

Nutrition At School

To manage nutrition well at school, particularly in your child's younger years, it may be important to discuss your child's individual needs with their school. The school may need additional education about how best to support your child for example taking tablets and accessing toilets.

Dehydration

- Ask teachers to encourage your child to drink throughout the day, particularly in hot weather.
- Your child should always have access to their water bottle and should avoid drinking from water fountains.
- Discuss any need for salt solution/tablets or sports drinks in summer and how the school will accommodate this.
- Ensure the teacher understands the symptoms of dehydration, need for increased salt and how to manage this.
- The sports teacher should be made aware of the importance of hydration for your child.

Enzymes

- How will enzymes be administered? Is your child swallowing capsules or still using puree?
- Where will enzymes be kept? Some schools require all medication to be kept in the office. As your child gets older, it is beneficial for them to carry their own medication to foster independence (with assistance where required).



Discuss your child's individual needs with school/kindy.

- Extra enzymes may be kept at school in case of spills, or if enzymes are misplaced.
- Consider birthdays at school and other occasions where there may be extra food.
- At times, your child may need quick/frequent access to the toilet. Teachers should be made aware and support the child.

CFSmart Program

The CFSmart program can provide further information about managing CF at school. Go to www.cfsmart.org.au for more information including CF Student Action Plans and eLearning for teachers.