

Rosedale C of E Infant School Short Heath Federation

Stroud Avenue, Willenhall, WV12 4EG
Tel: 01902 368910

Executive Headteacher Mrs. C. Draper : Head of School: Mrs. V. Stephen



Dear Parents/Carers,

This Friday the 30th November, Short Heath Federation will be holding Diabetes Awareness activities to run in conjunction with Diabetics Awareness month and the recent World Diabetic Day. As Rosedale are also running our 'Blue Zone Day' on this day, the children will be asked to wear a 'Splash of Blue' and we will be delivering an assembly about how it feels to be in the 'Blue Zone'. Our afternoon activities will then focus on raising awareness of diabetes through exploring the story 'Even Superheroes get Diabetes'.

We have three amazing 'Type 1 Warriors' within the Short Heath Federation who fight this horrible Auto Immune Disease every day.

One of our parents wants to share their family's story:

"Our daughter was diagnosed in March this year. On the day we were told she was Diabetic, we had no real idea of the disease or its complications. Our daughter had been suffering from unexplained weight loss, increased fluid intake and complaining of feeling sick and stomach pains.

When we were rushed to the Manor hospital from the GP surgery, we were met by the Diabetic Team who explained she had an Auto Immune Disease (Type 1 Diabetes) Unlike many myths suggest, Type 1 diabetes is not caused by diet or lifestyle, but is a serious lifelong condition where your own body attacks the cells in your pancreas that make insulin, so you can't produce any insulin at all.

We all need insulin to live and it does an essential job: it allows the glucose in our blood to enter our cells and fuels our bodies. When you have Type 1 Diabetes, your body still breaks down carbohydrate from food and drink and turns it in to glucose, but when the glucose enters the bloodstream there is no insulin to allow it into our cells. Type 1 Diabetics get insulin into their bodies by injections or an insulin pump - they must test their glucose levels via blood checks before every meal, 2 hours after every meal, before bed, through the night and they check even more when they are ill. Insulin must be given before meals and snacks. Insulin needed is worked out by adding the amount of carbohydrates that are in every item of food and drink, this means at least 4 injections are given daily if not more.

High glucose levels in your blood can seriously damage your heart, eyes, feet and kidneys - these are the complications of Type 1 Diabetes, but with the right treatment, care and awareness hopefully the long-term effects of diabetes and high glucose levels can be managed."

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We are hoping that the activities within school will help children understand more about what diabetics deal with day to day and to help parents / carers to be more aware of the early symptoms of Diabetes also known as the 4 T's:

**COULD YOUR CHILD HAVE
TYPE 1 DIABETES?**

Toilet
Thirsty
Tired
Thinner

If your child is going to the toilet a lot, has increased thirst, is more tired than usual or is losing weight, it could be a sign they have Type 1 diabetes. If not diagnosed early enough, Type 1 diabetes can be fatal. Don't delay – if your child is experiencing any of the **4 Ts**, visit your doctor immediately for a test.

www.diabetes.org.uk/The4Ts

DIABETES UK
CARE. CONNECT. CAMPAIGN.

A charity registered in England and Wales (215198) and in Scotland (SC039136)

If you notice any of these signs in your child, please take them to the GP. Help us to raise awareness.

Thank you for your support,

Mrs Vicki Stephen,
Head of School