

504 Meeting Guide for sJIA

A "Bring This With You" Template for Parents

How to use this document: Fill in the blanks with your child's specific information before your 504 meeting. Bring a printed copy to share with the school team. This helps ensure nothing gets missed, and gives teachers clear guidance on what to watch for and how to support your child.

About My Child

Child's Name: _____

Grade / Teacher: _____

Date of Meeting: _____

Parent/Guardian Contact: _____

Emergency Contact (secondary): _____

Understanding sJIA

sJIA (Systemic Juvenile Idiopathic Arthritis) is an autoinflammatory disease where the immune system attacks the body. It impacts not just the joints (arthritis) but other parts of the body including organs and muscles. Getting sick can be very serious and result in a severe flare-up including hospitalization.

Current medications and notes (fill in):

Important: Some medications (like Aleve/naproxen) can mask underlying symptoms including muscle pain and fever, making it harder to detect a flare. Anti-inflammatory medications may make your child appear better than they actually feel.

Signs of a Flare-Up

Teachers and staff should watch for these warning signs. A flare-up can escalate quickly.

Watch For:

- "Raccoon eyes" (redness on the eyelids)
- Limp when walking
- Complaining of body aches (particularly "legs hurt")
- Low fever (above 99.5 with meds can signal a flare)
- Rash, usually under arms and upper legs, but may appear on face or joints
- Fatigue or seeming unusually tired

Call Parents Immediately:

- Shortness of breath (if not resolved in 5-10 minutes, or lips turning blue / unable to talk, call 911)
- Heart palpitations
- Severe pain (significant limp, inability to walk)
- High fever over 101.5
- Severe or noticeable swelling (if larger than a golf ball, call 911)

Note about anxiety: This child may also experience anxiety attacks, which can cause shortness of breath and heart palpitations. However, always err on the side of caution, contact parents to confirm.

Non-Emergency but Contact Parents:

- Complaining of pain/discomfort, shows limp
- Minor swelling in any joints
- Low fever 99.5 to 101.5

Absences from School

- May miss school during a flare-up
- Has multiple follow-up appointments, labs, etc.
- If there are known outbreaks of contagious diseases or visible signs of kids being sick, parents may need child to sit separately or not attend school (especially if on immunosuppressant medication)

Current immunosuppressant status / notes:

Day-to-Day Support in the Classroom

Movement & Positioning

- May need to take periodic breaks to stand and stretch, body gets stiff if seated too long
- Alternate between sitting and standing during the day
- Allow lying on the carpet to do work if helpful
- Allow sitting with knees up or knees in shirt during criss-cross seating

Physical Activity

- During a minor flare or leg inflammation, walking ability may be limited (sometimes even to the end of a hallway)
- Keep active but low impact, no high-intensity activities during flare periods
- May not be able to participate in gym/sports during flare-ups

Comfort & Environment

- Sensitive to cold, allow a blanket in class
- A softer/cushioned chair can help (parents are happy to purchase one)
- Sensitive to temperature fluctuations
- Allow snacks when hungry (steroids can cause increased appetite)
- Ensure drinking lots of water (especially important if on steroids, which can cause dizziness)

Emotional & Social

- Check in periodically, ask how they are doing or feeling, this child may not be comfortable speaking up
- Experiences anxiety, and stress can trigger a flare-up
- Does not like attention on them, will frequently not speak up even when in pain
- Tired of the condition and will try to mask or hide what is happening
- May be scared of going back to the hospital or having a flare-up with more tests/labs
- Dizziness may occur (can increase fall risk), make sure they are drinking water

Key concern: This child tends to hide symptoms because they don't want attention. This can make a flare-up worse. Teachers play a critical role in watching for early warning signs and gently checking in.

Specific Accommodations Requested

List your specific 504 accommodation requests here:

Common sJIA 504 Accommodations

- Flexible attendance policy for flare days and medical appointments
- Permission to stand, stretch, or change position during class
- Modified or excused PE participation during flares
- Access to snacks and water throughout the day
- Blanket or comfort items in classroom
- Cushioned seating option
- Elevator access if applicable
- Extended time for assignments missed due to illness
- Reduced homework load during active flare periods
- Permission to leave class for nurse/restroom without delay
- Plan for contagious illness exposure (separate seating or early dismissal)

Emergency Contact Information

Parent/Guardian 1: _____

Parent/Guardian 2: _____

Rheumatologist: _____

Rheumatologist Phone: _____

Pediatrician: _____

Preferred Hospital/ER: _____

Additional notes for the school team: