



top tips

FOR SCHOOL & COLLEGE
with diabetes

streetwise

Introduction

Starting secondary school is a new stage in your life. For some it is exciting and they cannot wait, for others there are some challenges. Either way planning ahead and talking to your diabetes team can help to make sure it all goes smoothly. As you progress through secondary school and on to college and possibly university you will gradually increase your responsibility and self management of your diabetes. Your school has a responsibility to provide a key individual who can help and support you to manage your diabetes care. Together you can develop your independence and self management.

An individual plan should be in place to help you at school and should include information on:

- Insulin administration
- Blood glucose testing
- Carbohydrate counting
- Exercise management
- Management of hypos
- What to do if you are sick at school

YOU SHOULD ALWAYS FEEL COMFORTABLE TO TALK TO YOUR DIABETES TEAM ABOUT SCHOOL LIFE, ESPECIALLY WHEN MOVING FROM PRIMARY SCHOOL TO SECONDARY SCHOOL OR SECONDARY SCHOOL TO COLLEGE.





Blood Glucose testing

Testing your blood glucose levels is the only way to know what is happening and help you decide what to do. You should always carry your blood glucose monitor on you as hypos can occur at anytime. If you do not feel comfortable about testing at school, talk to your diabetes team about this.



Top tips



Carb Counting

At secondary school you will have the choice to continue with your carb counted pack lunch or to eat at the tuck shop. If you choose to buy your lunch, you may require some extra support to calculate the carbohydrates in your meals to begin with. As you become more familiar with the carbohydrate content of the food available you will be able to become more independent to make food choices and calculate your insulin dose appropriately.

Insulin Administration

To start with you may choose to go to the key individual to administer your insulin doses. As you become more confident to calculate your insulin dose you might feel able to administer your insulin independently with your meals. Work with your school and diabetes team to decide the most appropriate plan for you.

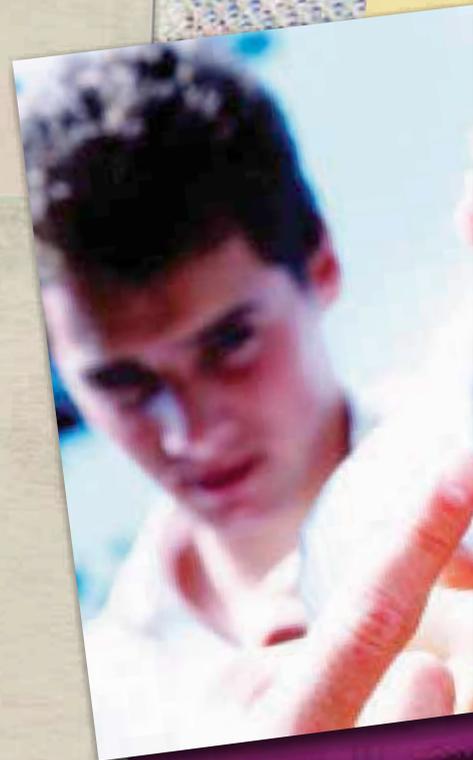


hypoos

- **If you experience a hypo you should not be sent out of the classroom**
- You should feel open to tell your friends and your teacher. Tell your friends how to recognise and treat a hypo so they can help you
- Ensure that you carry a treatment on you at all times. Arranging for spare supplies to be kept in the first aid room or similar is a good idea
- Ask your school about having a card (like a credit card) that explains why you may be eating in class if challenged by a teacher for eating or testing in class
- Forward planning of meals/snacks can also be helpful

Exams

Stress around exams can alter blood glucose levels. When you go into an exam, remember that good planning helps. Always take in some extra food or sugary drink in case of hypos. Remember to inform the teacher or supervisor prior to sitting the exam. Your school and exam board need to know well in advance before you take your exams that you have diabetes.





