?

---



---

Other requests:

---



---



---

(Adapted on Recommendations for Management of Diabetes for Children in School – Vermont Department of Health)



# GUIDELINES FOR MANAGEMENT OF CHILDREN WITH DIABETES IN SCHOOL

The following guidelines should be taken into consideration when dealing with diabetes in school. The daily routine of a child with diabetes includes: daily blood glucose monitoring and schedule of food, insulin and activities. Therefore, while at school, each child with diabetes must be allowed to:

- Do blood sugar checks.
- Treat hypoglycemia with emergency sugar.
- Inject insulin when necessary.
- Eat snacks when necessary.
- Eat lunch at an appropriate time and have enough time to finish the meal.
- Have free and unrestricted access to water and the bathroom.
- Participate fully in physical education (gym class) and other extracurricular activities, including field trips.

In addition:

- The extent of the student's ability to participate in diabetes care should be agreed upon by the school personnel, the parent/guardian, and the health care team, as necessary.
- The ages at which children are able to perform self-care tasks are very individual and variable, and a child's capabilities and willingness to provide self-care should be respected.

- Successful management of diabetes in school requires team work between child, parents/guardians, health care team and the school.

Tips to establish an effective management program for diabetes at school:

- Plan for communicating with parents and the student's medical providers, agree emergency procedures and list phone numbers required.
- School policies and procedures for administering medications, and handling equipment such as meters and pumps should be developed.
- Specific actions for school personnel to perform in the management program should be agreed.
- A specific plan of action for handling high and low blood sugar episodes, including the appropriate treatment foods and medications to have available should be agreed.
- A list of any medications the student receives, noting which ones need to be taken during school hours should be documented.

# WHO DOES WHAT ?

## PARENT/ GUARDIAN

- Supply, equipment and medication necessary for the provision of health support services to students.
- Supply emergency contact numbers to address any expected situation that may arise.
- Supply Information about the student's meal/snack schedule.
- Keep the school informed of any changes in plan of care.

## SCHOOL STAFF

- Arrange a meeting with parents / guardian at the beginning of the year to complete the diabetes management plan.
- Liaise with parents to find out the routine of the child.
- Make sure they have contact numbers for parents / guardians.
- Agree when parents / guardians need to be contacted.
- Support the child with diabetes at school.
- Allow the child to undertake blood glucose monitoring at agreed times.
- Provide a safe place for a child to inject insulin.
- Familiarise themselves with the signs and symptoms of low and high blood sugar.
- Know how to cope with a child who has a low and high blood sugar.
- Ensure a child with low blood sugar is supervised and not left alone.
- Provide unlimited access to water and bathroom.

## STUDENT

- To tell the teacher when they are going low if possible.
- To tell the when they do not feel well.
- To do their blood sugar and insulin injection if able in accordance with the management plan.
- Bring their diabetes equipment to school.
- Carry with them fast acting carbohydrate in case of a low blood sugar.

# SCHOOL ACTIVITIES WITH CHILDREN TO EXPLAIN DIABETES

## GAMES

- Games with images (for instance: recompose the table “A day in the life of Tom living with type 1 diabetes” using images like a puzzle)
- Interactive online games: [http://t1dstars.com/web/fun\\_and\\_games](http://t1dstars.com/web/fun_and_games)
- Short video : <http://www.diabeteskidsandteens.com.au/whatisdiabetes.html> followed by a power point with a quiz
- Comics (<http://www.comiccompany.co.uk/?category=34&collection=252&code=764>)

# RESOURCE WEBSITES

- <http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=97#main>
- [http://t1dstars.com/web/;](http://t1dstars.com/web/)
- <http://www.diabeteskidsandteens.com.au/staycoolatschool.html>
- [http://main.diabetes.org/dorg/advocate/Back to School August 2013/lib/playback.html](http://main.diabetes.org/dorg/advocate/Back%20to%20School%20August%202013/lib/playback.html)
- <https://www.diabetescamps.org/ugc/page-body/doc/JDRF%20School%20Advisory%20Toolkit.pdf>

## **DIABETES MANAGEMENT PLAN IN SCHOOL CONSULTED FOR THE KIDS PACK:**

- [http://www.childrenwithdiabetes.com/d\\_0q\\_500.htm](http://www.childrenwithdiabetes.com/d_0q_500.htm)
- <http://healthvermont.gov/prevent/diabetes/SchoolDiabetesManual.pdf>
- <http://www.gnb.ca/0000/pol/e/704AH.pdf>







information pack  
for PARENTS OF A  
CHILD WITH DIABETES



A toolkit to inform on  
diabetes in schools

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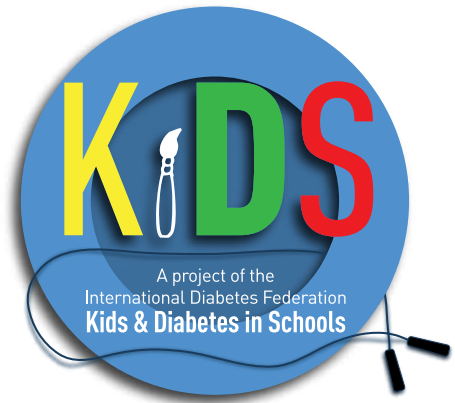
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- What to do if my child has high blood sugar
- What do I need to know about exercise and diabetes?
- What about extra curricular activities?
- Why is it important to choose a healthy lifestyle?
- How to stay healthy: eat well, move well

## Annexes

- Diabetes management plan
- Guidelines for management of children with diabetes in school
- Resource websites



# INTRODUCTION

In your school, children are learning about diabetes. This information pack has been prepared for you as a parent / guardian of a child with type 1 diabetes. It should guide you in making the school environment a better place for your child. *This pack is not intended to replace the advice of your diabetes team.*

## THE AIM OF THIS PACK IS TO:

Help you engage with your child's school in the daily management of their diabetes

Provide you with guidelines for the management of diabetes at school

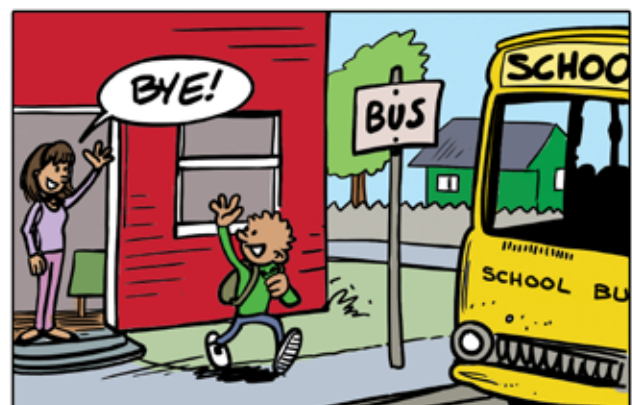
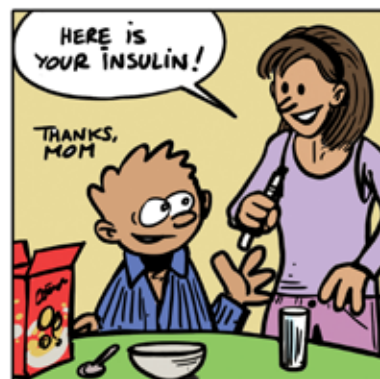
Provide you with a suggested management plan to help you and the teacher best care for your child's needs

