



SCHOOL HERO

A CAPTAIN LANTUS GUIDE TO SCHOOL & TYPE 1 DIABETES



WORKING TOGETHER
WITH YOUR SCHOOL TEAM



BE PREPARED
KNOW WHAT TO TAKE & WHAT TO DO



STAY SAFE
MANAGE YOUR DIABETES WITH CONFIDENCE



JOIN IN
SPORTS, CLUBS, TRIPS & EVERY SCHOOL DAY



BE PROUD
YOU'RE STRONG, CAPABLE & AMAZING!

★ YOU'VE GOT DIABETES. BUT DIABETES DOESN'T HAVE YOU. ★



SCHOOL IS FOR HEROES!

Type 1 Diabetes is part of your story, but it doesn't define who you are.

Learn. Play. Laugh. Grow. Shine!

TODAY WE WILL:

-  Learn New Things
-  Have Fun
-  Make Friends
-  Be Our Best

BE KIND
BE BRAVE
BE YOU



MISTAKES
HELP US
GROW!



YOU CAN
ACHIEVE ANYTHING
WHEN YOU BELIEVE
IN YOURSELF!



AT SCHOOL, YOU CAN BE A STUDENT, A FRIEND, AN ATHLETE, AN ARTIST, A LEADER... **AND A HERO!**



LEARN
NEW THINGS



MAKE
FRIENDS



STAY
ACTIVE



EXPLORE YOUR
INTERESTS



BE PROUD OF
WHO YOU ARE



MY DIABETES TEAM

Lots of people are here to help me stay safe, feel happy and do my best. I'm not doing this alone!



SCHOOL NURSE
Helps with my diabetes care at school.

TEACHER
Helps me learn and feel included.

MY FAMILY
Love me, support me and cheer me on.

TEACHING ASSISTANT
Support me throughout the day.

MY FRIENDS
Play with me, include me and have my back.



TOGETHER, WE MAKE A GREAT TEAM!
With my team by my side, I can learn, have fun and achieve amazing things!





★ WHAT SHOULD SCHOOL KNOW? ★

It's important that my school knows about my Type 1 Diabetes so they can help me stay **safe** and feel **included**.

When school knows, they can help me be the best version of me!



I HAVE TYPE 1 DIABETES

This means my body needs insulin to stay healthy.



I WEAR AN INSULIN PUMP

It gives me insulin all day and helps keep my levels steady.



I WEAR A CGM

It shows my glucose levels throughout the day.



I MAY NEED SNACKS

This helps me if my levels go too low.



I MAY NEED HELP

I might need help checking my levels or treating a low.



I MAY HAVE QUESTIONS

It's okay to ask if you're not sure about something.

★ TOP TIP!

You can help your teacher by filling in a **School Care Plan** with your parents.

SCHOOL CARE PLAN





WHAT HAPPENS IF I FEEL LOW?


When my blood sugar goes too low, my body gives me signals. Here are some ways I might feel:



 **TELL AN ADULT STRAIGHT AWAY!**
Don't wait – tell a teacher, teaching assistant or school nurse.



- THEY CAN HELP ME:**
- Check my levels
 - Give me treatment
 - Help me feel better
 - Keep me safe

 **YOU'RE AWARE, YOU'RE PREPARED, YOU'RE A HERO!**
Knowing what to do helps me stay safe and get back to learning and having fun.




- ★ **LOW BLOOD SUGAR CAN HAPPEN WHEN:** ★
-  I'M MORE ACTIVE
 -  I HAVEN'T EATEN ENOUGH
 -  I HAVE TOO MUCH INSULIN
 -  I'M POORLY
 -  EVEN WHILE I'M SLEEPING




MY SCHOOL SUPPLIES

Having my diabetes supplies with me helps me feel **safe, prepared and in control** so I can learn and have fun!

CGM
This shows my glucose levels all day long.



GLUCOSE METER
I can check my levels anytime.




GLUCOSE TABS
These help raise my levels quickly if I go too low.




