



Celebrating Diabetes

10th October 2025

Diabetes Awareness Day - Wear Blue!

Dear parents,

On Tuesday, 28th October, we warmly invite all children to come to pre-school wearing something blue in support of Diabetes Awareness. Although our regular uniform is blue, blue is also the recognised colour for celebrating Diabetes, so we encourage everyone to get creative! This could mean blue hair, blue face paint, or any other fun blue accessories you can think of. However you choose to join in, we hope everyone will participate in celebrating and raising awareness of Diabetes, while also recognising and supporting our special little man, 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