



Recess Before Lunch (RBL)

RBL may require additional steps in the implementation process for students with diabetes who are affected by physical exercise and require a blood glucose test before activity and meals. These challenges can be addressed with a few additional actions and precautions that leave the benefits of RBL still intact.

★ Recommendations

1



Engage in Exercise

Exercise is important for all kids, and kids with diabetes are no exception.

Exercise works to lower blood glucose levels and improve body's ability to use insulin.

- ★ A light snack before physical activity will manage this decrease in blood sugar.

2



Manage Diet

Food is an important component of diabetes management.

- ★ It is essential that a diabetic child be as consistent as possible in following their meal plan outlined in their Diabetes Medical Management Plan from their physician.

3



Blood Glucose Test

A blood glucose test is required before recess to insure the child is stable enough to engage in physical activity.

A blood glucose test will be required before lunch as well.

- ★ In case of emergency, glucose should be available to treat hypoglycemia (provided by parents).

4



Inform

The diabetic student should notify their physician about the RBL schedule.

Teachers and school nurses should be notified of diabetic student's blood glucose test requirements.

- ★ Training on how to administer medication to diabetic student should be provided to teachers and physical education instructors.

Sources:

<https://www.endocrineweb.com/guides/type-1-children/physical-activity-children-type-1-diabetes>

https://www.ogdensd.org/uploaded/District/Support_Services/Nurses/Diabetes/WHAT_SCHOOL_PERSONNEL_SHOULD_KNOW_ABOUT_DIABETES.pdf

<https://digitalcommons.cwu.edu/cgi/viewcontent.cgi?referer=https://www.google.com/&httpsredir=1&article=1683&context=etd>

http://www.diabetesadvocacy.com/going_to_school.htm

