

Podiatrist Amy's top tips for school footwear

It's back to school time and looking after their feet helps kids reach their full potential in the classroom and the playground. Kids should always wear shoes, especially at school and whenever playing outdoors to prevent injury. Here are some tips for making sure a child's shoe fits!

- A little bit of room: extra room in a shoe to grow can be a good idea but children's feet usually only grow 1 size a year so there is no need to get shoes that are too big.
- Toe wriggle: Kids should be able to wriggle their toes comfortably in their shoes.
- A finger width: There should be a finger width of space between the tip of the child's toe and the end of the shoe.
- A fastener: shoe with laces, Velcro or a buckle are better than slip on shoes.
- Strong heel counter: the back of the shoe should be strong and not too floppy to keep the heel well supported.
- The right type of shoe. Sports shoes are made especially with flexibility and support and should be used when playing sport. Kids should not wear other shoes like sandals or thongs for playing sport.



UP-COMING EVENTS FOR FEBRUARY

West Kimberley

3-6th	Fitzroy Crossing	Podiatry Services
6th, 13th, 20th, 27th	BRACS Aqua Class	Contact Nancy at BRAMS for details
10th—14th	Fitzroy Crossing	Dietitian
10th—14th	Derby and district	Podiatry/Dietitian
18th—20th	Lombadina/OAP/Beagle Bay	Podiatry/Dietitian/Diabetes Educator
20th—28th	Derby and district	Podiatry Services
27th	Bidyadanga	Dietitian

17th—21st of February is Healthy Weight Week!

East Kimberley

OVAHS	19th & 26th Feb 18th Feb	Diabetes Educator Dietitian
Coolibah Centre	7th and 21st Feb 28th Feb	Diabetes Educator Dietitian
Halls Creek	11th—14th Feb	Diabetes Educator & Dietitian
Kalumburu	18th Feb	Diabetes Educator
Warmun	27th Feb	Diabetes Educator
Dialysis Unit Kununurra	25th & 26th Feb	Dietitian

Back to school – some Diabetes Reminders from Bernadette!

Preparing for school is a big job and for those with children who have Type 1 diabetes even more preparation is needed. Some tips for going back to school:-

Have your child's equipment prepared :-

- Supplies for testing at school,
- a cool container for transporting the insulin
- lunches and snacks that contain an appropriate amount of carbohydrate
- readily available quick acting carb snacks for those days of extra activity

Before school returns check that:-

A written action plan is in place

- the school have your contact details, and your child's medical details up to date.
- If your child has an insulin pump, have school staff been informed of its operations?
- Does the school have a policy on injecting "Glucagon"?

Remember it will be an exciting time for your child - back to school , lots of playing and running around !! Lots of energy to burn and a different routine from the one over the school holidays. More BGL testing might be needed.

But its not only about the children. Parents and carers on insulin need

Liz's Lunchbox Suggestions

Iron is so important for young kids—it gives them energy to run and play, and is good for strong blood. The best iron foods are meat, chicken and fish. But here are some other iron-rich sandwich ideas to keep them fit and strong.



Peanut butter, sultana and sprouts
(check with your school's nut policy)



Tuna, light cream cheese
and sweetcorn



Chicken (canned or cooked), sweet
chilli sauce and lettuce wraps



Mashed egg, curry and lettuce/
sprout wrap

Mashed 3 bean mix, tomato
sauce and lettuce

