



Dear members of the School Board,

Halloween has a different taste for some children who won't experience it the same way. Many little ones have certainly knocked on your door asking for treats. Who knows? Maybe among them a type 1 diabetic child was there, showing his bag so you may fill it with candies. This child may actually go or will soon go to your school. What you'll never know is that when he got back home, his parents asked him to choose only one treat to keep his blood sugar stable. When you have type 1 diabetes, you need to be very cautious about your diet and calculate thoroughly your carbs. There is **no time off** with diabetes. It may hit children from all backgrounds. It is believed that about four thousand children are type 1 diabetic just in the province of Quebec.

On behalf of all these children that are coping with Type 1 diabetes, we are asking for the participation of your school in our Halloween fundraising. [Fred](#), the **D**iabetic **C**hildren's **R**esource **F**oundation, is asking primary school students to hold money boxes on the night of Halloween to raise funds for children living with Type 1 diabetes.

Did you know that during the last twelve campaigns, over \$125 000 were raised thanks to the support of primary schools from Quebec? [Fred](#) and his children are wishing from the bottom of their heart to go on with this beautiful adventure that joins us while providing them and their families with so much support.

Hence, here is our proposal which we hope will be agreed on by your school board.

PROPOSAL:

I am asking for the school board to agree on a motion so the students are invited to hold [Fred's](#) money boxes on the night of Halloween. [Fred](#) will supply the money boxes to the schools.

This initiative carries many benefits:

- It requires very few management;
- It is directed towards communities rather than asking money from families;

- It makes students and their families get aware of Type 1 diabetes reality that hits children.

Below, you will find a small overview (in French) of Type 1 diabetes facts and what it involves.

On behalf of all children, [Fred](#) thanks you for your attention.

Truly,



Claire Rousse
Executive Director

TYPE 1 DIABETES

Type 1 diabetes (T1D), or insulin-dependant diabetes, is a **chronic and autoimmune disease** characterized by the insufficient production of insulin by the pancreas. This hormone is essential in transforming blood sugar (or glucose) into energy. This lack in insulin secretion leads to an accumulation of blood sugar, also known as hyperglycemia. Thus the body and its organs no longer receive the fuel needed for proper functioning, since the sugar is trapped in the blood. The child eliminates excess glucose through urine and often suffers from weight loss, thirst and loss of energy. The symptoms of Type 1 diabetes must always be taken seriously: untreated hyperglycemia can be fatal within a few days.



Type 1 diabetes is **NOT** the result of an unhealthy diet or lack of physical activity. The exact causes of T1D are unknown. However, genetic predisposition and environmental factors may play a role. Amongst children and adolescents, diabetes is one of the most prevalent chronic diseases.

Type 2 diabetes is the one that we hear and read about most often in the news. Amongst people who are predisposed to this illness, it can be caused by obesity, age, living a sedentary lifestyle, etc. This type of diabetes has unfortunately increased in children but can usually be controlled through a proper diet, an exercise program and medication.

THE FOUNDATION IS ALWAYS THERE FOR DIABETIC CHILDREN

Since 1974, the Diabetic Children's Foundation is supporting diabetic insulin-dependant children and teenagers and their family dealing with the daily challenges associated with Type 1 Diabetes.

The Foundation was created as a **non-profit organisation** with the following mission:

- Support the operations and **development activities** of Camp Carowanis, a specialized camp for diabetic children and teenagers
- Develop and facilitate **training and information** sessions on pediatric diabetes
- Promote optimal care** for children living with diabetes in Québec



33,000 & + AFFECTED CHILDREN

According to the Canadian Pediatric Society, 33,000 school-age Canadian children (between 5 and 18) suffer from diabetes, not counting thousands more under the age of 5.

At least 4,000 children are living with this disease in the province of Québec.

Between 9 and 10% of all diabetic individuals would be of Type 1, children and adults alike.



DIABETES DAILY

Count all carbohydrates (food and drink)
Regularly monitor blood glucose levels
Inject carefully calculated doses of insulin between 4-7 times a day in order to survive

Maintain a healthy lifestyle, with physical activities, balanced diet, good sleep, etc.
Recognize the symptoms of hypoglycemia, hyperglycemia, and know how to properly treat them