



Supporting a newly diagnosed students' return to school

Families and their children can experience differing levels of anxiety and apprehension when returning to school.

Many families may still be coming to grips with the significant impact a type 1 diabetes diagnosis brings. An invitation to meet with parents or carers (and their child if appropriate) in a positive collaborative meeting can forge a successful partnership in planning for the care and support needed for their child with type 1 diabetes. An informed, collaborative approach will engender trust and confidence that the student will be safe and enjoy a positive experience at school - this is a common goal for the school, Principal, school staff, family and the student.



Meeting the family



Planning for Meeting the family

- Familiarise yourself with the student's individual diabetes management plan (prepared by the clinical treating team in collaboration with the family) to understand the care and support required at school.
- Understand how the school's policy and procedures will work together with the student's diabetes management plan.
- Consider staff allocation and training requirements for staff in direct regular contact with the student (e.g. teachers, support staff)
- Develop a communication plan to ensure all staff (including casual/relief staff) will be aware and informed about the student's needs.

Meeting the family

- Listen to the family's concerns with a problem solving approach.
- Inform families how the school will make reasonable adjustments to support their child.
- Advise (and introduce if possible) the designated staff who will be directly involved in the care and supervision of their child and the plans for increasing their skills and knowledge about diabetes.
- Inform the parents/carers how their child's needs will be communicated to staff.
- Discuss and come to agreement on how and when to share information.
- Ask parent/carers and the student how much information they would like to share with others about their type 1 diabetes.

Some families can feel overwhelmed with the planning and processes involved with starting or returning to school; especially on top of the challenges and concerns type 1 diabetes can bring every day. With a consultative approach in maintaining expectations, good planning and open communication, school can be a positive, supportive experience for everyone.