### Why a blue circle?

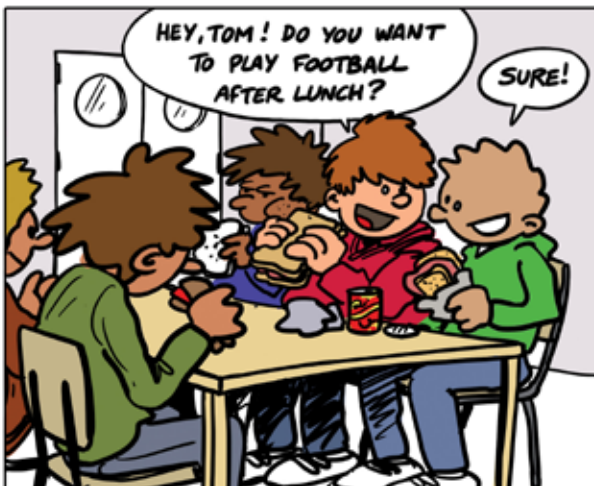
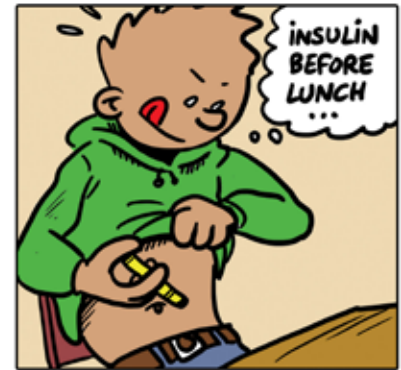
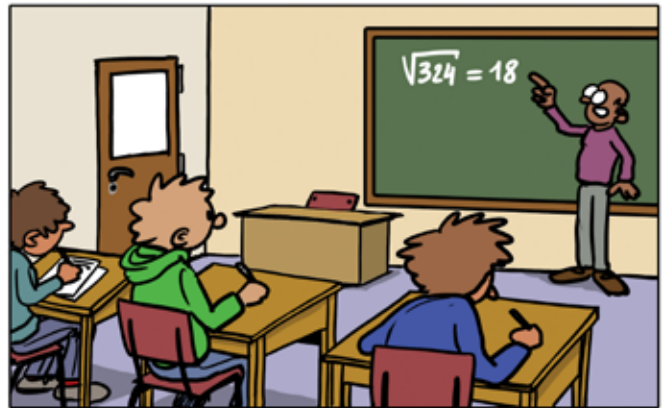
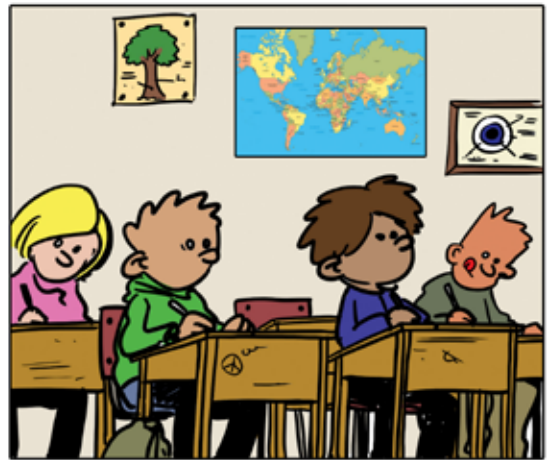
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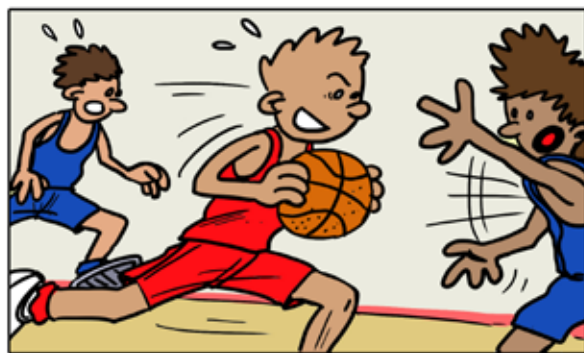
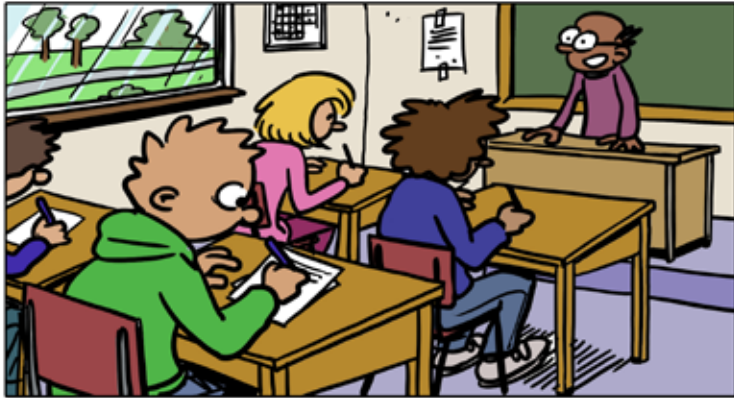
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A day in the life of Tom, living with type 1 diabetes

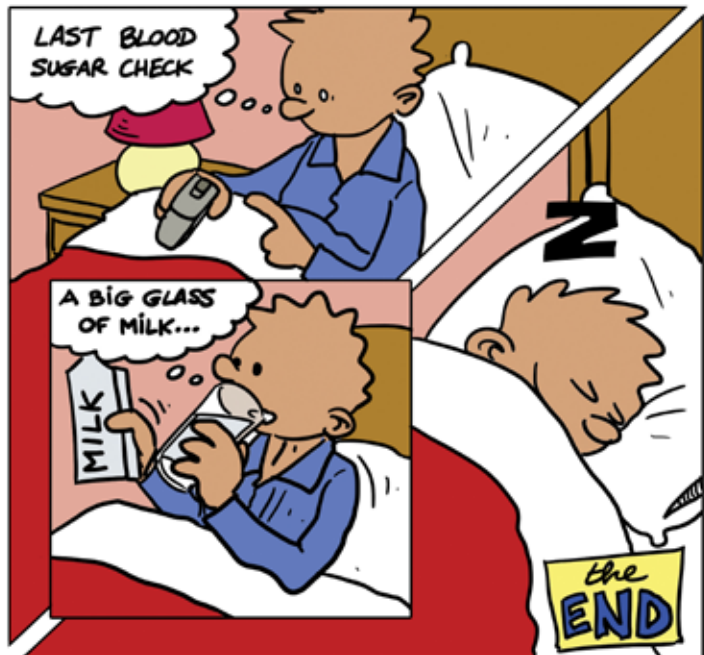
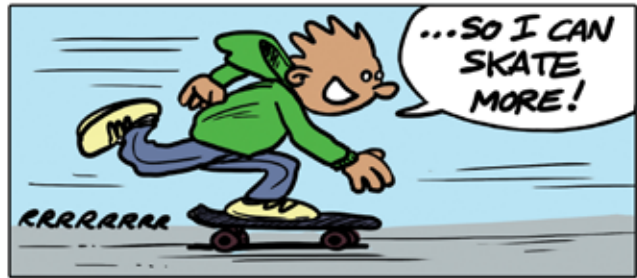
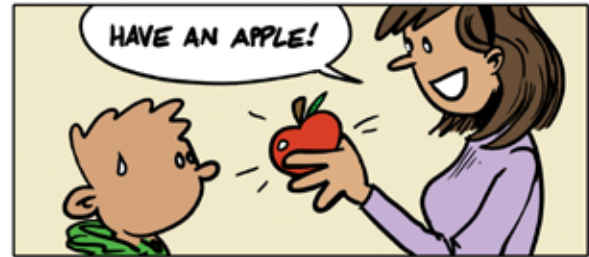
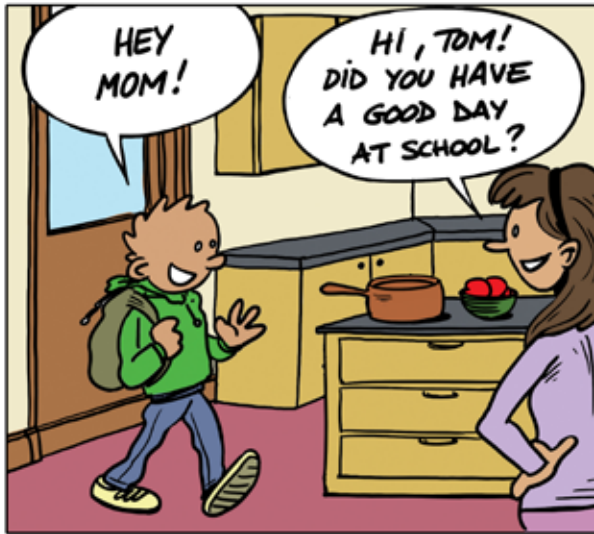














# WHAT IS TYPE 1 DIABETES?

Type 1 diabetes is diagnosed when the pancreas stops making insulin completely. It is an autoimmune disease which means the body's own immune system attacks the pancreas destroying the cells that make insulin. This results in the body being unable to control the amount of glucose in the blood.

Diabetes can develop in a child of any age, including infants and toddlers. Type 1 diabetes often develops quickly and may be life-threatening if not diagnosed early.



# MYTHS ABOUT DIABETES?

Quiz true or false

TRUE OR FALSE:

Eating too much sugar causes diabetes

**FALSE:** When kids get type 1 diabetes, it's because their bodies can't make insulin anymore. It has nothing to do with eating too much sugar. When kids get type 2 diabetes there might be a connection because eating too much sugar (or foods with sugar, like candy or regular soda) can cause weight gain, and weight gain can lead to type 2 diabetes.

TRUE OR FALSE:

People with diabetes should not exercise

**FALSE:** Exercise is important for all children— with or without diabetes. Exercise has many benefits. It keeps kids healthy and fit, and also helps them balance their blood sugar.

TRUE OR FALSE:

You can catch diabetes from another person

**FALSE:** Diabetes is not contagious, so you can't catch it from someone who has it.

TRUE OR FALSE:

Kids with diabetes can never eat sweets

**FALSE:** Kids with diabetes can eat sweets — as part of a balanced, healthy diet. Like everyone else, a person with diabetes shouldn't eat too many sweets because they may cause damage to teeth and they don't have many vitamins and minerals.

# AS A PARENT WHAT DO I NEED TO COMMUNICATE TO THE SCHOOL STAFF?



# WHAT DO I NEED TO KNOW ABOUT LOW BLOOD SUGAR?

Hypoglycaemia or low blood sugar

## CAUSES

Low blood sugar  
may be caused by:

Too much insulin on board.

Too little carbohydrate.

Unplanned exercise and activities.

Missed or delayed meals/snacks.

