



UNIVERSITY OF CALGARY
FACULTY OF NURSING

POST-EVENT REPORT SUMMARY

TYPE 1 DIABETES

TACKLING SCHOOL CHALLENGES FOR KIDS

Supporting Children with Type 1 Diabetes in Schools:
A transdisciplinary approach to real life change

Date: May 29, 2025

Location: Hunter Student Commons

HNSC 401, Fourth Floor Collision Space

Report prepared by The HIVE

Executive Summary

Type 1 Diabetes: Tackling School Challenges for Kids was held on Wednesday, May 29, 2025, from 8:30 a.m. – 1:00 p.m. in the Hunter Student Commons Fourth Floor Collision Space at the University of Calgary.

A diverse group of 31 attendees participated in the workshop, comprising 18 community members and/or people with lived experience; 7 representatives from community and health; 3 schoolteachers; and 3 post-secondary faculty or staff members. There were also 2 service animals present.

The primary aim was to collaboratively explore the lived experiences of children with Type 1 Diabetes (T1D) in school settings and co-create practical solutions that foster safer, more supportive and understanding environments for children with T1D and their families to thrive.

Through an engaging World Café dialogue, referred in the workshop as an Inspiration Café, participants identified significant challenges across various domains, including lack of awareness and education, communication gaps, emergency preparedness, and the psychosocial impact on children. Crucially, the collaborative format led to the co-creation of actionable solutions, emphasizing the need for standardized education for educators and peers, clear communication protocols, designated support personnel, and integrated care plans. The workshop successfully achieved its goals of facilitating shared understanding, inspiring new ideas, and strengthening cross-disciplinary networks.

Attendee feedback was overwhelmingly positive, rated 4.46 out of 5, with participants expressing appreciation for the interactive format, the sharing of diverse perspectives, and the opportunity for meaningful engagement on a topic they were personally connected to and passionate about.



Event Overview

Event name	<i>Type 1 Diabetes: Tackling School Challenges for Kids</i>
Date & Time	Date: Wednesday, May 29, 2025 Time: 8:30 a.m. – 1:00 p.m.
Description of the Event	A collaborative gathering of key partners to explore the lived experiences of children with T1D in school settings and co-create practical solutions to make schools safer and better equipped for students with T1D to thrive at school.
Location	Hunter Student Common Fourth Floor Collision Space (HNSC 401), 460 Campus Lane NW, Calgary, AB
Attendees	31 participants aged 16 years and up, including people living with T1D, parents/grandparents of children with T1D, teachers, healthcare professionals, and researchers/academics.
Registration	Free of charge for attendees.

Workshop Goals and Objectives

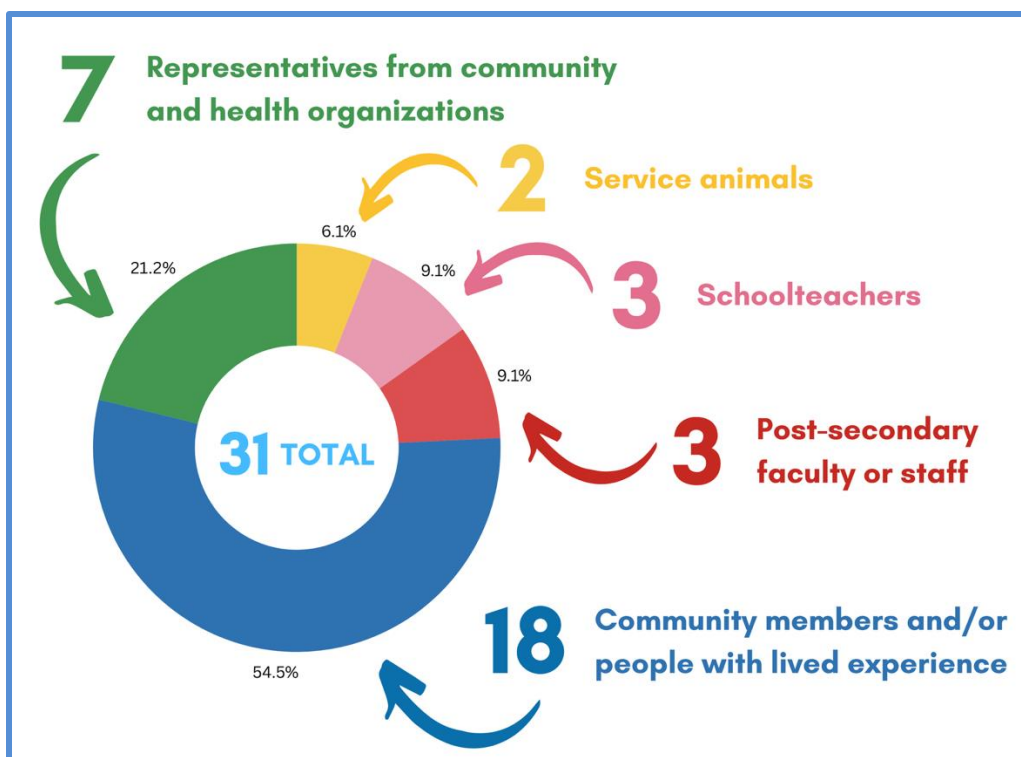
The workshop had the following goals and objectives:

