



## SACRED HEART CATHOLIC PRIMARY SCHOOL

### **Diabetes Procedures**

*We are a caring community which aims to promote respect and understanding of all individuals through a sharing of Catholic Faith and the love of Christ. All children will feel a sense of worth, knowing that they are valued and loved by God in their uniqueness.*

*We seek to create a learning environment which enables our children to succeed to their best ability and which recognises and values their variety of talents*

*We acknowledge the importance of our role in support for the family, the parish and the wider community.*

## Diabetes Procedures

### What is Diabetes?

Diabetes is a condition in which the amount of glucose (sugar) in the blood is too high because the body is unable to use it properly. This is because the body's method of converting glucose into energy is not working as it should.

All children with diabetes will need injections of insulin. An essential part of the treatment of diabetes is an appropriate diet. Food choices can help keep the blood glucose level near normal. Most children with diabetes will also need snacks between meals. The children with diabetes will need to eat their food at regular times during the day. Because the child needs to eat on time s/he may need to be near the front of the queue for the midday meal.

### What happens when the school is informed a child has diabetes?

1. Mr O'Hara/ Mrs Elliott speaks with the parents/carers to ascertain how it was diagnosed and the advice and medication given so far.
2. Diabetes team/medical staff involved with child inform school of the necessary actions and help set up care plan.
3. Care plan is discussed with parents/carers.
4. An 'Emergency Box'/'Bag' is set up containing snacks, hypostop, etc. for use when a hypo occurs. This box is kept in class with the child – and also similar in School Office.
5. Information is passed on to the relevant staff who will be working with the child.
6. All staff are informed of the child who has diabetes and the necessary action they will need to take.

### Access to Curriculum.

Any child diagnosed as having diabetes will not be restricted from the curriculum and opportunities will be given for snacks as necessary prior to physical activities.

### Off Site Activities/Visits.

When a child has diabetes whenever an off-site activity takes place then the emergency kit must go with them. One member of staff accompanying the party of children takes responsibility for seeing this is done. A mobile phone is always taken when parties of children go off site so access to emergency services would be immediate.

### Hypoglycaemia (or Hypo)

The common causes of Hypo are:

- ❖ A missed or delayed meal or snack
- ❖ Extra exercise
- ❖ Too much insulin

It has been noticed that hypo may occur more frequently when the weather is very hot or very cold.

Symptoms can include:

- ❖ Hunger
- ❖ Sweating
- ❖ Drowsiness

- ❖ Pallor
- ❖ Glazed eyes
- ❖ Shaking
- ❖ Mood changes
- ❖ Lack of concentration

Fast acting sugar should be given immediately. Never send a child who is hypo unaccompanied to get sugary food. Always make sure they are accompanied.

Hypos are a part of living with diabetes. Isolated incidents are inevitable. When hypos occur the child's family should be informed.

### **Useful Contacts.**

British Diabetic Association  
10 Queen Anne Street  
London  
W1M 0BD

Telephone No: 0207 323 1531  
Fax: 0207 637 3644

Policy last reviewed: Spring 2020