## SYMPTOMS



SWEATING



BLURRY  
VISION



DIZZINESS



ANXIETY



GORGL  
HUNGER



IRRITABILITY



SHAKINESS



FAST  
HEARTBEAT



HEADACHE



WEAKNESS  
FATIGUE

# WHAT TO DO IF A CHILD HAS LOW BLOOD SUGAR

How to cope with hypoglycaemia or low blood sugar

When a hypo does happen it is very important to act quickly:

**Ask the child to check his/her blood sugar if he/she has a (gluco)meter.**

**Ensure that the child consumes a fast acting carbohydrate.**  
(see next page)

**Listen to the child, don't ignore his/her needs or his/her friends worries.**

## **FOLLOW WITH A SNACK OR MEAL IF DUE.**

Be aware of the level of consciousness of the child. If the child is unconscious avoid putting food in the mouth of the child. Seek immediate medical attention.

**Ensure that child is supervised during hypoglycaemia and until recovery.**

**Check blood glucose again after 15 minutes.**



# WHAT TO DO IF A CHILD HAS LOW BLOOD SUGAR

How to cope with hypoglycaemia or low blood sugar?



GLUCOSE TABLETS  
(4-5)



FRUIT JUICE  
(150-200 ML)



HONEY  
(1 TABLESPOON)



SUGARY DRINK  
(75-100 ML)



JELLY BEANS  
(4-5)



**Get the child to recheck his/her blood sugar in 10 – 15 minutes. If still low, repeat the treatment.**

# WHAT DO I NEED TO KNOW ABOUT HIGH BLOOD SUGAR?

Hyperglycaemia or high blood sugar

## CAUSES

High blood sugar may be caused by:

**Too little insulin on board.**

**Eating too much carbohydrate.**

**Stress from an illness.**  
(such as a cold or flu)

**Other stress/anxiety.**  
(such as family conflicts or exams)

## SYMPTOMS



VERY THIRSTY



NEED TO URINATE OFTEN



IRRITABILITY



STOMACH PAIN

# WHAT TO DO IF MY CHILD HAS HIGH BLOOD SUGAR?

How to cope with high blood sugar

## What to do in case of high blood sugar

A child with a high blood sugar level should be advised to:

**Drink plenty of water to keep hydrated.**

**Check his/her blood sugar and repeat the blood sugar test level in about 2 hours.**

**If his/her blood sugar level is very high (15 mmol/l or 270 mg/l) contact the school nurse or child parents so they can seek further advice.**

## Attention

**When high blood sugar occurs over a number of days, it's important to report it to your diabetes team.**

# WHAT DO I NEED TO KNOW ABOUT EXERCISE AND DIABETES?

The duration and intensity of exercise will have an influence on blood glucose levels. To avoid low blood sugar episodes, a child with diabetes may need to eat an **additional snack before, during and after exercising.**

If a child has symptoms of low blood sugar or will be participating in more than 40-45 minutes of physical activity, **blood glucose levels should be checked before exercising.**

**Exercise is a key component of diabetes management.**

With few special considerations, a child with diabetes can fully participate in all athletic opportunities available in schools.

Children with diabetes need to carry their **"hypo pack"** with them at all times.



# WHAT ABOUT EXTRA CURRICULAR ACTIVITIES?

I CAN participate in all after-school activities. My teacher should notify my parents as soon as possible and invite them to the planning stage of the activity especially if this involves an overnight.



## I'LL BRING WITH ME:

- a diabetes pack with a meter, insulin and a sugar source.
- a fast-acting carbohydrate snack or drink in case of hypoglycaemia.
- extra snacks in case lunch is delayed or we get more exercise than usual.
- a bottle of water.

An overnight activity means I need to be able to inject my insulin or this needs to be arranged with my parents.

# WHY IS IT IMPORTANT TO CHOOSE A HEALTHY LIFESTYLE?

TO PREVENT:



OVERWEIGHT



TIREDDNESS



FEELING SICK



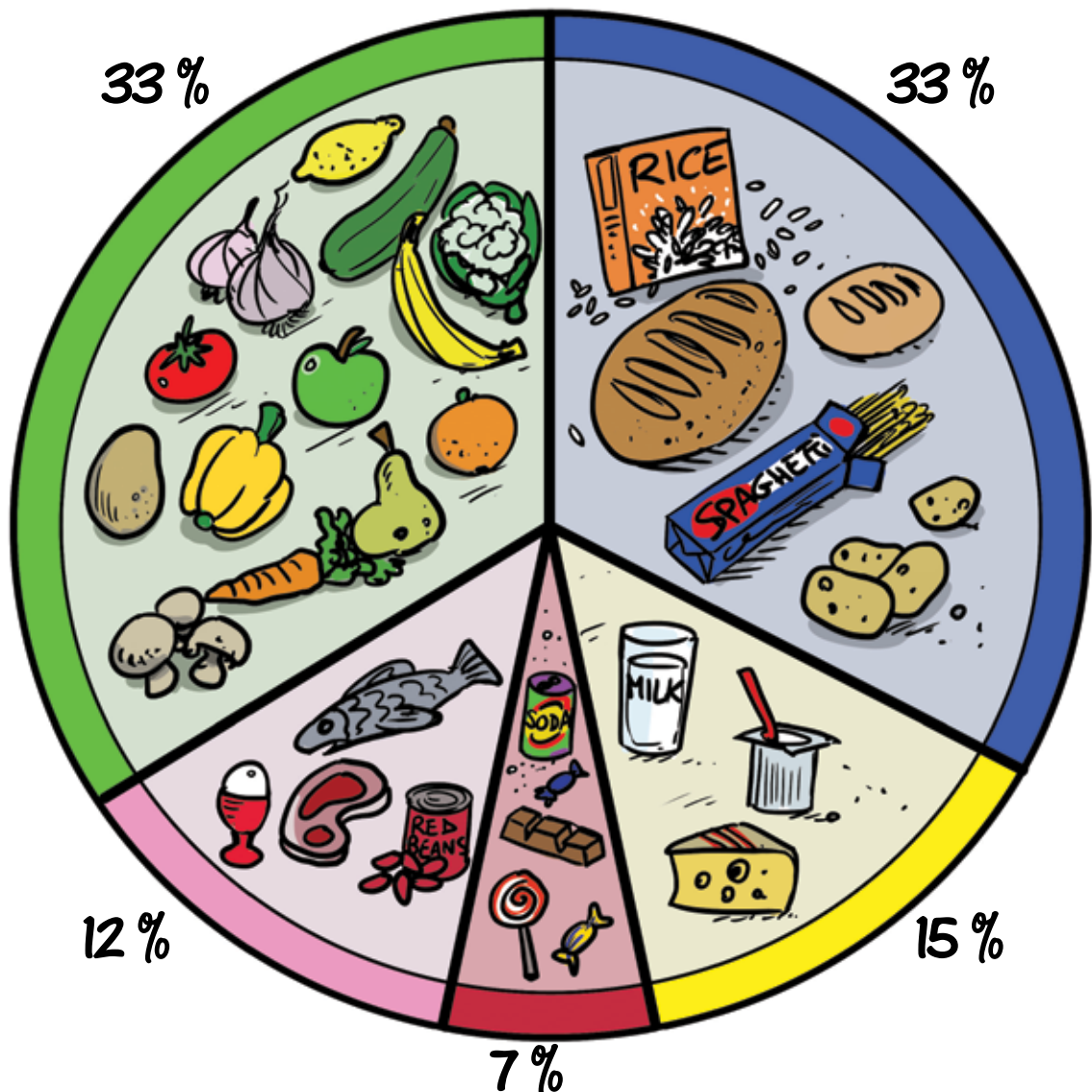
UNHEALTHY HEART



# STAY HEALTHY: EAT WELL

There is a lot of evidence that lifestyle changes can help prevent the development of type 2 diabetes

## THE EATWELL PLATE



Try to remember these proportions in your daily meals.

# STAY HEALTHY: MOVE WELL

A healthy diet is built on a base of regular physical activity, which keeps calories in balance and weight in check.

## TIPS TO GET ACTIVE:

- Try sports and choose one you like
  - Set regular times for activities; make it a part of your daily schedule
- Reduce use of screen time (TV, computers etc..) and play with friends
  - Walk to school
- Take the stairs instead of an elevator
- Learn to use the skateboard, the bike or run instead of getting a ride
  - Walk the dog with your parents



- Turn off your TV, smart phone or computer and spend some time to play with your friends
- Stay active: do a minimum of **30 minutes of exercise per day**
- Exercise with a friend

# ANNEX 1

# DIABETES MANAGEMENT PLAN

to be completed by parent or legal guardian

Child's name \_\_\_\_\_

Date of birth \_\_\_\_\_

Mother's name \_\_\_\_\_

Father's name \_\_\_\_\_

Child's age  
at time of  
diagnosis \_\_\_\_\_

## Contact phone numbers:

(list by order in which calls should be made, and note if it is a parent, friend, or caregiver and whether the number is home and or work. Also note if each person has legal authority to respond in an emergency situation.)

