



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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Knowing who can help you is half the battle, but remember, 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 in-depth 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 everything from exam stress to 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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## Articles on Education



[Article](#)

### Bullying

Bullying can isolate and damage a young person's self-confidence. Ongoing bullying can have negative long-term effects on children, leading to depression and even suicidal thoughts and actions.



[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 clothing and branded school bags. Cutting down on uniform costs can greatly reduce this.

[expense and going second-hand helps save the planet too!](#)



[Article](#)

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

[Over the years there have been repeated warning from Health Care professional bodies that heavy backpacks can cause injuries to children. Minimising the weight and strain they can have on your child is even more important when they have 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 sleep. Revision cannot be done in one night, and the night before the exam you won't be learning anything new, but this can be a key time to run through the main points you want to remember.