

## Starting School with CF

School is an exciting and important part of your child's life. With a little bit of planning and good communication, CF can be successfully managed at school.

### Choosing a school

Choosing a school is a personal decision with many factors to consider for each family. Some questions to ask may be:

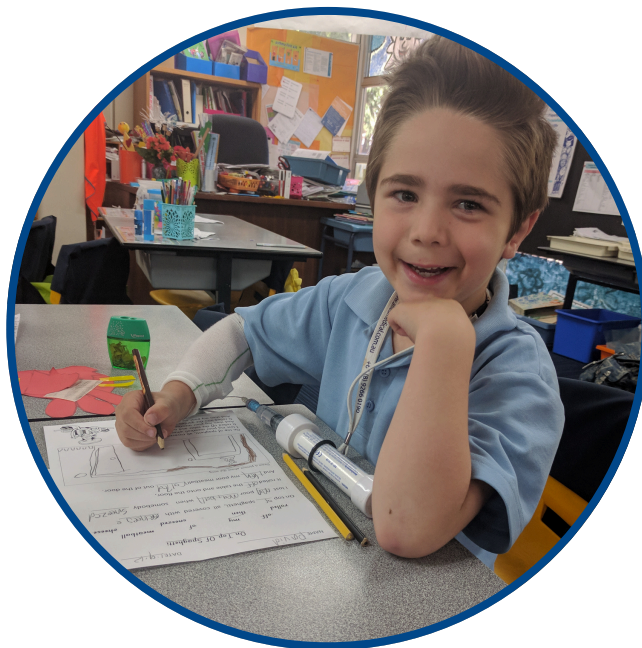
- Are there any individuals with CF in the school community, including students or staff? Multiple people with CF in a school can be managed with good cross infection strategies.
- Are they supportive and open to learning about CF?
- Do they have a good approach to hand hygiene and illness policy.

### Educating the school

Educating relevant staff about CF is important so they understand the needs of your child at school. It will be an ongoing process and will need to be revisited with changes to your child's treatment plan or changes in staff.

Relevant staff should have a good understanding of:

- Medications required at school
- Dietary requirements
- Bowel issues/toilet needs
- Infection prevention and control
- Dehydration
- Environmental considerations



#### CFSmart

The CFSmart Program has resources for educators including free online [eLearning modules](#) and [factsheets](#) and other resources.

#### School Management Plan

CFWA can work with the school to implement the [School Management Plan](#). This has been developed in line with best practice guidelines and should be incorporated in the development of school policy and procedure.

#### CF School Education

Our Education team can provide face-to-face staff and/or student CF education.

#### School Resource Pack

Our [MyABCF at School book and resource pack](#) is free to schools with a child with CF and can be used to help classmates learn more about CF.

## Getting ready for school

Talk to your child about the daily school routine and practice what they will be doing on a school day e.g. getting up, doing physio, getting dressed, packing school bag.

Other ways you can help prepare your child are to:

- Practice having recess or lunch at home with their lunch packed in a lunch box as you would for school.
- Talk about where their enzymes will be e.g. in their lunch box/with their teacher (if applicable).
- Teach your child about the importance of good hand hygiene at school.
- Work through our '[I'm Starting School This Year](#)' booklet.

## Support for families

CFWA can work with parents to provide a [CF Action Plan](#) to detail your child's symptoms, required medications and dietary needs at school. Contact us to complete a personalised plan for your child.

For more information about how we can support your child at school please contact our Education Coordinator at [education@cfwa.org.au](mailto:education@cfwa.org.au).

## Useful resources

- [CFSmart](#)
- [CFWA School & Community Education](#)