- To share and hear stories from people experiencing T1D and their families and care providers (health and school settings).
- To co-design potential solutions that can guide research and real-world change, specifically aimed at improving T1D management and support in schools.
- To network across disciplines, connecting parents, educators, healthcare professionals, and advocates to spark new ideas for supporting T1D students.
- To create an engaging environment for connection, creative thinking, and shared insights on tackling T1D challenges at school.

Type 1 Diabetes: Tackling School Challenges for Kids successfully created a dynamic workshop for 31 attendees to collectively address the complexities of managing T1D in school environments. The workshop effectively met its objectives by fostering an environment where participants, including parents, teachers, and healthcare professionals, could share the lived experiences and unique challenges faced by children with T1D in educational settings. This collaborative approach led to the co-creation of actionable solutions specifically designed to guide research and real-world change, aiming to make schools safer and more supportive for students with T1D, enabling them to thrive academically and socially. The workshop inspired new ideas and strengthened vital cross-disciplinary networks essential for advocating for and implementing improved T1D care and inclusion within school settings.

Attendee Representation

The event brought together a diverse group of 31 attendees, including 18 community members and/or people with lived experience of T1D, including parents and grandparents of children with T1D; 7 representatives from community and health organizations, including as Diabetes Canada, Alberta Children's Hospital Diabetes Clinic, Juvenile Diabetes Research Foundation, I Challenge Diabetes, Infinite Abilities Assistance Dogs, and Greg's Wings Projects; 3 schoolteachers; and 3 faculty or staff members from post-secondary institutions. The excitement of the event was also heightened by the presence of two service dogs in training to detect early signs of hypoglycemia.





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TYPE 1 DIABETES TACKLING SCHOOL CHALLENGES FOR KIDS

Supporting Children with
Type 1 Diabetes in Schools

*A transdisciplinary approach
to real-world change*

MAY 29, 2025

9:00 a.m. - 12:00 p.m.

Hunter Student Commons
4th Floor Collision Space (HNSC 401)
University of Calgary main campus

