University Hospitals
Coventry and Warwickshire
NHS Trust

Paediatric Diabetes

How I look after my diabetes at school

Your Paediatric Diabetes Specialist Nurse (PDSN) will inform both your school and the school nurse that you have developed diabetes.

The PDSN will talk to your teachers and all others that come into contact with you during the school day. They will be given information about how to help you care for your diabetes in school. All schools are invited to attend education sessions at UHCW NHS Trust on diabetes management in schools. These sessions take place on a regular basis.

You and your parents must also inform your school about your diabetes. It is advisable to provide school with an emergency box for hypos, exercise and extra snacks. This should contain:

- School Health Care Plan – updated by family annually
- A small bottle of Lucozade (Original)
- Or Dextrose or Lucozade tablets
- Or a small can of sweet coke or lemonade (not diet)
- Dextrogel (available on prescription)
- Small packet of plain biscuits
- Small bag of jelly sweets such as Haribo 20g bags or 2 Jaffa cakes, or a sugary

  biscuit such as a jammy dodger for PE/ sports or exercise
- Contact numbers i.e. Parents, PDSN, in case of an emergency
- A list of your hypo signs
- Insulin pen needles (if injecting in school)

- Sharps Bin
- Blood glucose test strips and lancets (if testing blood glucose in school)
- Spare insulin/pen (must be stored in a fridge)
- Spare Batteries for your meter

Please re-stock it regularly

Put your name on the box and ask that it is kept in a safe accessible place. It is advisable to use a home/school communication book.

Snacks

Snacks usually fit in at the same time as school break time. You will need to take your snacks to school with you, or keep a supply of snacks at school, or take money to buy appropriate snacks.

School meals

It is your own choice whether you have school dinners or take a packed lunch. If you do have school dinners it is important that you eat carbohydrates (CHO) in your meal. (See the sheet on carbohydrates).

Physical education/ sports/ exercise (P.E.)

Doing PE, sports or exercise is extra activity so you will need extra CHO in addition to your snacks, or less insulin (reductions of doses can be discussed with your PDSN), to prevent your blood glucose going low. It is advisable to have 10-20 grams of high energy CHO like glucose tablets or a sugary drink before doing exercise (see exercise information leaflet) and every 30 minutes during exercise (for older children doing a lot of sports). Please speak with dietitian for tailored exercise advice.

If you are on a Basal Bolus regimen then you may reduce your breakfast, lunch or evening meal insulin injection depending on when the exercise is during the day. Those on insulin pumps may need to set Temporary Basal Rates. There is no reason for you to miss out on doing **any** kind of exercise or activity. Exercise is good for everyone. It will keep you fit and healthy.

School trips

There is no reason why you cannot join in with all school trips. If you are staying away with school then you can inform your PDSN. We can arrange a meeting in school with you and school staff and advise school how to help you look after your diabetes. Alternatively, you or your parents can let the school know about your needs.

Plan ahead, be organised and take **everything** you may need for the time you are away. If your trip is going to be very active then you should reduce your insulin doses so you can enjoy yourself and not go hypo. Make sure that people with you are aware of your diabetes and know how to look after you in an emergency, and then you will have an enjoyable trip with school. Don't forget to take your health care plan.

Hypos (low blood glucose)

As already mentioned, your hypo treatments should be kept in your emergency box in school. It is advisable to put your hypo signs on the top of the box. You could also keep glucose tablets with you (older children). Never ignore your hypo signs, they will never go away, they will just get worse. Inform your teacher that you are having a hypo and you must treat it immediately. **You should never be sent to fetch your own emergency foods, someone should go for you. You should never be left alone when having a hypo.** Once a hypo is treated properly then you should be able to return to your lessons.

Exams

During exams you may become stressed or anxious, which may cause your blood glucose to rise or fall. Monitor your blood glucose regularly during these times. You will need to take snacks and hypo treatment into exams. Inform the adjudicator why you have food with you. The diabetes team can provide a supporting letter for exams, please ask the diabetes team to provide this for you.

Blood testing at school

It is important to monitor your blood glucose levels regularly, you may feel 'high' and 'low' you need to know what your glucose level is so that you can control your diabetes. You need to check your blood glucose levels before each main meal and around PE/sport/exercise/intensive activity. Remember to wash your hands before checking your blood glucose. It is

your choice where you test, in the medical room or classrooms are good places. Dispose of sharps (lancets and needles) safely, by putting them in a sharps bin or using a safe clip (both available on prescription).

Friends

It is a good idea to let your friends know about your diabetes and how to recognise and treat a hypo. You probably spend much of your time with your friends, and they usually know you the best. They are usually the ones to notice if you are feeling unwell or if it is time for a snack.

Basal Bolus regimen

If you have an insulin injection during school time then you will need to inform school that you are injecting at school. You may prefer to keep your pen with you or store it in the medical room.

It is your choice where you give your insulin. It depends on where you are comfortable, but some schools prefer you to use the medical room. You can provide the school with a sharps bin to dispose of used needles or use a safe clip (both available on prescription).

Insulin Pump therapy

If you have an insulin pump you will need to inform school explaining all about your needs using an insulin pump. School needs to be aware that you wear a pump and use a handset that needs to be with you at all times.

If you have any questions about looking after your diabetes at school please inform your PDSN.

Further information

Please contact your diabetes nurse on 024 7696 7230 if you feel that you need help.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7230 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?
We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:
www.uhcw.nhs.uk/feedback

Document History	
Department:	Paediatric Diabetes
Contact:	27230
Updated:	November 2025
Review:	November 2028
Version:	9
Reference:	HIC/LFT/572/07