



Hello! My name is Sarah. I am now a 7th grade student. I also have Type 1 Diabetes. This means that my pancreas no longer produces insulin. I wear an insulin pump to maintain my blood glucose levels. Due to this condition it is important for you to know the following information:

- I test my blood glucose levels frequently.
- I drink lots of water and need to use the bathroom at times other than brunch or our lunch break.
- If my blood glucose is low I will need to treat with a sugar source that I keep in my backpack. I will retest in 15 minutes to determine if I need anymore glucose. If I am low it is important that I am not left alone until it has been determined that I have achieved normal levels. I must remain in the company of an adult if I am experiencing a low blood sugar level.
- If my blood sugar is high my concentration is affected and I might need to give myself additional insulin by punching in the information in my pump.
- If the treatment for a high or low blood sugar is not effective after treating 2-3 times, I will need to contact my mother or my father for additional assistance.
- If I have to leave school due to either a serious high or low blood sugar an adult should accompany me to the office. I should never go alone or in the company of another student.

Please take a moment to look over the information describing behavior with low or high blood sugar levels. The information is attached and in the box in the office containing my low supplies.

I am happy to answer any questions that you might have regarding diabetes and my health plan.

Sincerely,
Sarah