



If you have students with Type 1 diabetes at your school you'll know that they need extra support to get the most out of their time at school. Here at Diabetes UK, we make it our business to give schools a helping hand to care for these students. Read on to see how we can help.

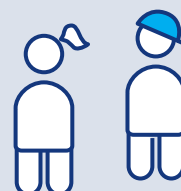
TIPS FOR MANAGING CHANGE

As the end of the school year approaches, one thing we can all be sure of is that change is afoot. That also means likely change for students with Type 1 diabetes at your school. Here are a few tips to help staff at your school navigate these changes smoothly.

Students with Type 1 diabetes moving class in the same school



- Talk about if their child's classes are changing, or the staff responsible for caring for them at school. Let them know about any planned trips. And consider if there are any other changes that might affect them, such as changes to the school curriculum, timing of lunch and breaks or storage of medication and equipment.
- Ask parents if any aspects of the student's care might change, or if there is any particular area they would like the school's help on, e.g. taking responsibility for certain aspects of care as the student grows up
- Identify carers for the next year
- Arrange training for new carers, involve the diabetes nurse and parents in this
- Allow time for new carers to work with current carers so that they build up their confidence and the student feels comfortable with them
- Update the student's individual healthcare plan if necessary
- Update your school's medical conditions policy if necessary



Students with Type 1 diabetes moving to another school

- Follow your school's usual transition plan
- Make sure relevant people are aware of the student's diabetes
- Work with the new school, parents and PDSN around training for new carers as needed. Can new carers visit to see how your school does things?
- Share the student's current Individual Healthcare Plan, discuss with parents and the diabetes nurse if changes might be needed
- Work with the parent and diabetes nurse to prepare the student for the different environment at secondary school, e.g. help they can expect from staff, where medication is stored, carrying their own medication etc.
- Help with emotional preparation, e.g. telling new friends about diabetes



Good practice checklist

There are common procedures all schools should have in place to manage students with long term medical conditions. These are:

✓ Medical conditions policy

Should cover what provisions your school has in place to keep children with medical conditions such as Type 1 diabetes safe and fully included in all school activities. **Should be available on your school's website** so that staff and **parents can find it easily too**.

✓ Individual healthcare plan

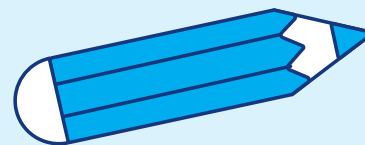
Every child with a long term medical conditions should have one of these to ensure their day to day needs are managed well.

✓ Working together

Good communication and collaboration between the school, student's family and the student's healthcare professional is vital.

✓ Training and support

Staff need appropriate training and support.



*For details on the statutory guidance for schools in England go to www.diabetes.org.uk/Guide-to-diabetes/Schools/Diabetes-in-schools-legal-information

TYPE 1 DIABETES TOOLS FOR SCHOOLS

Available free in print and digital, we've got loads of practical templates and information for school staff to understand the condition, how to manage it and what plans to have in place.

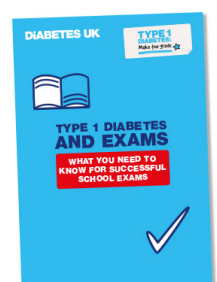


To get started head to www.diabetes.org.uk/school

Need help planning school residential trips or exams?

We know exams and residential trips require a lot of planning – especially when you have a student with Type 1 diabetes, so we've got just the thing to help ease the stress when planning these important school events. Now available to order for free in print or to download, these will help staff at your school put a strong plan in place.

To order or download the tools go to www.diabetes.org.uk/trips-and-exams



“ As a previous exams officer I came up with my own ways to work with students with Type 1 and their families to plan for exams. Now that I'm aware of this tool I will be emailing the link to my families and schools ”

Exam invigilator

Your stories

We really want to know what you think so let us know by completing our feedback survey. www.surveymonkey.co.uk/r/diabetes-trips-and-exams

Hurry - Apply for our school award



Over 170 schools have won our prestigious Good Diabetes Care in School Award. Could your school be next? Nominate your school now! It's easy at www.diabetes.org.uk/school-award



If you've already been nominated get your application in by **12 June 2017** to be in with a chance to win.

Check out our interactive map of winning schools at www.diabetes.org.uk/award-honour-wall

5 steps to apply:

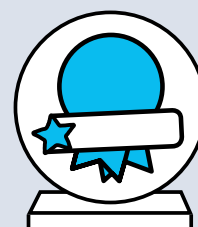
- 1** Notify all parents that your school has been nominated for the award and give them an opportunity to comment on the care the school provides students with Type 1 diabetes.
- 2** Ask the parents/carers of a student with Type 1 diabetes to complete the Parent Support Form.
- 3** Ask the student's Paediatric Diabetes Nurse to complete the Healthcare Professional Support Form.
- 4** Attach a copy of the school's Medical Conditions Policy.
- 5** Complete the online application questions and attach the above supporting documents.

Good luck!

Showcase your success

Winners get:

- A shiny trophy, award certificate and logos valid for 2 years
- Your school name on our Honour Wall for all parents to see
- Positive media attention about your school's achievements
- Ongoing support from Diabetes UK.



Parents say

“If you're looking for where to send your child to school, if a school's got or had that award then you know that the school's working hard to look after your children. That's what's important to you as a parent.”

EDUCATE EVERYONE AT YOUR SCHOOL ABOUT **TYPE 1 DIABETES**

Raising awareness about Type 1 diabetes at your school is not only a great way to dispel myths and fears amongst staff and students but it can make a huge difference to how a child with diabetes progresses at school. We've made it easy for schools to raise awareness with our three bespoke presentations for schools.

These come with easy to follow presentation notes and you don't need to be an expert on diabetes to use them. They are perfect for use at school assemblies, staff meetings or PHSE lessons. Download all three now at www.diabetes.org.uk/school-resources



Screen inspiring student films at your school



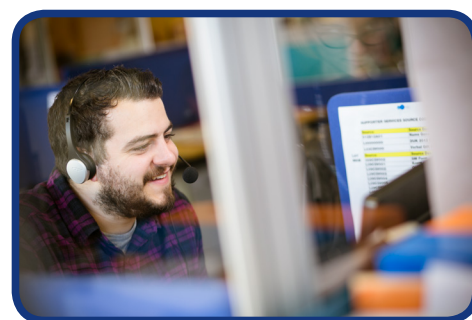
There are 21 fabulous student films available to screen at your school. Made by children and young people with diabetes, these inspirational films are engaging and entertaining. They shed light on common misconceptions about Type 1 diabetes, explain the highs and lows of life with diabetes and show that diabetes needn't get in the way of young people doing the things they love.

Choose a film at www.diabetes.org.uk/student-films

GOT ANY QUESTIONS? CALL OUR **HELPLINE**

If you have any questions about diabetes, caring for a child with diabetes at your school or you'd like more information on our support materials or programmes call our **Helpline on 0345 123 2399***

*Calls may be recorded for training purposes



Hold a Diabetes Week Picnic – **11 to 17 June**



Support Diabetes UK this Diabetes Week and help us to know diabetes and fight diabetes.

The simple fact is, diabetes is serious. There are currently 4.5 million people in the UK living with the condition, and 11.9 million more at increased risk of getting Type 2 diabetes. Our vision is a world where diabetes can do no harm. Together, we can make that a reality.

Hold a fundraising picnic or do it your way during Diabetes Week. For inspiration and to download a fundraising pack visit:

www.diabetes.org.uk/fundraise