



TO: Members of the Governing Board

SUBJECT: Fundraising event on Halloween night 2009

FROM: Parent member of The Diabetic Children's Foundation

Dear members of the Governing Board,

My child will be finishing his school year with you in a few weeks and I would like to make a proposition in his name. My child has Type 1 diabetes and I wish to solicit the participation of your school in a fundraising event that is to take place on Halloween night. For the past three years, The Diabetic Children's Foundation invites students to carry their Halloween boxes for trick or treat, which permits to raise funds for a cause that really needs it and that directly touches your student population. With more than \$20 000 raised this year, we are aiming even higher for next year and reach a goal of \$25 000. We cannot achieve this goal without the participation of your school.

I wish to take this moment of the last meeting of the school board for the year 2008-2009 so that you can reach a decision on my proposition. You may think that October 31st is still far away, however since the Governing Board 2009-10 will only be elected in September and its first meeting in October, by then it will be too late to bring up this project.

As to motivate and thank you, The Diabetic Children's Foundation will organise a raffle for all the participating schools in the 2009 Halloween campaign. A complete day's rental of an inflatable game adapted for elementary school children and the presence of our mascot "Glucoman" will be their way to say thank you. For example, the winning school could take advantage of this opportunity during their end of the school year party. What a great way to end the school year.

I submit to you my proposition, which I hope will convince you.

PROPOSITION

I propose that the Governing Board adopt a resolution that students be invited to wear the Halloween box of **The Diabetic Children's Foundation** for trick or treat. The Diabetic Children's Foundation will provide all the boxes needed for each school.

This initiative has many advantages:

- It does not ask for financial support from school families but rather from the community
- It requires very little management
- It will educate and demystify students about a subject that has a direct impact on their generation

Attached to this letter you will find a brief synopsis of this illness, for which there is still no cure, as well as an explanation of the important difference between both types of diabetes. On behalf of all children with Type-1 diabetes, I thank you for the time you will give to this proposition and hope to have a favourable response before the end of the school year.

_____, parent of _____

For more information about this fundraising activity, please contact Catherine Tremblay by e-mail at ctremblay@diabetes-children.ca or by phone at (514) 731-9683 / (800) 731-9683.

LA FONDATION
POUR ENFANTS DIABÉTIQUES



THE DIABETIC
CHILDREN'S FOUNDATION

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TYPE-1 DIABETES

Previously called juvenile diabetes (even though ad diagnostic can happen up to the age of 40), Type-1 diabetes represents approximately 10% of the diabetic population (of both Type-1 and Type-2). It is not caused by an improper diet. Its cause is not known but is believed to be due to genetic-environmental reasons. **Type-1 diabetes occurs when the beta cells of the child's pancreas completely stop producing the insulin hormone.** The blood sugar level continues to rise and glucose (energy) cannot be transferred to the organs. The child eliminates excess glucose through urine and often suffers from weight loss, thirst and loss of energy. A prolonged hyperglycaemia (blood sugar level that is too high) is very dangerous and can lead to a coma.

TYPE-2 DIABETES

Type-2 diabetes is the one that we hear and read about most often in the news. In people who are predisposed to this illness, it can be caused by obesity, age, living a sedentary lifestyle, etc... **Type-2 diabetes occurs when the pancreas does not produce enough insulin or the insulin is not absorbed properly.** This type of diabetes has increased in children but can be controlled through a proper diet, an exercise program and medication.

MANAGEMENT OF DIABETES

The discipline and constraints required to maintain a good control over diabetes demand a great deal from diabetic children and their loved ones: multiple, daily insulin injections; daily blood-glucose tests; a regimented, balanced diet; not to mention constant vigilance against symptoms of low or high blood sugar (hypoglycaemia and hyperglycaemia, respectively). It is this balance of insulin and diet that is the most difficult part of every day life: insulin lowers blood sugar levels while food raises it. Exercise, infections, time of year, puberty all play a significant role in achieving this balance. The child will have to test his blood sugar level between 4 and 8 times a day by pricking a finger, inject insulin between 2 and 4 times a day using a needle or insulin pump.

The long term side effects of diabetes if it is not well controlled include serious complications to the internal organs and the eyes, just to name a few.

THE FUTURE...

The goal for the future is to eventually be able to transplant pancreatic cells and to find new ways to administer insulin that are both less invasive and frequent. The ideal would be a device that continually monitors blood sugar levels and automatically releases appropriate amounts of insulin... an artificial pancreas. This project currently exists, and Canada is at the forefront of the research involved. After all, insulin was discovered in Canada, so maybe the cure for diabetes will be too.

THE DIABETIC CHILDREN'S FOUNDATION MISSION

Founded in 1974, **The Diabetic Children's Foundation** promotes the welfare of insulin-dependent diabetic children and their families. Each and every one of us unequivocally yearns for a cure, and part of The Foundation's efforts is put to that end through the funding of research.

The Foundation also subsidizes **Camp Carowanis** (formerly The Quebec Camp for Diabetic Children), encouraging children and teens with diabetes to thrive by offering them access to the unique programs of a specialized camp for diabetic children where fresh air, sports and fun are to be had while learning how to control diabetes. The camp also offers parents a much-needed respite from diabetes.

FOR A FUTURE WITHOUT INJECTION...

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