



Townlands C of E Primary Academy
Diabetes Policy

Approved by: Rachael Johnson

Date: February 2026

Next review due by: February 2028

What is Diabetes?

Diabetes is a condition where the level of glucose in the blood rises. This is either due to the lack of insulin (Type 1 diabetes) or because there is insufficient insulin for the child's needs or the insulin is not working properly (Type 2 diabetes). Type 1 normally need to have daily insulin, to monitor their blood glucose level and to eat regularly according to their personal dietary plan. People with Type 2 diabetes are usually treated by diet and exercise alone. Each person may experience different symptoms, and this should be discussed when drawing up the individual health care plan.

Training

All school staff are made aware of the pupils who have diabetes and are wearing an insulin pump or who have insulin administered via injection. Townlands will ensure that a diabetic trained member of staff is available every day in school and will inform the child's parent/ carer immediately if a trained person is not available. Training on diabetes management will be provided for staff from a Children's Diabetes Nurse Specialist on an annual basis. The Children's Diabetes Team will offer ongoing support and training as needed.

Medicine and Control for children

Diabetes in the majority of children is controlled by insulin each day.

Children with diabetes need to ensure that their blood glucose levels remain stable and may check their levels by taking a small sample of blood and using a small monitor at regular intervals. They may need to do this during the school lunch break, before PE or more regularly if their insulin needs adjusting. Most older children will be able to do this themselves and will simply need a suitable place to do so. However younger children need adult supervision to carry out the test and/or interpret test results.

When staff agree to administer blood glucose tests or insulin injections, they should be trained by an appropriate health professional.

Children with diabetes need to be allowed to eat regularly during the day. This may include eating snacks during class-time or prior to exercise. If a meal or snack is missed, or after strenuous activity, the child may experience a hypoglycemic episode (a hypo) during which blood glucose level fall too low. Staff in charge of physical education or other physical activity sessions should be aware of the need for children with diabetes.

Staff should be aware that the following symptoms, either individually or combined, may be indicators of low blood sugar – a hypoglycemic reaction (hypo) in a child with diabetes:

- hunger
- sweating
- drowsiness
- pallor

- glazed eyes
- shaking or trembling
- lack of concentration
- irritability
- headache
- mood changes, especially angry or aggressive behaviour

Each child may experience different symptoms, and this will be discussed when drawing up a health care plan. If a child has a hypo, it is very important that the child is not left alone and that a fast-acting sugar, such as glucose tablets, or a sugary drink is brought to the child and given immediately. Glucose tablets, if provided, are located within a child's personal diabetic pack. Slower acting starchy food, such as a sandwich or two biscuits and a glass of milk, should be given once the child has recovered, some 10-15 minutes later.

An ambulance should be called if recovery takes longer than 10 minutes or if the person becomes unconscious. Some children may experience hyperglycemia (high glucose level) and have a greater than usual need to go to the toilet or to drink. Tiredness and weight loss may indicate poor diabetic control, and staff will draw any such signs to the families' attention. If the child is unwell, vomiting or has diarrhea this can lead to dehydration.

Individual healthcare plans are in the medical folders which are kept in the classroom.

Records

Records are kept and updated by the supporting adults where necessary.

Monitoring arrangements

This policy will be reviewed bi-annually by the SENDCO. At every review, it will be approved by the governing board.

Links to other policies

This policy links to the following policies:

- Accessibility plan
- Supporting pupils with medical conditions
- SEND policy

See individual healthcare plans.