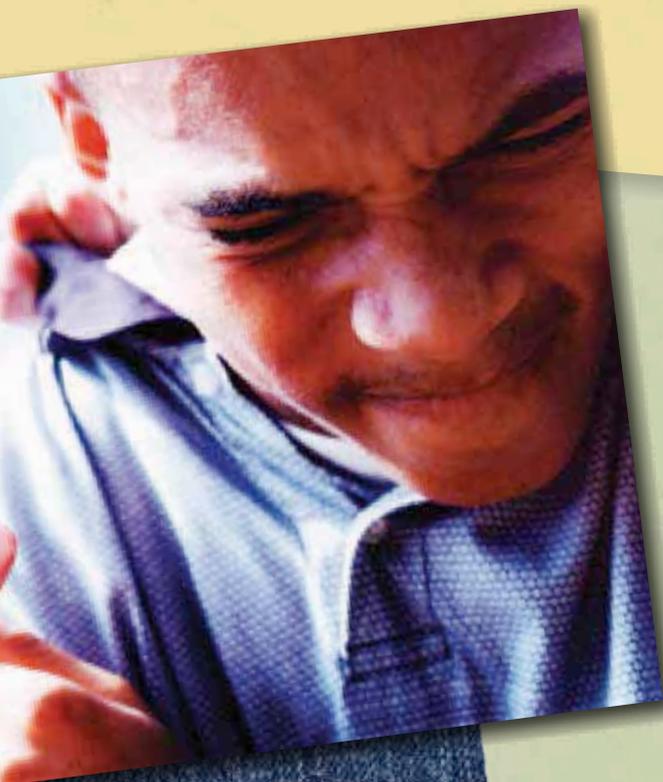
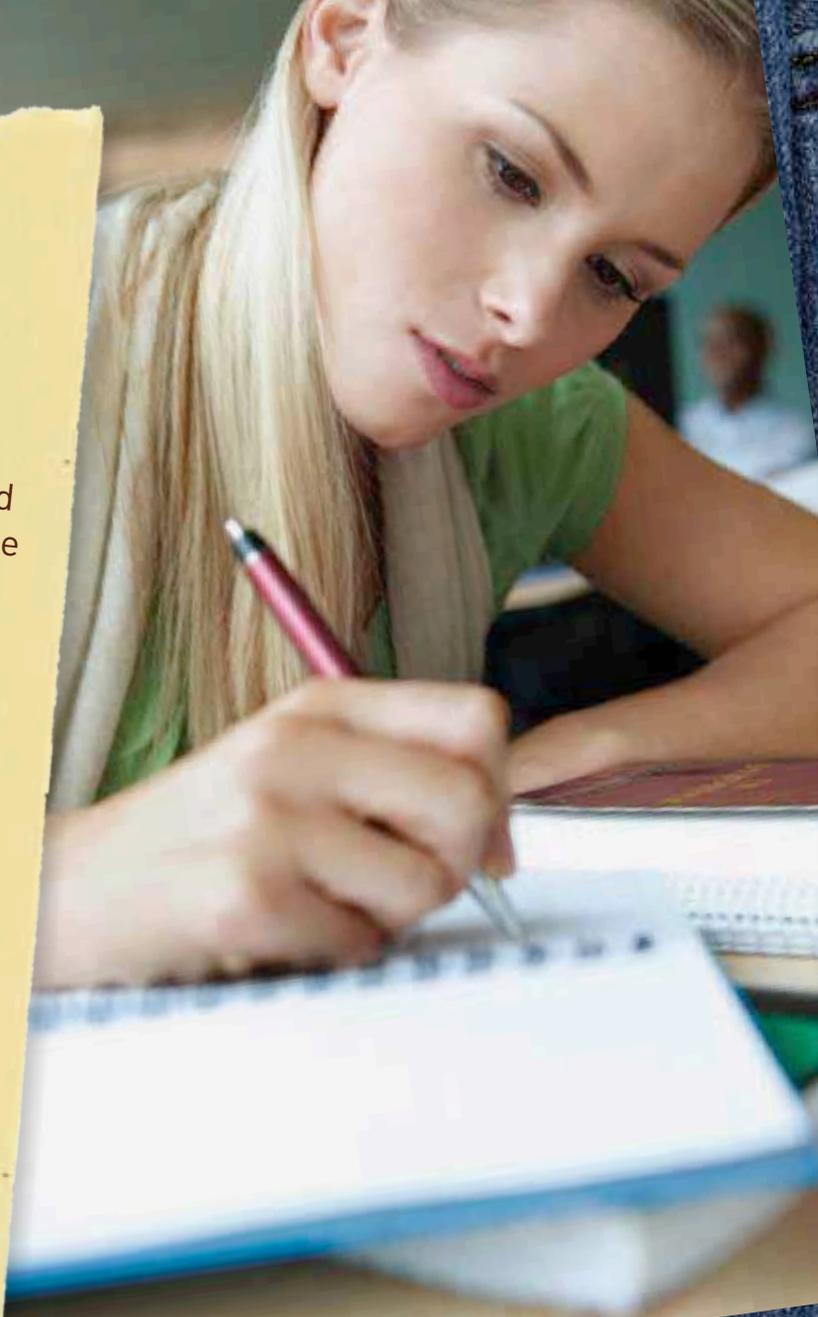
Emergency supplies

It is best to carry some emergency sugar such as glucose tablets or a sugary drink at all times. You should also keep a HYPO kit in an accessible place at school.

