



Newsletter

Hello Bobcat family!

Please look out for a monthly update from me in the bobcat bulletin and monthly updates and health information on the school website. This is where I will keep our families updated on the most current health concerns and health information.

Current COVID Protocols:

- Any individual who tests positive for COVID through a rapid or PCR test must isolate for a minimum of 5 days.
- If the individual has no symptoms on day five, they can return to work/school the following day with a mask through day 10.
- If the individual continues to have symptoms on day 5, they should isolate through day 10 after symptom onset and until they are symptom-free.
- If your child, or anyone in your household has a positive test result, please contact Nurse Janine for more information.

Student Clothing: We see many students a day needing a change of clothes. It could be anything from a potty accident, a carton of milk spilled on their clothes, or falling in a puddle or some mud outside on the playground. We have a very limited amount of clothing here at the school we can lend to students. If you're able to, I would recommend placing a spare set of clothes in your child's backpack just in case they need to change at some point. If you ever have gently used clothing (especially pants) that your child no longer needs, we would truly appreciate any donations you could make to our Jordahl clothing closet!

Let's Talk Health! Every month I will highlight a diagnosis that we might see in our pediatric population. If you have a diagnosis you would like to know more about, please email me and I might be able to cover it in my newsletter!



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This month's topic is: **Type 1 Diabetes**. Type 1 diabetes, once called juvenile diabetes, is a condition in which the pancreas makes little to no insulin. Insulin is a hormone that is needed for sugar to be used by the body to produce energy. Type 1 diabetes typically presents during childhood but can also be diagnosed in adults. The most common symptoms seen in a child with undiagnosed Type 1 diabetes are: an increase in thirst, urinating frequently (often times also at night), feeling hungry more often, unexplained weight loss, blurry vision, and fatigue and weakness. The exact cause of type 1 diabetes is unknown and there is currently no cure or ways to prevent the disease. Treatment includes managing the amount of sugar in the blood by using insulin. Managing diabetes must be done on a daily basis usually with help from parents, a school nurse, or another trained adult. It is a complex disease which presents differently in different children and requires an individual plan made with the child's physician.

Some of the ways a person with diabetes gets insulin is either via injection by needle or pump. Someone with Type 1 diabetes generally needs to administer insulin whenever they eat, but there are many other daily factors that go into how much insulin is needed and when. An injection of insulin involves using a device containing insulin and setting the amount that is needed at that time for injection. Using a pump generally works by delivering a certain amount of insulin throughout the day via a small canula under the skin. It also allows for extra insulin to be delivered when a person is eating or their blood sugar is too high.

One of the most dangerous complications of Type 1 diabetes is low blood sugar. Low blood sugar, also known as hypoglycemia, occurs when a child's blood sugar gets too low. The only treatment for hypoglycemia is sugar. This can be given as a high sugar snack or sometimes with an IV depending on the severity. It is important for a child with diabetes to have access to sugar at all times. In the U.S. approximately 244,000 children and adolescents are diagnosed with Type 1 diabetes. There are many great websites and organizations that provide education and resources for Type 1 diabetes. Some of these include jdrf.org , diabetes.org, and coloradokidswithdiabetes.org