	Number	Name	Relationship	Location	Authority
1.	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____

## Primary care physician:

Name \_\_\_\_\_ Phone \_\_\_\_\_

## Other health providers:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

## MONITORING:

Usual blood glucose monitoring times:

Morning

Mid-day

Afternoon

Night

Other:

Other:

Does your child have a preferred location for monitoring (classroom, health office, etc.)?

.....

Goal range for blood glucose: Between ..... and .....

## LOWS:

If below ....., please do the following:

.....

.....

Call parent if below: ..... (Tel: ..... )

Usual signs/symptoms of low blood glucose are:

.....

.....

.....

.....

.....

.....

## HIGHS:

If above \_\_\_\_\_, please do the following:

---

---

Blood glucose level at which to measure ketones: \_\_\_\_\_

Call parent if above: \_\_\_\_\_ (Tel: \_\_\_\_\_ )

Usual signs/symptoms of high blood glucose are:

---

---

## Insulin:

Will daily insulin be needed in school?

YES  NO

If insulin is needed at any other time, please specify time, amount and circumstances for administering insulin:

---

---

## FOOD:

Will your child participate in school breakfast and/or school lunch?

YES  NO

If yes, will modifications to the regular menu be needed?

YES  NO

---

---



## EXERCISE:

What are your child's favourite physical activities?

Will your child participate in school sports?  YES  NO

## SELF-CARE:

Please put an **X** in the box that best describes your child's role:

	Does it alone	Does it with su- pervision	Parents help	Parents do it
Pricks finger				
Puts strip in monitor				
Reads monitor				
Records result				
Adjusts food based on result				
Adjusts insulin based on result				
Knows which foods to limit				
Can select kind and amount of food				
Helps plan meals				
Selects insulin injection site				
Prepares for injection, selects site				
Measures insulin				
Injects insulin				
Measures ketones				

## PARTIES AND SPECIAL FOOD OR MEALS:

Do you wish to be contacted before each event?

YES  NO

Additional instructions for the school:

---

---

---

## EMERGENCIES:

What do you feel should be treated as an emergency?

---

---

What do you want the school to do in an emergency?

---

---

Other requests:

---

---

---

(Adapted on Recommendations for Management of Diabetes for Children in School – Vermont Department of Health)

## ANNEX 2

# GUIDELINES FOR MANAGEMENT OF CHILDREN WITH DIABETES IN SCHOOL

The following guidelines should be taken into consideration when dealing with diabetes in school. The daily routine of a child with diabetes includes: daily blood glucose monitoring and schedule of food, insulin and activities. Therefore, while at school, each child with diabetes must be allowed to:

- Do blood sugar checks.
- Treat hypoglycemia with emergency sugar.
- Inject insulin when necessary.
- Eat snacks when necessary.
- Eat lunch at an appropriate time and have enough time to finish the meal.
- Have free and unrestricted access to water and the bathroom.
- Participate fully in physical education (gym class) and other extracurricular activities, including field trips.

In addition:

- The extent of the student's ability to participate in diabetes care should be agreed upon by the school personnel, the parent/guardian, and the health care team, as necessary.
- The ages at which children are able to perform self-care tasks are very individual and variable, and a child's capabilities and willingness to provide self-care should be respected.

- Successful management of diabetes in school requires team work between child, parents/guardians, health care team and the school.

Tips to establish an effective management program for diabetes at school:

- Plan for communicating with parents and the student's medical providers, agree emergency procedures and list phone numbers required.
- School policies and procedures for administering medications, and handling equipment such as meters and pumps should be developed.
- Specific actions for school personnel to perform in the management program should be agreed.
- A specific plan of action for handling high and low blood sugar episodes, including the appropriate treatment foods and medications to have available should be agreed.
- A list of any medications the student receives, noting which ones need to be taken during school hours should be documented.

# WHO DOES WHAT ?

## PARENT/GUARDIAN

- Supply, equipment and medication necessary for the provision of health support services to students.
- Supply emergency contact numbers to address any expected situation that may arise.
- Supply Information about the student's meal/snack schedule.
- Keep the school informed of any changes in plan of care.

## SCHOOL STAFF

- Arrange a meeting with parents / guardian at the beginning of the year to complete the diabetes management plan.
- Liaise with parents to find out the routine of the child.
- Make sure they have contact numbers for parents / guardians.
- Agree when parents / guardians need to be contacted.
- Support the child with diabetes at school.
- Allow the child to undertake blood glucose monitoring at agreed times.
- Provide a safe place for a child to inject insulin.
- Familiarise themselves with the signs and symptoms of low and high blood sugar.
- Know how to cope with a child who has a low and high blood sugar.
- Ensure a child with low and high blood sugar is supervised and not left alone.
- Provide unlimited access to water and bathroom.

## STUDENT

- To tell the teacher when they are going low if possible.
- To tell the when they do not feel well.
- To do their blood sugar and insulin injection if able in accordance with the management plan.
- Bring their diabetes equipment to school.
- Carry with them fast acting carbohydrate in case of a low blood sugar.

# RESOURCE WEBSITES

- <http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=97#main>
- [http://t1dstars.com/web/;](http://t1dstars.com/web/)
- <http://www.diabeteskidsandteens.com.au/staycoolatschool.html>
- [http://main.diabetes.org/dorg/advocate/Back to School August 2013/lib/playback.html](http://main.diabetes.org/dorg/advocate/Back%20to%20School%20August%202013/lib/playback.html)
- <https://www.diabetescamps.org/ugc/page-body/doc/JDRF%20School%20Advisory%20Toolkit.pdf>

## **DIABETES MANAGEMENT PLAN IN SCHOOL CONSULTED FOR THE KIDS PACK:**

- [http://www.childrenwithdiabetes.com/d\\_0q\\_500.htm](http://www.childrenwithdiabetes.com/d_0q_500.htm)
- <http://healthvermont.gov/prevent/diabetes/SchoolDiabetesManual.pdf>
- <http://www.gnb.ca/0000/pol/e/704AH.pdf>



information pack  
for PARENTS



A toolkit to inform on  
diabetes in schools



## Acknowledgements:

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## Partners :



International  
Diabetes  
Federation



International Society for Pediatric  
and Adolescent Diabetes



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No fees will be asked for using this pack.

# TABLE OF CONTENTS

## Introduction

- What is diabetes?  
A day in the life of Tom, living with type 1 diabetes.
- What is type 1 diabetes?
- What is type 2 diabetes?
- Why do people need to prevent and take care of diabetes?
- Why is it important to choose a healthy lifestyle?
- How to stay healthy? Eat well, move well.
- Ressource website

# INTRODUCTION

The following KiDS information pack will guide you in making the school environment a better place for children with diabetes. The pack is an awareness and information tool created to inform you about diabetes. This pack should be seen purely as an information resource.

