



Shoreham Academy

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SHOREHAM ACADEMY

Diabetes Policy

June 2025

Review June 2026

What is Diabetes?

Diabetes is a long-term medical condition where the amount of glucose (sugar) in the blood is too high because the body is unable to produce insulin.

There are two main types of diabetes: -

Type 1 - diabetes develops if the body is unable to produce any insulin. The majority of children who have Type 1 diabetes need to have daily insulin injections or are fitted with an insulin pump and they monitor their blood glucose levels and have to eat regularly, counting their carbohydrates.

Type 2 - diabetes develops when the body can still make some insulin but not enough, or when the insulin that is produced does not work properly. Children with Type 2 diabetes are usually treated by diet and exercise alone.

1. Introduction

The Academy

- Recognises that diabetes is a condition affecting a limited number of students that is serious but controllable condition and the academy welcomes all students with diabetes.
- Ensures that students with diabetes can and do participate fully in all aspects of academy life, including PE, educational visits and out of hours activities.
- Recognises that students with diabetes need immediate access to blood sugar monitors and insulin/snacks at all times.
- Keeps a record of all students with diabetes and their treatment routines provided by the specialist diabetes nurse.
- Ensures that all staff (including supply teachers and support staff) who have students with diabetes in their care, know who those students are and know the academy's procedure to follow in the event of a hypo/hyper.

Diabetes Medicines

Students with diabetes are required to carry their blood sugar monitors on them at all times and must be allowed to use them in a class setting as appropriate. Sometime this is through an app on their mobile phone. The mobile phone is only to be used in class for the purposes of measuring blood sugar levels.

Where a child injects with insulin, they are also allowed to carry this on them in school, but the auto-injector must be kept in a separate container to the needles. The academy recognises there is a risk if a student without diabetes were to use the insulin but considers this risk to be limited if needles are kept separately.

If a student fails to comply and keeps the autoinjector and needles together they will have their right to carry the insulin revoked and will have to visit the first aid room, where the insulin will be stored for them during the school day.

Spare insulin cartridges should be kept in the fridge in the first aid room.

Students are to carry snacks/drinks to help manage their blood sugar levels and can keep additional supplies in a named container in the first aid room.

Academy staff who agree to administer medicines are insured by the academy insurance when acting in agreement with this policy. All academy staff will facilitate students to take their medicines when they need to.

If any student requires help with calculating their carbohydrate intake and insulin requirements, they will be assisted by trained staff. These students will have to visit the first aid room for this assistance and clear records will be kept.

The specialist diabetic nurse will provide training for staff in respect of the above for each specific child requiring assistance.

Record keeping

When a child joins the academy, parents/carers are asked to declare any medical conditions that require care within school, for the academy's records. At the beginning of each school year, parents are requested to update details about medical conditions and emergency contact numbers.

All parents/carers of children with Diabetes will ensure the specialist diabetic nurse has provided the academy with an up-to-date copy of their care plan. All teachers are given access to information on children in their classes who have diabetes. Parents are required to update the academy about any change in their child's medication or treatment.

Exercise and activity - PE and games

All children are encouraged to participate fully in all aspects of academy life including PE. Students are encouraged to check their blood sugar levels prior to PE/Activity and make insulin/snack adjustments as necessary.

Hypo/Hyper – Academy Procedure

In the event of a hypo/Hyper staff will follow the treatment as outlined on the individual's care plan and parents will be informed immediately. An ambulance will be called if there is no improvement in the child's condition.

School Visits

Students with diabetes must not be excluded from day or residential visits on the grounds of their condition. They are protected by the Disability Discrimination Act 1992 and the Equality Act 2010.

Students are required to take their snacks, monitoring equipment and insulin, even those who would not usually take insulin during school hours, in case of any delays over their usual injection time.

Any student that requires assistance in monitoring their carbohydrates, insulin amounts or injections must be accompanied by a trained member of staff, including on residential visits.

Student diabetes care plans are available to trip leaders on Arbor.

Residential and Overnight Visits

It is important to know how confident a student with diabetes is at managing their own injections and monitoring their own glucose levels before deciding on appropriate staffing for an overnight visit. If a student is not confident in managing all aspects of their condition for an overnight visit including administration of medication, then a trained member of staff will need to accompany the student to assist. It is parents/guardians' responsibility to ensure the student has all the correct equipment with them for a residential visit. If any medical equipment has been lost or left behind the Paediatric department or Accident and Emergency department at the nearest hospital should be able to help. If the student is travelling outside the UK on a school trip, Diabetes UK publishes country guides. These contain useful information about local foods and diabetes care, and translations of useful phrases.

Exams

Provision will be made for all students with diabetes to ensure they can monitor their blood sugar levels in exams and can take time to administer medication or have snacks as appropriate. We recognise that some students use

their phones to check their blood sugar levels and this will be allowed during exams and will be monitored by the invigilators.

Access and Review of Policy

The Diabetes Policy will be accessible to all staff and the community through the academy's website. Hard copies can be obtained from the academy office. This policy will be reviewed on a two-yearly cycle.