



IBD School Support Plan

A practical plan for supporting a student with Crohn's disease of ulcerative colitis at school.

Use this plan to record your child's individual needs and agree on practical support with their school. Tick the arrangements that apply and use the notes spaces for specific details.

Student and school details

Student name:	Preferred name:
Date of birth:	Year level:
School:	Class:

Your child's IBD

☐ Crohn's disease ☐ Ulcerative colitis ☐ Other/IBD not specified

Important information about my child's IBD

Who should know?

☐ Classroom / home-group teacher	☐ Relevant subject teachers
☐ School office	☐ First aid / sick bay staff
☐ Wellbeing / learning support staff	☐ PE / sport staff
☐ Camp / excursion staff	☐ Other relevant staff

Important people, preferences or privacy considerations

Symptoms

- | | |
|---|--|
| ☐ Abdominal pain | ☐ Diarrhoea / urgency |
| ☐ Frequent bowel movements | ☐ Fatigue |
| ☐ Bleeding | ☐ Nausea / reduced appetite |
| ☐ Joint or other symptoms | ☐ Symptoms may vary from day to day |

Symptoms to watch for and what they may look like for my child

Toilet access

- | | |
|---|---|
| ☐ Can leave class without asking | ☐ Access to a designated toilet |
| ☐ Toilet pass / card | ☐ Can leave PE or activities immediately |
| ☐ Access to toilet during exams | ☐ Discreet arrangement for accidents |

Specific toilet arrangements and who needs to know

Medication

- | | |
|---|--|
| ☐ Medication taken at school | ☐ Medication stored at school |
| ☐ Student carries medication | ☐ School staff administer medication |
| ☐ Medication plan attached | ☐ Medication timing needs consideration |

Medication name, dose, timing, storage and instructions

Flares

- | | |
|---|--|
| ☐ Student has an individual flare plan | ☐ School contacts parent/ carer |
| ☐ Immediate toilet access | ☐ Reduced workload may be needed |
| ☐ Rest / quiet space may be needed | ☐ Return-to-school plan may be needed |

How my child's flare may present and what school should do

Fatigue

- | | |
|--|---|
| ☐ Short rest breaks | ☐ Flexible deadlines |
| ☐ Reduced workload when needed | ☐ Extra time in class |
| ☐ Extra time in exams / assessments | ☐ Quiet space may help |

How fatigue affects my child and helpful strategies

Learning and absences

- | | |
|---|--|
| ☐ Help prioritising missed work | ☐ Flexible deadlines |
| ☐ Catch-up support | ☐ Exam / assessment adjustments |
| ☐ Support after medical appointments | ☐ Return-to-school plan |
| ☐ Attendance may vary during flares | ☐ Regular school check-in |

Learning, attendance and absence arrangements

PE and activities

- | | |
|--|---|
| ☐ Participate as tolerated | ☐ Rest breaks |
| ☐ Modified activities | ☐ Can stop if symptoms increase |
| ☐ Toilet access during activity | ☐ Alternative activity when needed |

PE, sport and activity arrangements

Camps and excursions

- | | |
|--|--|
| ☐ Medication plan | ☐ Toilet access planned |
| ☐ Emergency contact available | ☐ Additional adult support |
| ☐ Fatigue / rest plan | ☐ Food / nutrition considerations |
| ☐ Travel arrangements discussed | ☐ Individual plan required |

Planning details, risks, practical arrangements and contacts

Emotional wellbeing

- | | |
|--|---|
| ☐ Trusted staff member identified | ☐ Private check-ins |
| ☐ Support with anxiety / worry | ☐ Support with friendships |
| ☐ Privacy about IBD | ☐ Support around body image / eating |
| ☐ Counsellor / wellbeing support | ☐ Other emotional support |

What helps my child feel safe, included and supported

Emergency contacts

- | | |
|---|--|
| ☐ Parent / carer 1 | ☐ Parent / carer 2 |
| ☐ Emergency contact | ☐ IBD team / gastroenterology |
| ☐ GP / paediatrician | ☐ School health / first aid contact |

Names, phone numbers and when each contact should be used

Additional support needs

- | | |
|--|---|
| ☐ Learning support | ☐ Accessibility adjustments |
| ☐ Personal care support | ☐ Health plan / individual healthcare plan |
| ☐ Medication plan | ☐ Dietary / nutrition support |
| ☐ Communication support | ☐ Other ongoing support |

Any other adjustments, needs or support arrangements

Agreed school response

What should staff do if my child becomes unwell or their needs change?



IBD School Support Plan

Quick reference for school staff

Use this page for the most important day-to-day information. Keep it with the school's agreed health and support arrangements

At a glance

IBD

Key symptoms

Toilet arrangement

Medication arrangement

Flare plan

Fatigue support

Learning / absence support

PE / activities

Camps / excursions

Emotional wellbeing

Emergency contact

Other important information

Notes / updates

Review this plan when your child's needs, treatment or school circumstances change.