*This pack is not intended to replace the advice of the diabetes team.*

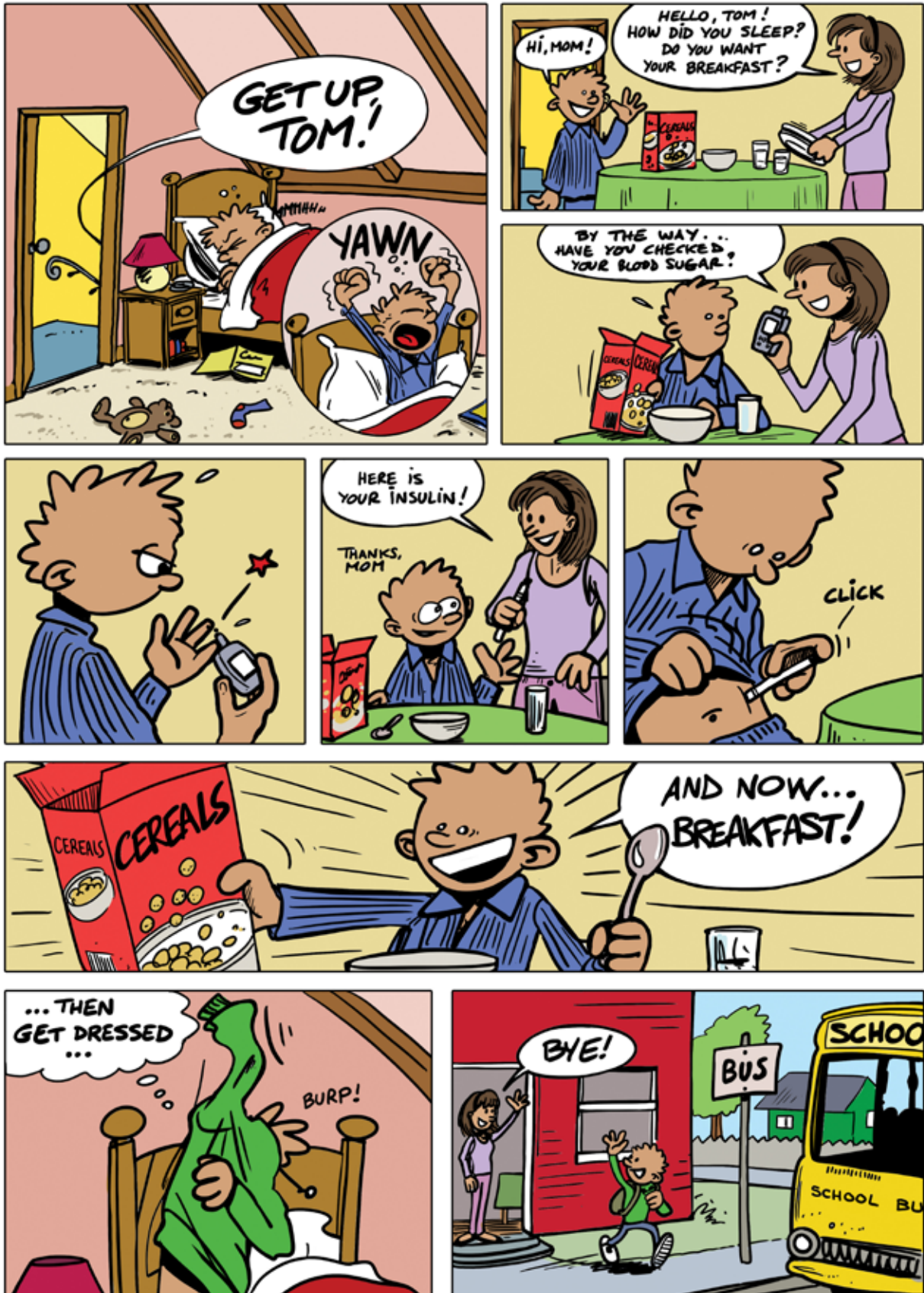


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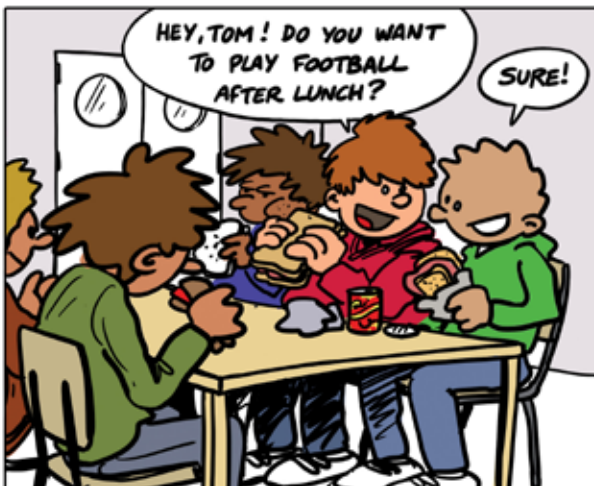
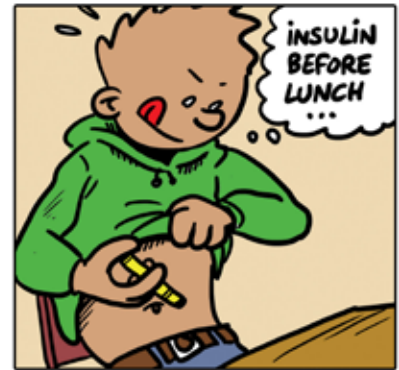
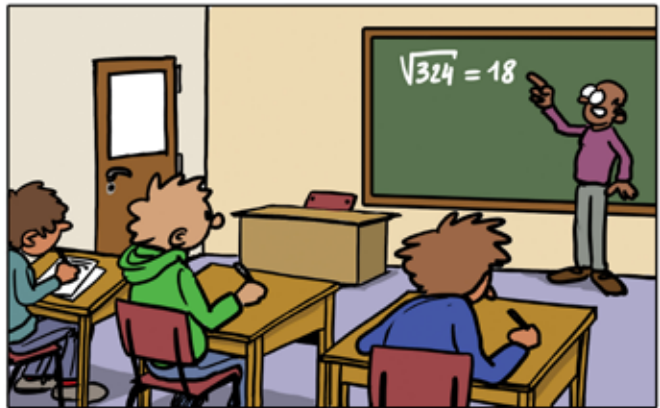
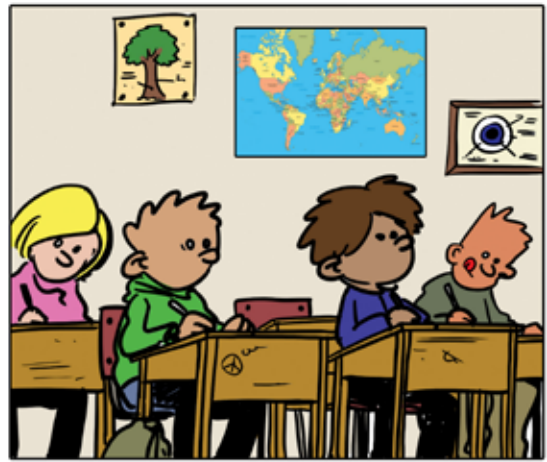
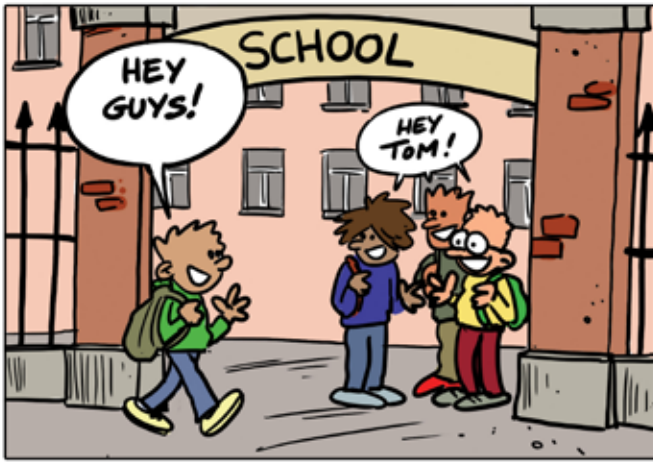
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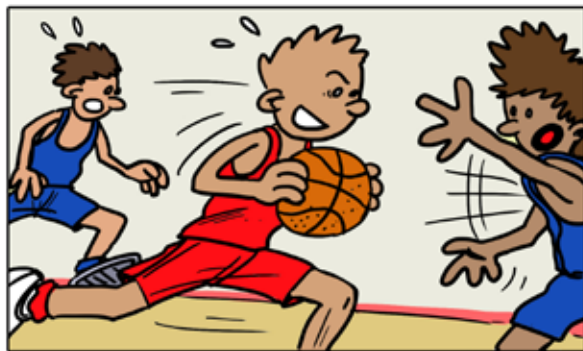
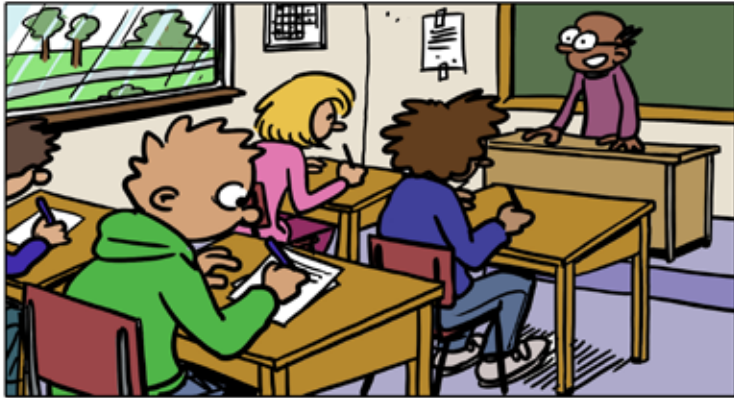
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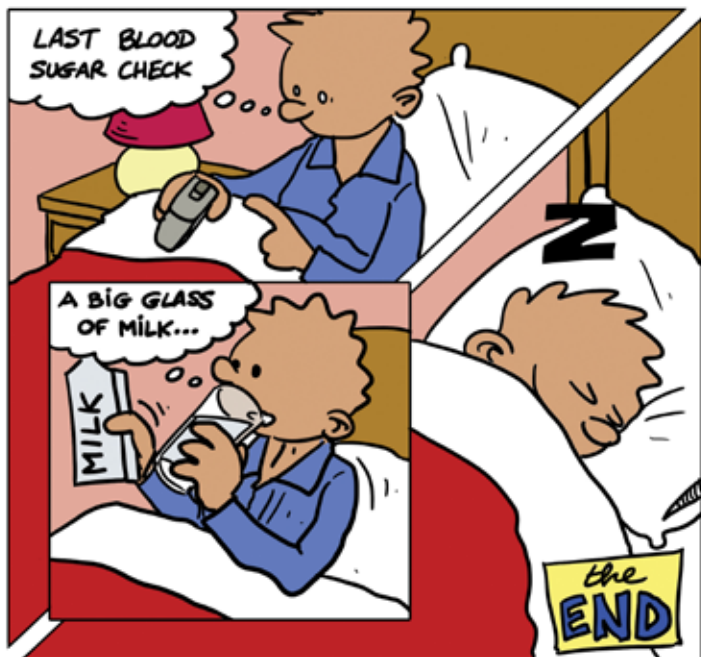
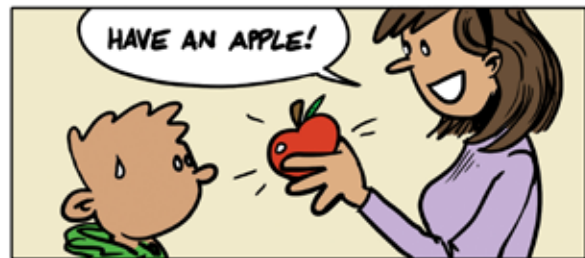
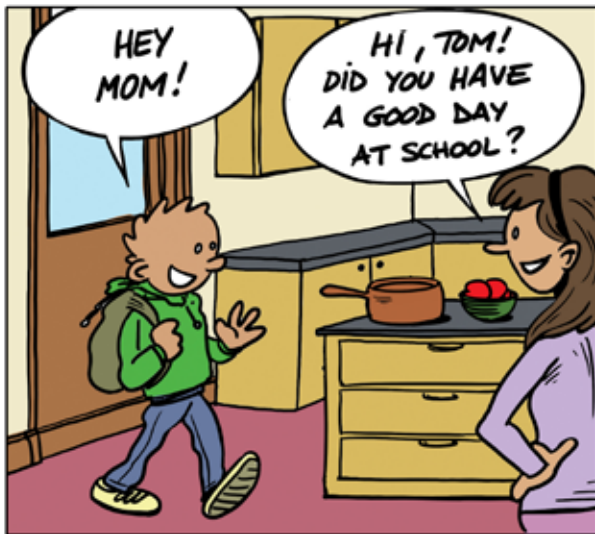












