



Supporting Diabetic Students

Dear Teachers and Parents,

We have been made aware that your school has a diabetic student attending our science school program. This outline will inform you of what our program requirements are in order to ensure the student's safety while away from their normal routine. Below you will find a list of responsibilities for both teacher and parent that will need to be completed **at least two weeks prior** to their arrival. We have found great success with this system. Please remember we are here to assist you in any way we can. Please contact us if you have any questions.

Parents can help by:

- **The student must be able to self-medicate:** this includes proficiency in checking their own blood sugar during the day and at night, changing their own insulin pump if necessary, and measuring and administering their own insulin.
- Counting carbohydrates for each meal in the menu we send. Please complete the carbohydrate count for both menus, as either could be served your week. Be specific about portion sizes, seconds, and what the student should NOT have.
- **Have the doctors' orders and carbohydrate menu counts in to the school three weeks early.** The doctors' orders would include an explanation of insulin, type of insulin, amount to be given, etc.
- Providing enough appropriate (e.g. protein-type) snacks to be given between meals and/or at bedtime for one week. Please make sure snacks are nut-free because we host many students with nut allergies.
- Informing us about the student's schedule of nightly blood sugar checks; i.e. bedtime, midnight, 2am, etc.
- If your child can monitor their blood sugar and insulin levels but cannot change their own insulin pump, we request that you would schedule a time with us to arrive on site and change the pump.

Teachers can help by:

- Assigning one teacher to be the main contact person for the diabetic student. In the event that a student requires assistance, this person will help check blood sugars levels (especially at night), deliver snacks, call parents when needed, and assist in any other situation that arises.
- At each meal, sit with the student before the meal, find out the blood sugar level and record this for our site Nurse.
- Any snack that requires refrigeration will be kept in the teachers' housing. Bring this with you when you do the nighttime check.
- Send the student's doctors' orders and carbohydrate count menus at least **two weeks in advance** (this can be sent with the cabin list, special needs, and medication worksheet).