JUICE
This helps me treat a low quickly.




SNACKS
These help keep my levels steady and give me energy.



INSULIN & PEN / PUMP
This gives me the insulin my body needs.



Everyone's bag might look a little different. That's okay! We are all unique and that's our superpower!

OTHER IMPORTANT THINGS
Phone, water bottle, hand wipes, spare infusion set and batteries.



**BE PREPARED
BE CONFIDENT
BE A HERO!**



★ A LITTLE PREPARATION TODAY ★ A LOT OF CONFIDENCE EVERY DAY!





★ PE, SPORTS & SCHOOL TRIPS

Being active and trying new things makes me stronger, happier and healthier.
Heroes can still join in!



★ TOP TIPS ★

- ✓ Check my levels before activity.
- ✓ Carry my supplies with me.
- ✓ Have a snack if I need one.
- ✓ Drink water and stay hydrated.
- ✓ Ask a teacher if I need help.

🏀 PE & SPORTS

- ✓ I can play games
- ✓ I can take part in PE
- ✓ I can try new sports
- ✓ I can be on a team



Just like my friends!

🎒 SCHOOL TRIPS

- ✓ I can go on trips
- ✓ I can explore new places
- ✓ I can learn new things
- ✓ I can make memories

New adventures make great stories!



I AM BRAVE. I AM PREPARED. I CAN DO IT!

Every time I step out of my comfort zone, I grow stronger and more confident.

BEFORE I HEAD OUT



CHECK MY LEVELS



TAKE A SNACK



DRINK WATER



CARRY MY SUPPLIES



TELL AN ADULT MY PLAN



I can do amazing things when I'm active, adventurous and prepared! ❤️



★ I CAN DO ★ AMAZING THINGS!

BE KIND
BE BRAVE
BE YOU

I have Type 1 Diabetes,
but it doesn't stop me!
I learn, I play, I try my best and I have fun!



MY GOALS

	I WILL LEARN	-----	
	I WILL TRY NEW THINGS	-----	
	I WILL TAKE CARE OF ME	-----	
	I WILL BE A GOOD FRIEND	-----	
	I WILL HAVE FUN	-----	

I AM PROUD OF:

- ★ How strong I am
- ★ How hard I try
- ★ The progress I make
- ★ Being me!

EVERY DAY
IS A NEW CHANCE
TO SHINE!



Your teacher
believes in you!
You've got this!



REMEMBER:
It's okay to ask
for help.
It's okay to take
care of me.
It's okay to be
proud of me!

I PROMISE TO:

- Take care of my body
- Listen to my team
- Ask for help when I need it
- Keep learning and trying
- Be kind to myself and others

I AM
AWESOME!

TOGETHER, I CAN DO AMAZING THINGS!

I am strong, I am capable and I am never alone.

★ I am my own hero! ★





★ IT'S OKAY TO ASK FOR HELP! ★



Speaking up helps me stay safe,
feel better and do my best.
I am not alone—there are people who care!




I CAN TALK TO:

 My Teacher	 The School Nurse	 A Teacher Assistant
 A Classmate	 My Coach	 My Parent

HELPERS
are here
to support
me every
day!
❤️



★ HOW I CAN SPEAK UP: ★

USE MY WORDS I need help. 	RAISE MY HAND Excuse me, I need to tell you something. 	WRITE A NOTE Can I give you a note? 	BRING MY CARE CARD This helps me tell you. 
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REMEMBER:

- ✓ It's okay to speak up.
- ✓ You will be heard.
- ✓ You will be helped.
- ✓ You are important.
- ✓ You are a hero!

MY PROMISE

- ✓ I will speak up.
- ✓ I will ask for help.
- ✓ I will take care of me.
- ✓ I will help others.

I will be a hero!

I HAVE A VOICE. I MAKE A DIFFERENCE.
When I speak up, I help myself and inspire others!



**TOGETHER,
WE CAN DO
AMAZING
THINGS!**