# WHAT IS TYPE 1 DIABETES?

Type 1 diabetes is diagnosed when the pancreas stops making insulin completely. It is an autoimmune disease which means the body's own immune system attacks the pancreas destroying the cells that make insulin. This results in the body being unable to control the amount of glucose in the blood.

Diabetes can develop in a child of any age, including infants and toddlers. Type 1 diabetes often develops quickly and may be life-threatening if not diagnosed early.





# WHAT IS TYPE 2 DIABETES?

Type 2 diabetes is being diagnosed in children in a growing number of countries. In the United States, up to 1 in 3 new cases of type 2 diabetes, is diagnosed in youth younger than 18.

Type 2 diabetes is diagnosed when the body does not produce enough insulin to function properly, or the body's cells don't react to insulin. This is known as insulin resistance. If this happens, the body is unable to control the amount of glucose in the blood.

PARENTS

**SYMPTOMS:**  
Unlike type 1, in people with type 2 diabetes the symptoms are often mild or absent, making this type of diabetes hard to detect.



In general the most common signs are



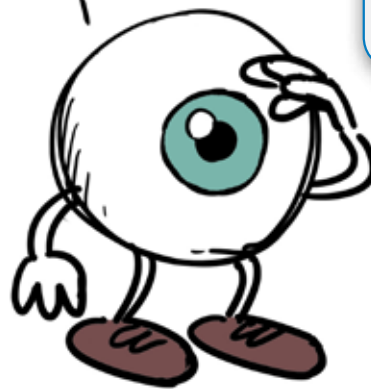
# WHY DO PEOPLE NEED TO PREVENT & TAKE CARE OF DIABETES?

BECAUSE IT CAN LEAD TO :

I CAN'T SEE...

damage to the retina

foot problems



Kidney disease



# WHY IS IT IMPORTANT TO CHOOSE A HEALTHY LIFESTYLE?

TO PREVENT:



OVERWEIGHT



TIREDDNESS



FEELING SICK

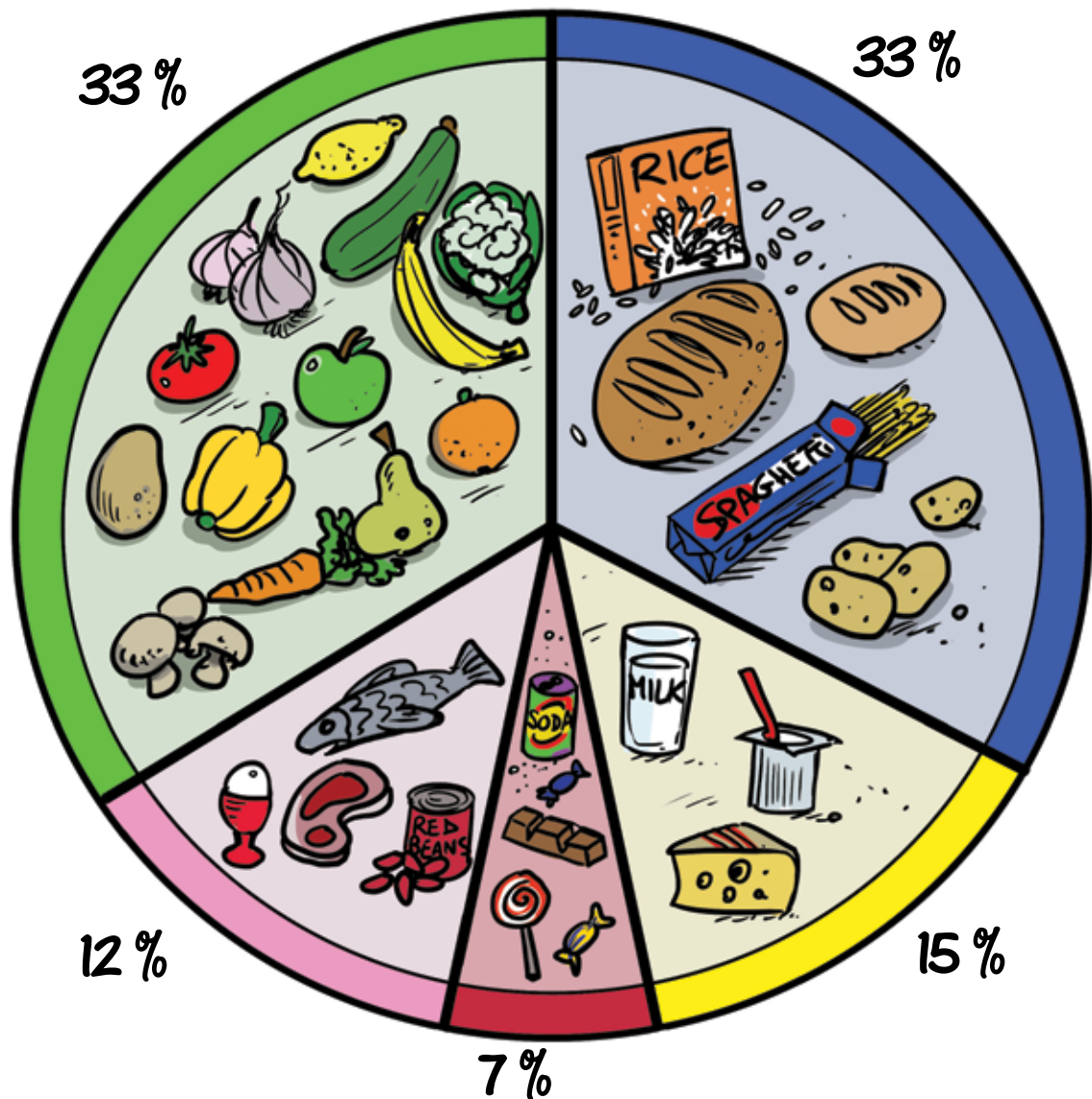


UNHEALTHY HEART

# HOW TO STAY HEALTHY? EAT WELL

There is a lot of evidence that lifestyle changes can help prevent the development of type 2 diabetes.

## THE EATWELL PLATE



Try to remember these proportions in your daily meals.

# HOW TO STAY HEALTHY? MOVE WELL

A healthy diet is built on a base of regular physical activity, which keeps calories in balance and weight in check.

