

From: Parent  
Subject: My child (NAME) has T1 diabetes  
Date: When school starts  
To: Teachers, Coaches, Nurses, Administrators, Etc...

Hello!

[Name] is very excited about starting the school year! I wanted to share the critical details below for [Name] to have a healthy and safe year at school.

It has hopefully been brought to your attention that [name] has Type 1 diabetes (T1D), a chronic, incurable autoimmune disease. T1D occurs when the body's own immune system attacks the insulin-producing beta cells of the pancreas, leaving it with little or no ability to produce insulin. [Name] must constantly monitor her blood sugar levels and inject insulin in an effort to mimic the functions her pancreas can no longer perform. This is a life-long condition that was not caused by lifestyle, or diet and cannot be cured.

It is critically important that [name] monitor blood sugars throughout the day, by either pricking her finger and testing a drop of blood on her meter or using her continuous glucose monitor (CGM) that displays her numbers to a handheld remote and to her cell phone. It is important she is able to keep these devices with her at all times. This is not meant to be disruptive, but rather to ensure that she stays safe at school.

If her blood sugar is within normal range (insert numbers) no further action is needed. If her number is high (insert number) she will need to go to the nurse's office to discuss dosage, or call me for next steps. Signs of high blood sugar are irritability, confusion, headaches, inability to concentrate. If you notice these symptoms, have her check her number.

The most crucial thing is that if [Name] says she feels low (or seems shaky, fuzzy, lethargic, confused), then [name] must test herself, no matter what else is happening at that time. This can be done discretely in class, and [name] does not need to go to the nurse's office to do a test. Only if she experiences an extreme low or high and is sick does [name] need to go to the nurse's office. If this does occur never send her alone and ensure that the route taken does not include stairs.

[Name] keeps a bag of her supplies with her [emergency sugar and snacks to treat a low, blood glucose test kit] and extra supplies are kept in the nurse's office as well. Emergency food or snacks should never be withheld or delayed.

With a condition like type 1 diabetes, where testing is critical, it may seem like [name] is procrastinating or trying to get of work. [Name] knows that this misuse of testing is wrong, and this should not be a problem in the classroom. It is far more important that she be able to test herself, no matter the time of day, otherwise her life could be in danger.

Since I am not familiar with each of your experiences with or knowledge of type 1 diabetes, I highly encourage you to please take 9 minutes to watch this video, the best explanation about T1D and what it means for [name] in school. (Note: Seizures, 911 calls, or life-threatening scares are rare when T1D is properly managed. Please do not let the part of the video about extreme lows scare you. If you prefer we meet one-on-one or as a group, I can be available anytime that is convenient to discuss further).

Occasionally there are students who can go home confused after seeing [name] "make her fingers bleed", need to cut in line at lunch, or need to stop activity due to a low. Please let us know if there are any issues or things we can do to help fellow students understand what [name] does in class. If you'd like us to come in and speak to the class about T1D, we would be happy to do that.

Thank you so very much for taking the time to review this information! Please contact me with any questions or concerns.

Name

Phone #

Email Address