

**Diabetes at School**

Ensure teachers know that your child has diabetes

School needn't be a nightmare for your child. Many children with [type 1 diabetes](http://www.diabetes.co.uk/type1-diabetes.html), and other types of diabetes, have sailed through school without hassle.

Communication is key to ensuring your child is well supported through school. You should work with your school to ensure they know what support your child needs.

If your child can maintain reasonably good blood glucose control, this will likely benefit their ability to achieve good grades and prosper socially.

**Ensuring your child has the right diabetes care at school**

Your child's school needs to be [aware that your child has diabetes](http://www.diabetes.co.uk/telling-people-you-have-diabetes.html) as well as what care your child will need in school. It is best to have an Individual Healthcare Plan (IHP) drawn up to detail all the important information about your child's diabetes including how the child will manage their diabetes and what support they need to do this.

The school should be aware of your child’s testing and treatment needs and should be informed as to how to act should your child have [too low or too high blood sugar levels](http://www.diabetes.co.uk/high-low-blood-sugar-symptoms.html).

Your child's paediatric [diabetes specialist nurse](http://www.diabetes.co.uk/healthcare-professionals/diabetes-specialist-nurse.html) can help you and the school with drawing up the Individual Healthcare Plan.

Under the Equality Act 2010, children with diabetes in the UK should not be put at a significant disadvantage to other children.

Recently, within England, the Children and Families Act 2014 was passed which ensures that schools have a legal duty to support children with medical conditions such as diabetes.

Other acts and guidance also exist to support children with diabetes and these vary between the different countries of the UK.

**Diabetes and physical education (PE)**

If your child’s blood sugar is in a normal range, there’s usually no reason why they shouldn’t take part in [sports](http://www.diabetes.co.uk/diabetes-and-sport.html).

Make sure your child’s physical education teacher is aware of the instances (such as low or very high sugar levels) in which it is not safe for them to continue to take part in physical activity.

Their teacher should also allow your child to take time out to [do a blood test](http://www.diabetes.co.uk/blood-glucose/how-to-test-blood-glucose-levels.html) when they need to.

Be aware though that if your child does not enjoy sports in general, they may use a high or low blood sugar as an excuse not to take part.

**Snacks, testing and injections at school**

If your child needs to do blood tests or have snacks at certain times, the school should recognise and make allowances for this. Your child should have appropriate facilities available to use to perform blood tests and injections.

**Diabetes at Secondary School**

Ensure you let your teachers know about your diabetes

Secondary school, also known as high school, fills some of us with a sense of anxiety especially when it involves changing classes and making new friends.

The most important aspect is to make sure your school knows about your diabetes and knows how to help you manage your diabetes.

**Support at school**

It's important the school is made aware that you have diabetes so that you get all the support you need.

An Individual Healthcare Plan can be drawn up between you, your parents, the school and your diabetes nurse to agree on what support you'll receive in school.

The plan will ensure that your teachers know enough about your diabetes such as that you may need to check your blood sugar levels by [doing a blood test](http://www.diabetes.co.uk/blood-glucose/how-to-test-blood-glucose-levels.html) or taking carbohydrate if you need to treat or prevent a hypo.

**Getting diagnosed whilst in secondary school**

Being diagnosed with diabetes will always come as a shock (it's a rare person who isn't shocked to some extent). It may take some time to adjust to your new treatment regime and your friends may need help in understanding what diabetes is too.

**Moving up to secondary school with diabetes**

If you have had diabetes before secondary school, you may feel some [anxiety](http://www.diabetes.co.uk/emotions/diabetes-and-anxiety.html) about settling into a new school and a new class.

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**Telling people about your diabetes**

It's natural to be a bit worried about whether people will treat you any different knowing you have diabetes but it's rare for friendships to be negatively affected by diabetes and sometimes a condition like diabetes can make friendships stronger.

<http://www.diabetes.co.uk/diabetes-at-school.html>

http://www.diabetes.co.uk/teenagers/diabetes-at-secondary-school.html