## TIPS TO GET ACTIVE:

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- Set regular times for activities; make it a part of your daily schedule
- Reduce use of screen time (TV, computers etc..) and play with friends
  - Walk to school
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- <http://www.diabeteskidsandteens.com.au/staycoolatschool.html>
- [http://main.diabetes.org/dorg/advocate/Back to School August 2013/lib/playback.html](http://main.diabetes.org/dorg/advocate/Back_to_School_August_2013/lib/playback.html)
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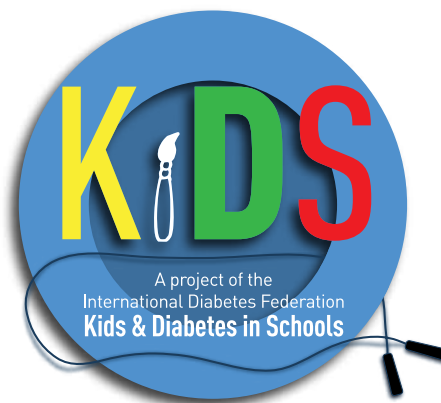
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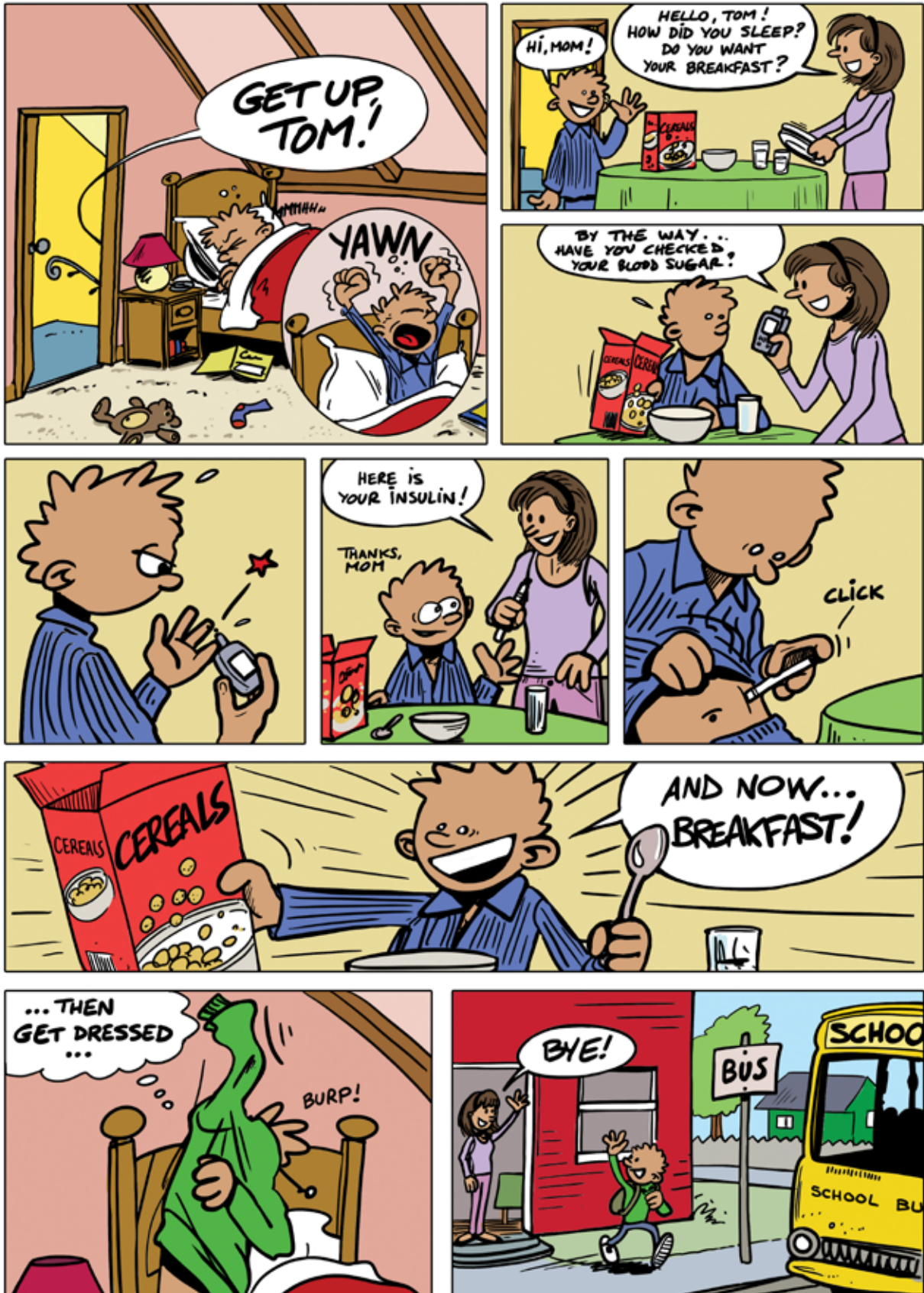
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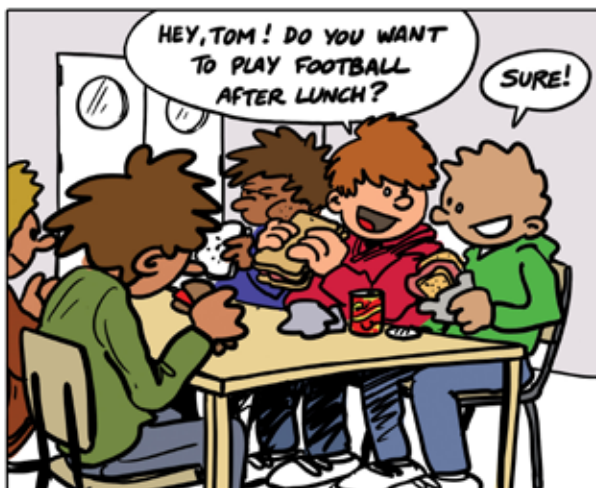
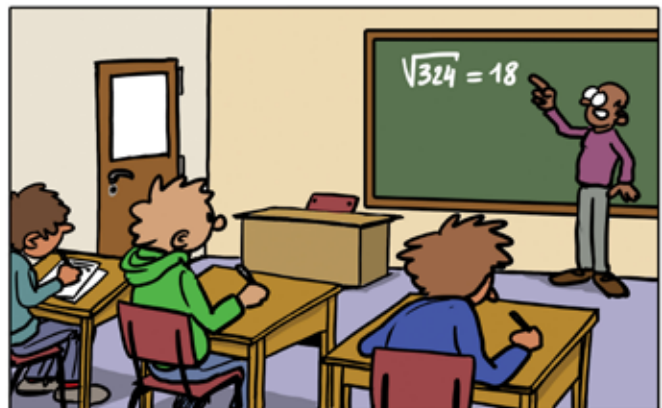
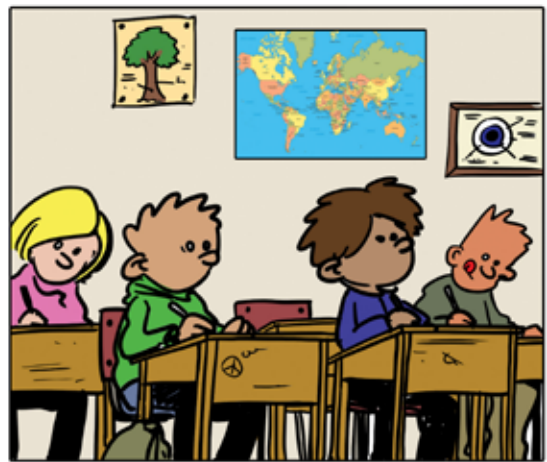
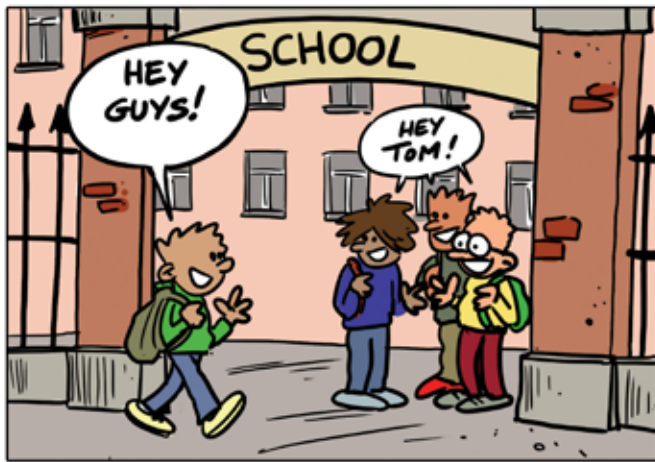
No fees will be asked for using this pack.

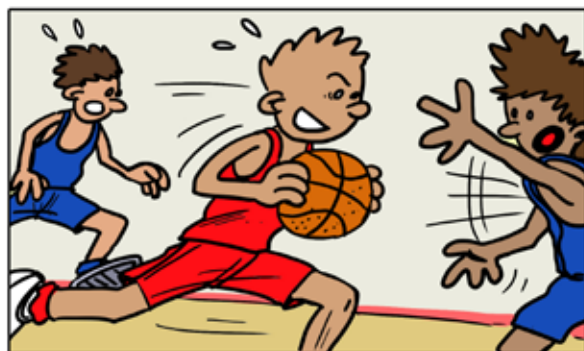
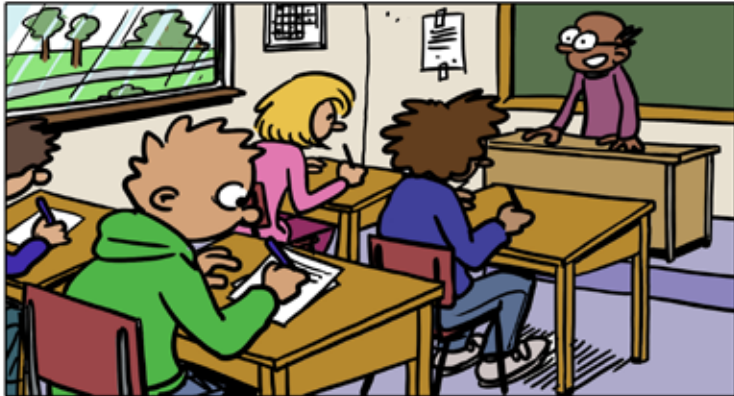
# WHAT IS DIABETES?