Identification



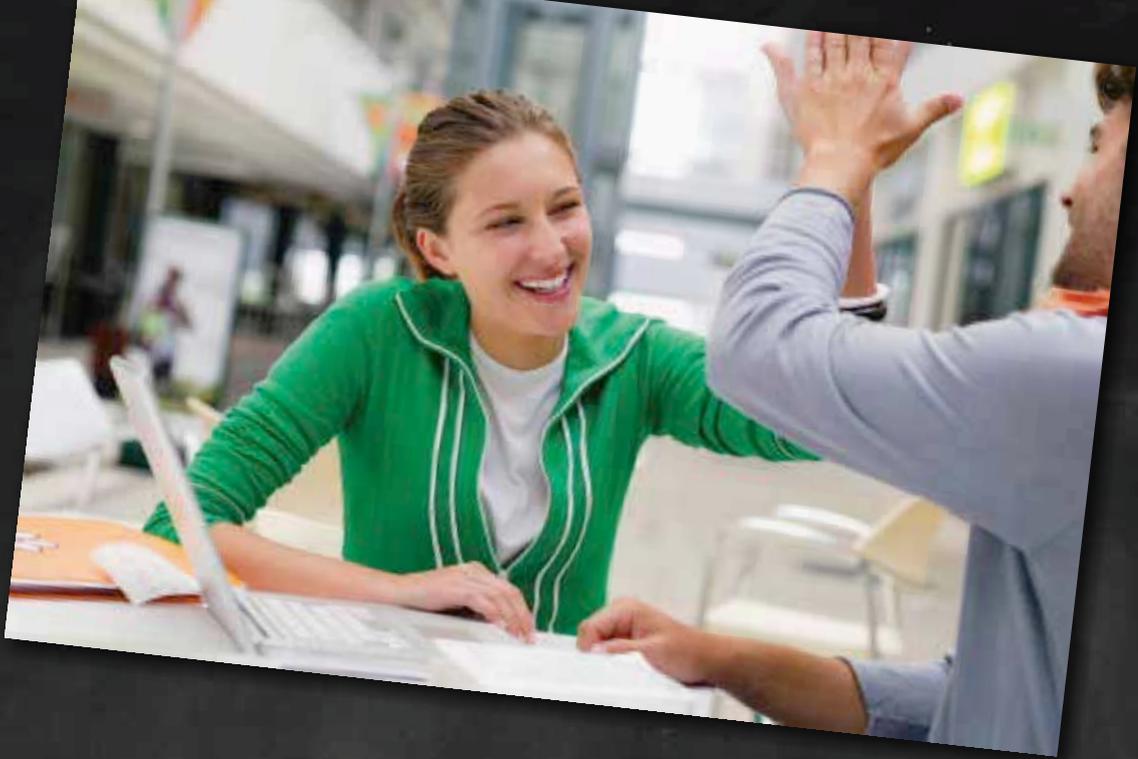
It is always best to wear some form of ID. There are a range of ID accessories available. Speak to your diabetes specialist or local healthcare team who will be able to advise you about the choices.



Bullying

Bullying can occur - which can be very frightening. If it does happen to you try to talk to someone you can trust and get something done about it. Be open and honest about your diabetes - it might help. Visit <https://thelowdown.co.nz> for some useful information on dealing with bullying. For further information and support you should always feel comfortable to talk to your diabetes specialist or local healthcare team.





Physical Education

It is important that you test before, during, and after exercise. You may require some high energy foods depending on the type of exercise and your blood glucose level. Be sensible and enjoy yourself! For further information, there is an Exercise With Diabetes leaflet in the Streetwise range.

Telling your friends

Do not feel embarrassed – diabetes is nothing to be ashamed of. Friends often want to help. Tell your friends how they can help you. Your diabetes specialist or local healthcare team can and will help you with this.

Additional resources

The NZ National Clinical Network for Children and Youth with Diabetes, in collaboration with Diabetes Australia Victoria, has created a collection of Action and Management school plans for children and youth with diabetes. These are available through your Diabetes Nurse Specialist or diabetes clinic.



Contact Numbers

School Nurse:

Diabetes Specialist or Local Team:

Kidshealth

<http://www.kidshealth.org.nz>

Starship Transition

<https://www.starship.org.nz/patients-parents-and-visitors/youth-transition/diabetes-service>

Youth Law Aotearoa

<http://www.youthlaw.co.nz>

A series of leaflets is available that may be helpful for you:

- Annual Review
- Body Piercing & Tattooing
- Emotional Well-being
- Exercise
- Insulin Pumps
- Looking After Type 1 Diabetes
- Sensible Drinking
- Sex and Beyond
- Top Tips for School
- Travelling

Ask your diabetes team for the ones you want.

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