

# Diabetes in Schools Training Program

## Do you have a student with type 1 diabetes at your school?

Diabetes in Schools is an information and training program designed to support schools and school staff to help students to manage their type 1 diabetes while at school.

## What does the training involve?

### Level 1: Introductory Training Online

Designed for all school staff and provides basic information about supporting students living with type 1 diabetes. Training includes three short online modules. It's recommended that all school staff undertake level 1 training.

### Level 2: Intermediate Training Online or Group

Designed for designated school staff who agree to be directly involved in supporting students with type 1 diabetes. Training covers type 1 diabetes and food, monitoring glucose levels, insulin, managing lows and highs, physical activity, school camps and planning for changes.

### Level 3: Individualised Skills Training Face-to-Face

Designed for designated school staff and focuses on the individual student's type 1 diabetes management. This practical face-to-face training is delivered in the school by a qualified health professional (where possible a member of the student's diabetes treating team). It is especially beneficial for schools with students who are newly diagnosed or who are unable to self administer insulin. **School staff must complete level 1 and 2, before undertaking level 3 training.**



# Why do the training?

School staff play an important role in the lives of students with type 1 diabetes. By supporting a student with diabetes at school, school staff can make a lasting impact on a student's learning, well-being and health. It's common for teachers and support staff to feel unsure about how to support a student when they're living with type 1 diabetes. The Diabetes in Schools program provides training and education to help school staff feel more confident in helping a student to manage their condition while at school.

## About the program

- Online training modules are easy to access and available to all schools.
- Designed to be simple-to-use, catering for busy school staff.
- Backed by extensive research and 18 months of stakeholder consultation.
- Co-designed by schools, principals, teachers, parents and health professionals.
- Supported by leading consumer and health professional organisations – Diabetes Australia, Australian Diabetes Educators Association, JDRF Australia, Australasian Paediatric Endocrine Group and Australian Diabetes Society.

## Get started today!

### For school principals:

#### Step 1

Register your school at [learning.diabetesinschools.com.au](https://learning.diabetesinschools.com.au)

#### Step 2

Invite school staff to participate in level 1 & 2 online training

#### Step 3

Consider your schools need for level 3 training and submit an online request form

**For resources, information or to register**  
visit [www.diabetesinschools.com.au](https://www.diabetesinschools.com.au)  
or call 1800 637 700 for support



The NDSS is administered by Diabetes Australia