



Resource

## Education

Attending school is a huge part of a child's life. It provides structure and stability, as well as helping children develop crucial social, emotional and behavioural skills. Just as getting the right help at work is crucial for any grown up living with a health condition, the same is true of education settings for children.

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It is just as important for you to help your child's school and teacher(s) to understand their condition, how it might affect them in lessons and how they can support them.

Our booklet [Managing JIA in School](#) provides information on all aspects of education and is a useful resource for parents, teachers and for the child themselves. We also have a range of articles aimed at improving the experience of going through school with JIA, with helpful information on a range of aspects of school life, including completing an Individual Healthcare Plan (IHP) and covering letter to the school, coping with exam stress and minimising the effect of heavy school bags on the joints.

## Managing JIA in School

Managing JIA in School is a guide for everyone who works in an educational setting with children 10 years old and above and for parents/carers who have education-related questions.

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[Article](#)

## [Individual Healthcare Plan and Covering Letter](#)



[Children with any medical condition or disability are enabled to help give schools the information needed to achieve this.](#)

[Article](#)

## [Bullying](#)



[person's self-confidence. Ongoing bullying can have  
leading to depression and even suicidal thoughts and actions.](#)

[Web link](#)

[Sitting Exams with Inflammatory Arthritis: A Guide to Success](#)



[cannot only survive but thrive during exams.](#)

[Article](#)

[Cost of school uniforms](#)

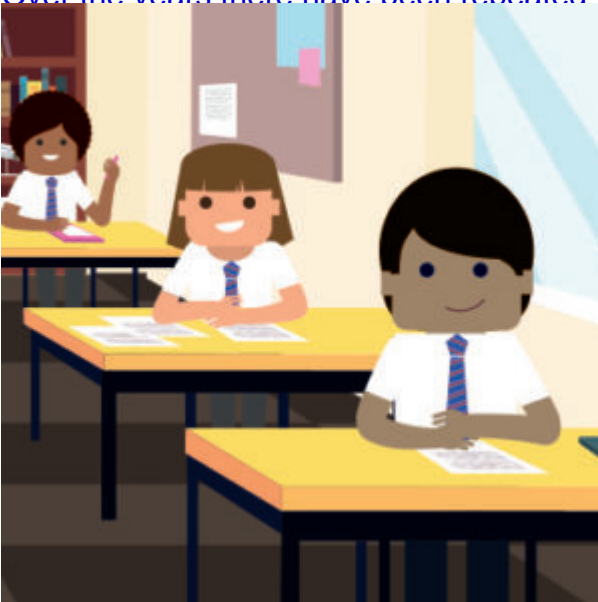
[Starting a new school can be expensive, not to mention having to deal with the cost of lost or damaged uniforms. Cutting down on uniform costs can greatly reduce this expense, and save the planet too!](#)



[Article](#)

## [6 tips for choosing the right backpack](#)

[Over the years there have been repeated warnings from Health Care professional bodies that heavy backpacks can cause joint pain. Minimising the weight and strain they can have on your joints can help prevent Joint Arthritis \(JIA\).](#)



[Article](#)

## The night before the exam

Studies have shown that you recall information better if you read or listen to it just before you go to bed, and the night before the exam you won't be learning anything new, so it's a good idea to run through the main points you want to remember.



Web link

## MSK Health Toolkit for Employers and Further Education Institutions

The Musculoskeletal Health toolkit is a helpful guide for employers and further education institutions to help them support adolescents and young people in work and higher education.