



## SCHOOL TIPS FOR TYPE 1 DIABETES

### COMMUNICATION

- Meet with the classroom teacher, gym teacher, principal or vice-principal, school secretary or other staff as needed
- Establish regular communication with your child's school
- Start a communication book for younger children to write down and share important information
- Discuss other forms of communication such as text, email, or school messaging
- Provide links for online resources:
  - [Guidelines for the Care of Students Living with Diabetes at School, Diabetes Canada](#)
  - [Diabetes at School](#)
  - [Alberta Children's Hospital Diabetes Clinic-Type 1 Diabetes Information-School and Diabetes](#)
- Teach staff about signs and symptoms, treatment, and prevention of low blood sugar
- Provide a supply of rapid acting carbohydrate to treat low blood sugars and replace as needed
- Provide a belt bag with rapid acting carbohydrate for the teacher or child to carry during outdoor classes or field trips
- Review the symptoms of high blood sugar - increased thirst, needing to use the toilet, trouble concentrating
- Inform school that high blood sugar is not an emergency
- Ask about a private and clean space for blood sugar checks and insulin injections
- Provide a sharps container for safe disposal of needles and lancets
- Consider buying a watch with an alarm if your child needs reminders to check blood sugars or eat snacks

### CONTINUOUS GLUCOSE MONITORS

- Dexcom and Libre are glucose sensors that continuously measure glucose levels just beneath the skin and send data wirelessly to a phone or receiver
- The sensor must be within Bluetooth range of 6 metres/20 feet to be able to receive alerts about low or high blood sugars
- Student must have consistent access to their receiver device or phone throughout the day
- Provide letter to school regarding need for cell phone as diabetes technology