



Celebrating Diabetes

4th November 2025

Important Update: Diabetes Awareness Day - Wear Blue!

We're sorry to share that our planned Diabetes Awareness Day on Tuesday, 28th October had to be postponed due to Oakley being unwell. We've now rescheduled the event for Tuesday, 11th November, and we're excited to celebrate together then!

We warmly invite all children who attend on Tuesdays to come dressed in something blue to show support for Diabetes Awareness. While our usual uniform is blue, blue is also the official colour for Diabetes, so we encourage everyone to get creative—think blue hair, face paint, fun accessories, or anything else blue you can dream up!

No matter how you choose to take part, we hope everyone will join us in raising awareness of Diabetes and showing love and support for our special little star, Oakley.

Please take the time to read this very moving letter from Oakley's mummy.

Kind Regards,

A handwritten signature in blue ink, appearing to read "Theresa Miller".

Theresa Miller
Pre-school Manager

Dear Pre-school Families,

I hope you're all doing well! My name is Keeley, I am Oakley's mum - I'm writing to share something personal about Oakley, who is in class with your little one this year.

Oakley has Type 1 diabetes, which is an autoimmune condition. This means his body no longer makes insulin—a hormone we all need to turn food into energy. Because of this, he needs extra care throughout the day, like checking blood sugar levels, having finger pricks, getting insulin through a pump or injections, having carbs calculated for meals and having snacks at specific times. Oakley wears a blood glucose monitor



and an insulin pump which beeps to alert when his blood sugar is either too low or too high.

We wanted to share this so that if your child notices Oakley doing something a little different—like wearing a device, eating a snack during circle time, having a finger prick test, or needing a break—you'll know it's all part of keeping him healthy and safe. Type 1 diabetes isn't caused by anything we did or didn't do, and it's not contagious. It's just something we manage every day with a lot of love, care, and planning. The girls at Pre-school take incredible care of Oakley, I have shared with them a book called 'my body beeps' which is an educational book to help provide understanding of Type 1 in an age appropriate way for those around Oakley who are curious.

Our goal is to help Oakley have a happy, normal preschool experience just like every other child—and to help foster kindness, inclusion, and understanding as he grows.

If you'd like to learn more about Type 1 diabetes, here are some great resources for parents:

- **JDRF (Juvenile Diabetes Research Foundation):** www.jdrf.org
- **Beyond Type 1:** www.beyondtype1.org
- **Children with Diabetes:** www.childrenwithdiabetes.com

Oakley was diagnosed October 25th, 2023, so with his Diabetes anniversary and world Diabetes day (November 14th) coming up soon I thought it was really important to share this.

Thank you so much for taking the time to read this. If you or your child ever has questions or wants to know more, I'm happy to help so please feel free to ask.

Warmly,

Keeley and Oakley