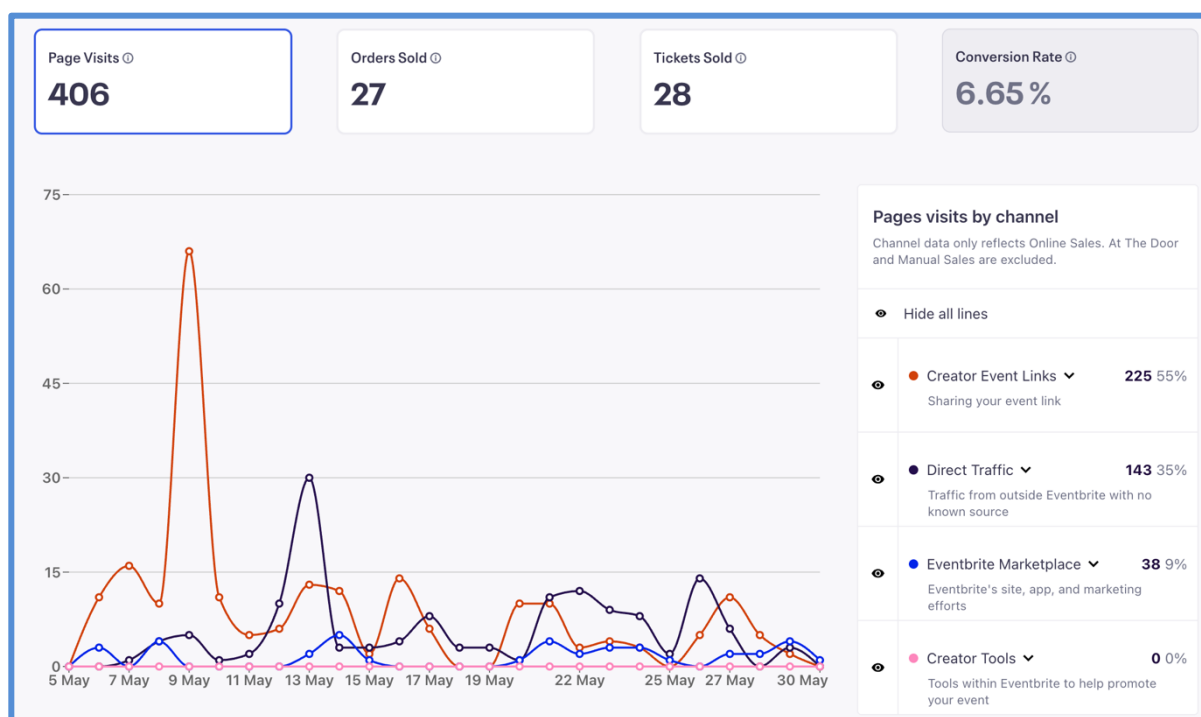


REGISTER NOW

Marketing and Communications

The workshop was shared through email, personal invite and posters distributed across the UCalgary campus. See page 7 for the registration poster.

Registration for the workshop occurred through Eventbrite. The workshop was posted on May 5, 2025 and we had over 400 page visits. As per the image below, 90% of the Eventbrite page visits were from people who navigated to the Eventbrite registration page through a shared link. Nearly 10% of traffic occurred through Eventbrite marketplace.



Workshop Facilitators

The workshop featured an Inspiration Café, designed based on the World Café methodology to encourage open dialogue, shared learning, and collaborative solution co-creation. The engaging discussions were guided by our facilitators:

- Alison Stone, BFA B Ed – Mother of a child with T1D, Co-Founder of Glucose Scholars
- Kim Buchanan, RN BN - Mother of a child with T1D, Co-Founder of Glucose Scholars
- Dr. Tracie Risling, PhD RN BA - Associate Dean, Innovation & Associate Professor, Faculty of Nursing, University of Calgary

Inspiration Café Questions

To guide discussions, attendees addressed each of the following five Inspiration Café meta-questions:

1. What challenges or questions feel most overlooked when it comes to supporting kids with T1D at school, for families, educators, and the broader school community?
2. What are the most significant gaps in support for students with T1D in school environments?
3. What stories or experiences—personal or professional—can guide us in designing more child-centred and responsive care for students with T1D?
4. If you could create one new tool, program, or support to make school safer and more supportive for students with T1D, what would it be?
5. What are some solutions that the school, community, parents, children, diabetes clinic, and other stakeholders could easily enact tomorrow to make an immediate difference?



Identified Challenges

In the workshop, participants identified a range of challenges, highlighting the complex interplay between health management, school environment, and social dynamics:

Lack of Awareness & Education

- Many school staff members lack fundamental knowledge about T1D and its management (E.g., poor understanding of insulin, blood glucose monitoring, and the signs and symptoms of hypoglycemia and hyperglycemia).
- Inconsistent training across schools and school boards.
- Challenges in educating substitute teachers and new staff quickly.
- Parents often bear the burden of educating school staff.
- When a student with T1D is in their class, teachers experience fear, anxiety, and inadequate support.

Communication Gaps

- Ineffective communication channels between parents, school staff, and healthcare teams.
- Lack of a standardized communication system to ensure critical information is shared and up to date.
- Difficulties in timely communication during emergencies or when blood glucose levels are out of range.

Emergency Preparedness & Protocols

- Ambiguity or absence of clear emergency plans and protocols for T1D management in schools.
- Concerns about staff reluctance to administer insulin or glucagon due to liability fears or lack of training.
- Inconsistent policies across different schools and jurisdictions.
- Challenges with appropriate glucagon administration.

Psychosocial Impact & Stigma

- Children with T1D can experience social isolation, bullying, and anxiety related at school.
- Feeling “different” or “singled out”, especially during activities like snack time or gym.
- T1D impacts the participation in extracurricular activities or field trips.

Resource Limitations & Staffing

- Lack of dedicated support staff (E.g., school nurses, trained aides) in schools.
- Overburdened teachers already have many responsibilities.
- Issues continues to exist related funding for necessary resources and training.

Co-Created Solutions and Key Takeaways

Building on the identified challenges, participants passionately co-created a multitude of potential solutions, emphasizing collaboration and proactive measures, including:

Standardized Education & Training

- Develop a mandatory, standardized T1D education program for all school staff, including administrators, teachers, and education assistants/aides perhaps through an online module or accredited course.
- Offer refresher courses and other easily accessible resources.
- Designate “T1D Champions” or “Health Liaisons” within each school.

