



Guidelines for Diabetes Mellitus Type I and Type II

Students with Diabetes are welcome and encouraged to attend Palomar Outdoor School (6th Grade Camp) whether insulin dependent, taking injections, on a pump, or taking oral medication. There is a credentialed school nurse available around the clock for students participating in the camp program. Preparation and careful planning are necessary to ensure that students are safe and comfortable at camp. Therefore, **providing health information three weeks before students attend is critical.** In many instances, this is the first opportunity for a child with Diabetes to be away from home. Our goal is to make it a positive experience.

The following assistance from parents/guardians and school nurses is requested:

- Call Glenn in the Dining Hall (760-742-2128) to request a menu and “carb count” list.
- Send Doctor’s orders including 24 hour around the clock needs to your school nurse, who will forward it to Palomar at least one week prior to attending
- Send the 3 ring binder from the school site Nurse’s Office
- Send the child’s usual snacks for morning, afternoon, and bedtime (peanut/nut products are not allowed)
- Send supplies including:
 - Glucometer, lancets and 40+ strips
 - Insulin – all types used
 - Syringes
 - Glucagon
 - Glucose tablets
 - Strips for urine ketones
 - Cassettes/batteries and other supplies for pump
 - Insulin pen or other back up insulin for pump
- Supplies should be transported on the bus with other medications from the school
- Call or email the Palomar nurses with any other questions or concerns
- Parents/guardians are encouraged to call us as needed

The general routine for students with Diabetes at Palomar includes:

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| 7:00 AM | glucose check in Health Office |
| 7:30 AM | breakfast |
| 10:00 AM | snack (if indicated) |
| 11:50 AM | glucose check in Health Office |
| 12:00 PM | lunch* |
| 3:00 PM | snack (if indicated) |
| 5:00 PM | glucose check in Health Office |
| 5:15 PM | dinner ** |
| 8:00 PM | glucose check in Health Office, snack (if indicated) |
| 1:00 AM | glucose check in cabin |

*On arrival day lunch is at 1:00 PM so it is important that the student has an adequate snack available on the bus if he/she is used to eating an earlier lunch.

**On departure day snack/dinner accommodations will be made on an individual basis. Arrival at school is estimated to be approximately 7:00 PM