

Going to High School with CF

Moving to high school can be a big transition. Your child will become more independent and will need to learn to manage all the normal high school requirements, plus CF treatments. It is important to have open communication and a good partnership with the school to ensure your child's education and school experience is not limited by CF.

Choosing a school

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

- Are any other children with CF enrolled at the school? Multiple children with CF in a school can be managed with good cross infection strategies.
- How does the school cater for children with medical needs?
- Are they willing to have relevant staff educated about CF?
- What is the school's medication policy?

Other considerations may include:

- Ability to provide additional care and support when needed.
- Hygiene and cleanliness.

Disclosure

Once a child reaches high school, they may not feel comfortable with everyone knowing that they have CF. It is worth having a conversation with your child to understand their thoughts on this. While they may not want other students to know, it is important that the relevant staff have an awareness of how CF may affect your child at school. Teachers will be more understanding and more accommodating of their needs at school.



Educating the school

Educating staff will be an ongoing process and will need to be revisited with changes to your child's health or treatment plan. Update your key contact with any changes in health or impending absences such as hospital admissions.

Relevant staff should have a good understanding of:

- Medications required at school
- Bowel issues/toilet needs
- Infection prevention and control
- Dehydration
- Relevant CF-related complications (e.g. CF related diabetes)
- Absences

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

CFWA can also provide a [CF Action Plan](#) which can be personalised to detail your child's symptoms, required medications and dietary needs at school.

Camps and excursions

School camps and excursions are exciting and provide many new and fun experiences. For students with CF, there will be some forward planning and extra considerations both families and the school need to account for, including medication storage, physio, dietary needs, dehydration, environmental risks, toilet access and suitable hand hygiene facilities.

Useful resources

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