



SADS Awareness



Patient and Family Support



Research and Advocacy



Medical Professional Education

**Supporting families. Saving lives.**

## Back to School Checklist

*for Parents with Students with SADS Conditions*

With school just around the corner, make sure you do the following to help your school environment be as safe as possible for your SADS child.

Ask to meet with the principal, school nurse, and, possibly, the 504 plan people. At the meeting:

- \_\_\_ 1. Develop an Individualized School Health Care Plan for your child (SADS has recommended plans for you to customize at [www.StopSADS.org](http://www.StopSADS.org)). This plan may also be called a 504 plan or another name (see back for some definitions) but, no matter what its called, it should include everything on our recommended plan. To develop the plan:
  - a) Take our plan to your child's physician to complete the activities, etc. **OR**
  - b) Work with your school nurse to complete the plan—using your knowledge of your child's condition and your doctor's recommendations **OR**
  - c) Fill out the plan yourself and take it to the meeting
  
- \_\_\_ 2. To ensure that your child's Individualized School Health Care Plan is in place and working, verify the following:
  - Who is responsible for receiving the plan (the principle, school nurse)?
  - Where is the care plan housed (In a file, binder, etc.)?
  - Who is responsible for implementing the plan, if needed?
  - How does the school train staff regarding the existence and implementation of individual care plans?
  
- \_\_\_ 3. Ask the principle what the school's Emergency Medical Plan is, and whether all staff are trained on what it is. (see SADS recommendations for these plan and samples at [www.StopSADS.org](http://www.StopSADS.org))
  
- \_\_\_ 4. Check to see if the school has an AED, a plan for the use of the AED and whether all appropriate staff are trained to use an AED.
  
- \_\_\_ 5. Make a plan to ensure that all above recommendations are in place.
  - Ensure that all staff has a picture of your child.
  - Offer to provide training in existing staff meetings etc.
  - Speak directly to all staff who deal with your student (lunch room and playground aides, coaches or PE teachers, break out teachers, etc.).



If you feel like your school is not able to provide a safe environment and need additional help, call your school district. They will often advocate for your child, and educate you regarding the federal law pertaining to a child with a disability (your child's SADS condition is considered a disability) and your educational rights.

If you aren't able to get your child's school or district to work with you on this, please let us know. We can educate you about filing a complaint with your regional Office of Civil Rights of the U.S. Department of Education. You can also post your questions and experiences on our Discussion Board ([www.StopSADS.org](http://www.StopSADS.org)) for more help.