A day in the life of Tom, living with type 1 diabetes

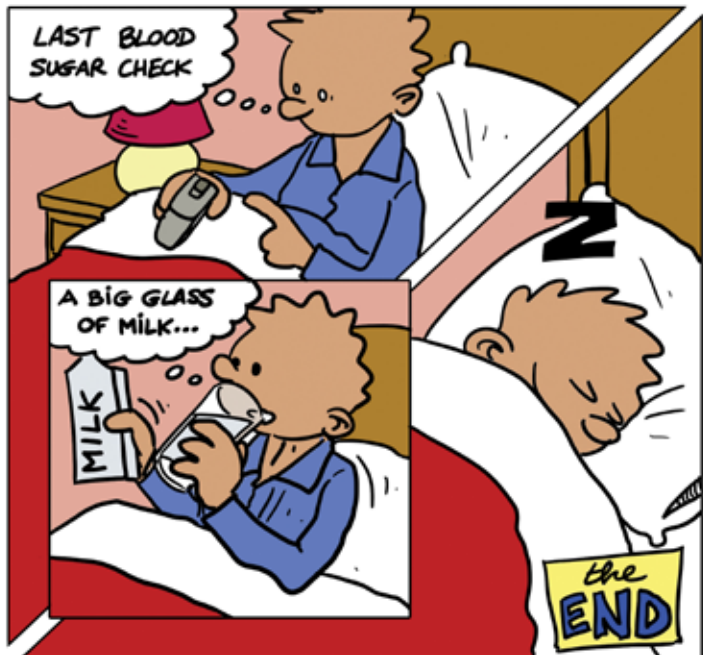
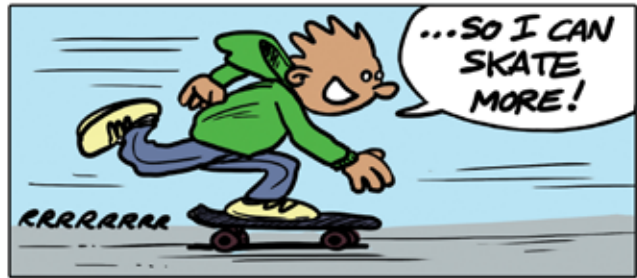
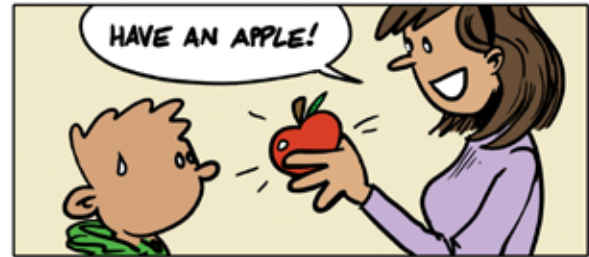
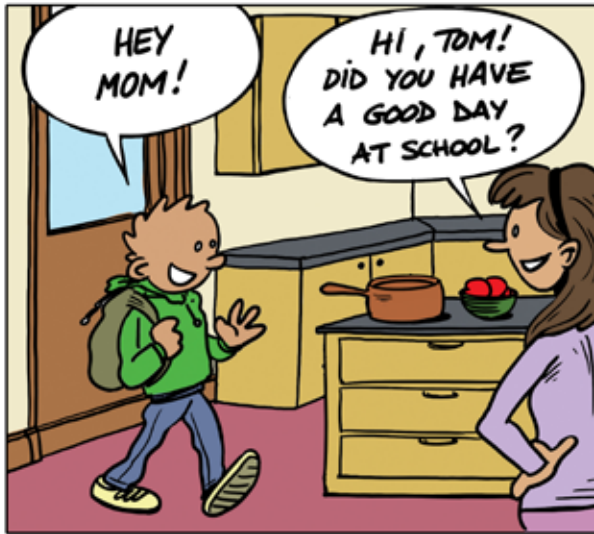














# WHY IS IT IMPORTANT TO CHOOSE A HEALTHY LIFESTYLE?

TO PREVENT:



OVERWEIGHT



TIREDDNESS



FEELING SICK

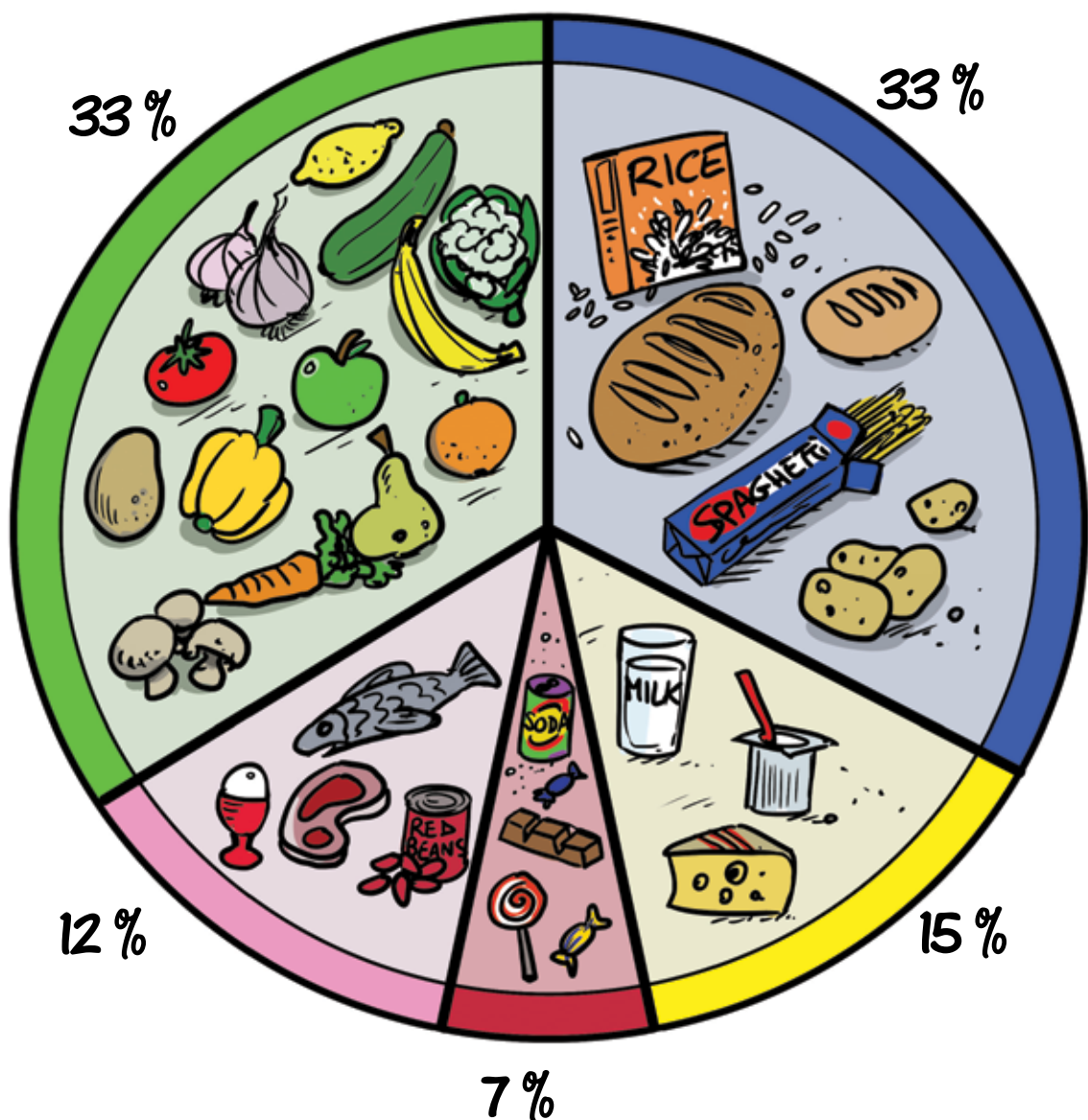


UNHEALTHY HEART

# HOW TO STAY HEALTHY? EAT WELL

How to choose healthy food?

## THE EATWELL PLATE



CHILDREN

Try to remember these proportions in your daily meals.

# HOW TO STAY HEALTHY?

## MOVE WELL

A healthy diet is built on a base of regular physical activity, which keeps calories in balance and weight in check.

### TIPS TO GET ACTIVE:

- Try sports and choose a sport you like
  - Set regular times for activities; make it a part of your daily schedule
- Reduce use of screen time (TV, computers etc..) and play with friends
  - Walk to school
  - Take the stairs instead of an elevator
- Learn to use the skateboard, the bike or run instead of getting a ride
  - Walk the dog with your parents



- Turn off your TV, smart phone or computer and spend some time playing with your friends
- Stay active: do a minimum of **30 minutes of exercise per day**
- Exercise with a friend