



8/26/2026

**Endocrinologie et
métabolisme
pédiatrique**

**Pediatric Endocrinology
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Hello,

Here is the intervention plan and various resources that we share with our families for starting school. You may share these resources with the school and school nurse.

We ask that parents of children diagnosed with type 1 diabetes arrange a meeting with the school before the beginning of each school year to inform school personnel about diabetes management at school. The school nurse should be present as well as all persons who will play a key role in the child's diabetes care such as the main teacher, gym teacher, daycare staff, school principal, secretary, etc.

Parents are responsible for teaching school personnel how to test blood glucose, administer insulin injections, manipulate the pump to give meal/snack doses, treat hypoglycemia, use a continuous glucose monitor to read the blood sugar and any other information that may be required for the school staff to know. Parents must provide the carb amount for lunch and snacks. This sheet must be clear and up to date. Parents are allowed to make changes in insulin doses at any time without going through the nurses or their doctor. They are therefore responsible for providing the school with the new doses each time they make an adjustment.

Attached you will find the Montreal Children's Hospital Diabetes School Protocol. This is a general protocol containing the information needed to manage diabetes at school, including the steps to treat hypoglycemia.

Also attached is the protocol for parents and school to complete if the child is wearing a Continuous Glucose Monitor (CGM). These devices, which is inserted under the skin by the parents, provides a blood glucose reading at regular intervals without a finger prick. The result is visible either via a smart phone, a receiver or insulin pump. In any case, the child must keep this device with him/her at all times - including during class, recess, and gym classes - and the child/school staff must be able to hear the device's alarms/alerts.

Also attached is the Pump Guideline for school which outlines both the parents and the schools responsibilities.

Also attached is the Individualized Care Plan for Students with Type 1 Diabetes. A blank copy is attached to this email. We strongly encourage parents to complete this care plan prior to meeting with the school in order to facilitate communication between school personnel and the parent(s). The school nurse/school staff is free to use this care plan or the one already in place at your school.

You will find on this link the Diabetes Guides # 1, # 2 and #3 that are given to the child and his/her parents during the lessons done with the nurses. These guides contain information that may be useful for diabetes management at school. The link also contains very useful resources for parents and school personnel.
<https://muhcpatienteducation.ca/childrens-health/section/diseases-and-disorders/diabetes-in-children-.html?parentID=158§ionID=160>

The website <https://diabetealecole.ca/> is a bilingual website with multiple resources for schools. We strongly recommend that you consult it to familiarize yourself with the important concepts related to type 1 diabetes.

Happy start of the new school year!

Should you have any questions you can reach the nurses of the Montreal Children's Hospital.

Diabetes team from the Montreal Children's Hospital
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