Improved Communication Strategies

- Implement a consistent communication system or platform between parents, school, and healthcare providers (E.g., secure app or standardized logbook).
- Establish a clear “T1D Care Plan” for each student with T1D, easily accessible to all staff that support the student.
- Regular check-ins and scheduled meetings between parents and school staff.

Clear Emergency Protocols & Support

- Develop and universally implement clear, concise emergency protocols for hypo/hyperglycemia, including glucagon administration.
- Provide hands-on training and practice sessions for administering emergency medications.
- Advocate for policies that protect staff who administer care in good faith.

Fostering Inclusion & Support

- Promote T1D education and awareness among all students to reduce stigma and foster peer support.
- Create supportive school environments where children feel comfortable managing their T1D openly.
- Consider specific support at points of transition (E.g., kindergarten, junior high).

Policy & Advocacy

- Advocate for provincial or district-wide policies that standardize T1D management and support in schools.
- Push for adequate funding for school health services and dedicated T1D support personnel.
- Develop a “T1D Toolkit” for schools, offering resources and best practices.

Leveraging Technology

- Address Wi-Fi accessibility issues for Continuous Glucose Monitors and other devices within school buildings.
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- Educate staff on the use of T1D technology and devices.

Discussions consistently highlighted the need for collaboration as the cornerstone of effective change. Participants emphasized that no single solution would suffice. Rather, a coordinated effort involving parents, educators, healthcare providers, policymakers, and community members is essential to create truly inclusive and safe school environments for children with T1D.

Workshop Outcomes

The *Type 1 Diabetes: Tackling School Challenges for Kids* workshop successfully achieved its ambitious goals, laying significant groundwork for future action, including:

Shared Understandings: The Inspiration Café format effectively created a space for people to share their stories and challenges, fostering empathy and a sense of collective understanding of the complexities of managing T1D in schools.

Co-Designed Solutions: Participants co-created an array of practical solutions, demonstrating a strong collective desire for systemic change and improved support for children with T1D and their families.

Network Building: The workshop successfully connected people across disciplines and roles, sparking new relationships and potential collaborations, vital for driving real-world change.



Attendee Feedback

Based on 13 feedback survey responses, attendees rated their overall satisfaction with the workshop at 4.64 out of 5.

Content and Format: Attendee feedback for the *Type 1 Diabetes: Tackling School Challenges for Kids* highlighted the value and impact of the informal, conversational format and the personal nature of the topic. They shared:

- “Great to hear from different perspectives. Very organized and engaging.”
- “Excellent facilitation, engaging, and provided good information from diverse perspectives.”
- “The format of different tables with different questions was very helpful.”

Value of Diverse Perspectives: Participants consistently highlighted the benefit of learning about this topic from various perspectives, including that of parents, teachers, and healthcare professionals.



Opportunity for Connection: Attendees appreciated the valuable opportunity to come together for networking and connecting with others who share similar experiences, challenges, and goals.

Areas for Improvement and Continued Momentum: Attendees expressed a strong desire for continued conversation and follow-up to maintain the momentum generated in the gathering. They shared:

- “I would love to see some actions come from the solutions discussed today. Hope to be invited to a follow-up session.”
- “I wanted more from the wrap-up, and the next steps felt a little short. I am looking forward to seeing how the HIVE will use this information. Thank you!”
- “I wanted more solutions to be presented/explored.”

The strong interest and positive feedback demonstrate the strong desire for continued focus and activities that support and empower children with T1D, their families, and their care providers.

Next Steps

The invaluable insights from this Inspiration Café conversation will directly inform the next steps for T1D management in school settings. Building on the discussions and attendee feedback, key next steps include:

- Analyze and categorize co-created solutions from the World Café table notes to identify actionable strategies and priorities for T1D support in schools.
- Plan follow-up events (e.g., workshops, webinars) to maintain momentum, share progress, and foster ongoing collaboration within the T1D community and among partners.
- Consider a family- and child-friendly version of the workshop, to allow for child and youth to contribute their perspectives.
- Collaborate with school boards, health authorities, and government bodies to advocate for standardized T1D care plans and supportive policies across school environments.
- Develop and disseminate practical resources, including digital toolkits and educational materials, for parents, students, and school staff.



We are committed to leveraging these rich insights to drive meaningful, real-world change for children with T1D in schools.