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Getting back to school safely for children living with diabetes

Diabetes Victoria's Renae Roll: the Victorian Co-ordinator for the national *Diabetes in Schools Program* has put together her top tips for supporting children and families in preparing for the start of the 2022 school year.

"Preparing for a new school year can be a stressful time for children and families, particularly after the past two years which have been interrupted by COVID-19 lockdowns. However, for those with children living with type 1 diabetes, the start of the new school year can be particularly stressful," said Renae.

"There are lots of resources, tools and checklists to assist with transitioning to a new school year," she said.

Her top tips are:

- **Use a [back-to-school checklist](#) to guide your planning** for your child's return to school and ensure you have considered all the key elements.
- **Prepare your child's 2022 School Diabetes Action and Management Plan** by speaking with your child's diabetes treating team. A new plan is required each year, or earlier if there are any changes to your child's diabetes management.
- **Organise a meeting** with the school principal, classroom teacher and any other key school staff to discuss your child's action and management plan. The meeting should be booked at the start of the year to go through your child's plan and should be signed off by the school principal.
- **Ensure your child's diabetes supplies are ready.** Make sure your child's school hypo kits are fully stocked and labelled. Also have on hand any spare insulin, blood glucose monitoring strips and ketone strips that might be needed at school.

Diabetes in Schools is a free program provided under the National Diabetes Services Scheme. The program can help school staff to learn more about type 1 diabetes and how they can best support children living with the condition.

There are many resources to help guide and support families so that children can have a positive and safe school experience. Visit the *Diabetes in Schools* website for more information at:

www.diabetesinschools.com.au

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