

How teachers can support students with type 1 diabetes

All students with type 1 diabetes—no matter how independent they are—need the support of trusted, caring adults at school. If you have a student with type 1 diabetes, whether for all or part of the day, there are many simple ways you can help. Here are some suggestions:

Learn about type 1 diabetes. Start by exploring the resources on diabetesatschool.ca, or have a look at some of the other resources we have gathered.

Be familiar with the **signs and symptoms** of low blood sugar (hypoglycaemia) and high blood sugar (hyperglycemia), and know what to do in an emergency.

Be familiar with the student's **Individual Care Plan**. Know who at the school has been designated to provide day-to-day support.

Ensure the student has **easy access to supplies** for blood glucose monitoring and treating low blood sugar (their “diabetes kit”).

Ensure the student **eats meals and snacks on time**. Allow enough time to finish eating.

Talk to the student's parents at the start of the school year (or right after diagnosis), and agree on a way to share information as needed.

Provide parents with **as much notice as possible** about field trips, special events and changes to the school routine, especially where food or activity is involved.

If a student experiences a low blood sugar before or during a test/exam, **allow a reasonable amount of time** to treat and recover from the low (they may need up to an additional 30 to 60 minutes to complete the task).

Ensure that information about the student's daily tasks and emergency plan is available to **supply teachers**.

Support the student's self-care by allowing blood sugar monitoring at any time or anywhere, respecting the student's wish for privacy.

Know that a student **may need to eat outside a planned meal or snack time** to prevent low blood sugar.

Ensure that the student has **unrestricted bathroom access**, as well as access to water at all times. This is especially important when blood sugar is high.