

Attention: Principal

Date: _____

Attention: School Nurse

Dear Principal and School Nurse,

_____ is a ____ year old with type 1/type 2 diabetes who will be attending school at _____ this year.

Children with diabetes may need to test their blood sugars 2-4 times per day by poking a finger and placing the blood on a strip in a meter that then gives a number. The blood sugar tests are often done at school prior to lunch and must be done if the child is having a possible low blood sugar. These children may take insulin by injection, by an insulin pump or may take oral diabetes medication (type 2 diabetes) to control their blood sugar.

Children with diabetes can participate in all activities without restrictions, but they may need extra snacks to prevent low blood sugars before or during P.E. or other activities.

Children with diabetes may not feel well if they have low or high blood sugar. A child with a high blood sugar may require increased water intake and access to restroom facilities without embarrassing restrictions. Please refer to the school health care plan for details.

If you or your staff have any questions, you may contact one of our nursing staff at

_____ .

Sincerely,

Physician

Nursing Case Manager

Parent