

Back to School with a UCD

A parent's one-page guide to preparing the school team

1 CURRENT PLANS

BRING CURRENT WRITTEN PLANS

- Nutrition plan: protein allowance, prescribed formula, low-protein foods, calories, hydration, and medication.
- Individual emergency plan with your child's triggers, earliest warning signs, contacts, and authorized care.
- School health and learning plans: IHP, Section 504 Plan, and/or IEP, as appropriate.
- Current orders, medication and formula labels, supply list, and backup instructions.

MAP YOUR CHILD'S SCHOOL DAY

ARRIVAL	Confirm the handoff, supplies, and morning needs.
MORNING	Protect planned snack, formula, and hydration.
MIDDAY	Follow the prescribed lunch plan; record intake.
AFTERNOON	Protect medication, fluids, formula, or snack time.
DISMISSAL	Send relevant intake, symptoms, and changes home.

PERSONALIZE THE EMERGENCY RESPONSE

1	Stay with the student	Agree where your child waits and who stays.
2	Notify the nurse	Confirm how the nurse is reached immediately.
3	Call the family	Decide who calls and what information is shared.
4	Use the written plan	Review what trained staff are authorized to do.
5	Escalate as directed	Write when to call 911 and identify possible hyperammonemia.

3 SUPPLIES + ACCESS

QUESTIONS TO ASK THE SCHOOL TEAM

- Who is the primary contact, and who are the backups for the full school day?
- Where will food, formula, medication, equipment, and emergency supplies be stored?
- How are meal, snack, formula, hydration, medication, and nurse-visit times protected?
- What happens when food or formula is missed, intake is incomplete, or symptoms change?
- Can a substitute follow the plan without guessing?
- What is the backup plan for field trips, drills, schedule changes, and staff absences?
- Where will every copy of the emergency plan live, and who removes outdated versions?

PROTECT ACCESS, LEARNING + BELONGING

- Allow the time and private space needed for formula, fluids, medication, and nurse visits.
- Request supports that match your child's needs, including processing time, transitions, attention, absences, and missed work.
- Plan approved alternatives for parties and activities; address teasing or bullying promptly.
- Ask your child what they want shared. Privacy preferences are individualized.

AGREE ON A SIMPLE DAILY HANDOFF

- What was offered and consumed?
- Were hydration, formula, medication, and nurse visits completed?
- Did symptoms, behavior, fatigue, or learning needs change?
- Does the family need to follow up tonight?

Your child's plan should protect nutrition, treatment time, and dignity.

Share the written plan, confirm the people and backups, and update every copy when care changes.