



**Fred, the Diabetic Children's Foundation, invites all elementary school students to carry money boxes on Halloween night to raise funds to support children in Quebec living with type 1 diabetes.**

**Dear Principal and Governing Board members,**

When a child is diagnosed with type 1 diabetes, they will immediately wonder: “How am I going to spend Halloween with my friends and eat my candies?”.

It's the first and perhaps one of the most concrete experiences of grief they'll have as a child. Accepting the loss of being able to eat candy worry-free is its own form of mourning.

Type 1 diabetes strikes without warning and has absolutely nothing to do with diet or lifestyle. To this day, it still cannot be cured.

From the moment of diagnosis, a child with type 1 diabetes will have to carefully calculate carbohydrate intake at every meal. There will NEVER be a break.

Today, **more than four thousand people** in Quebec live with the issues and challenges of type 1 diabetes, and that number is growing.

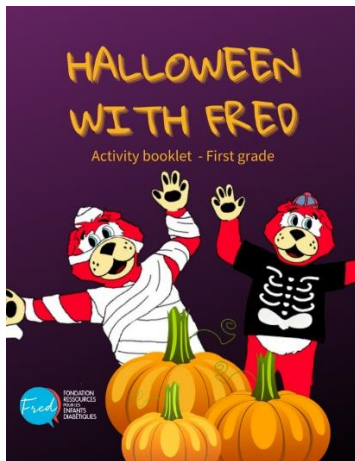
One of them may attend your school, and like all their friends, will go trick-or-treating on Halloween, but when they get home, their parents will have to make a choice and let them eat just one piece of candy to keep their blood sugar stable.

## **Raising awareness and educating**

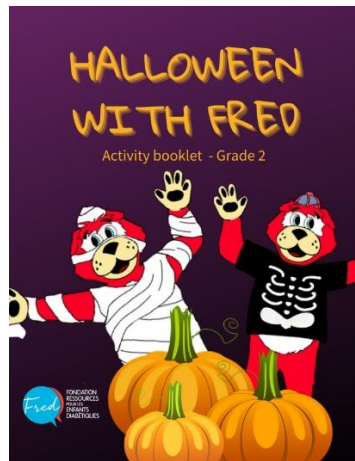
**Workbook full of fun activities, suitable for all levels**

**Fred's** Halloween money boxes project raises awareness among your students about the challenges faced by their peers living with type 1 diabetes. It raises their awareness of the issues surrounding this condition, while informing them at the same time. It also gives them a chance to take the first step towards building a more supportive community and introduces them to civic engagement.

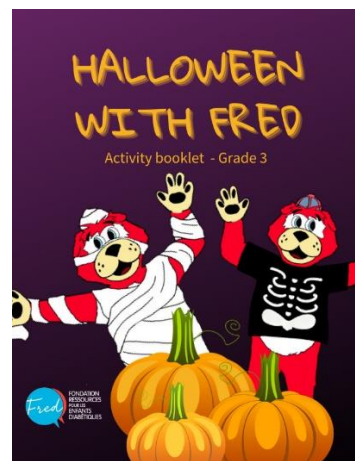
In this regard, **Fred** offers **an educational activity book that introduces the students to the reality of pediatric diabetes through various games adapted to different grade levels.**



**Booklet Grade 1**



**Booklet Grade 2**



**Booklet Grade 3**

## **A cause that unites us in building tomorrow's society**

The cause of diabetic children naturally unites **Fred** with Quebec's elementary schools. The money raised enables the foundation to offer programs to help improve the daily lives of families with children living with type 1 diabetes.

**That's why we wholeheartedly request your school's participation in a fundraising activity to celebrate Halloween, to reaffirm the chain of solidarity that unites us.**

To participate in our money boxes campaign, you may click on [this link](#) and express your support for **Fred's** diabetic children.

## **Glucoman at school**

**Do you know Glucoman, Fred's mascot for diabetic children?**

A visit from Glucoman, **Fred**'s mascot, is planned to thank the students of the school that will have raised the most money through the Halloween piggy bank campaign.

## We need your support

Your support is precious to us in setting up support programs for diabetic children and breaking the feeling of exclusion they experience because of their condition.



Here is our proposal, which we hope will be accepted by your School Board:

### PROPOSAL

I propose that the Governing Board adopt a motion inviting students to carry the money boxes of the *Diabetic Children's Foundation* on Halloween night. **Fred** will provide the money boxes to the schools.

This initiative has many advantages:

- It requires very little management;
- It involves the community rather than asking families for money;
- It raises awareness among students and their families while explaining type 1 diabetes, which affects their generation.

Click on [the link](#) for your school's registration form for our campaign.

Below you'll find a brief overview of the reality of type 1 diabetes and what it entails.

On behalf of all the children, **Fred** thanks you for taking the time to complete this request. In the hope of receiving a favorable reply, please accept our sincere greetings,

A handwritten signature in blue ink, appearing to be 'Annie-Kim Décarry', enclosed within a blue circular scribble.

**Annie-Kim Décarry**

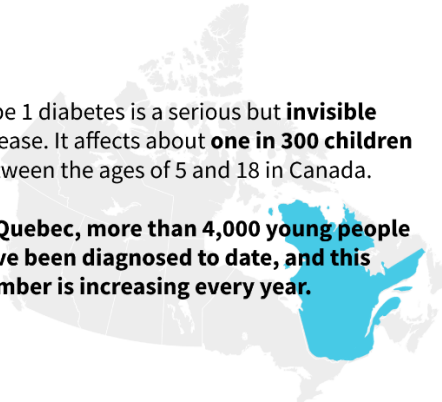
## Type 1 diabetes in children

Diabetes is a **chronic autoimmune** disease that occurs when the body can no longer produce insulin.

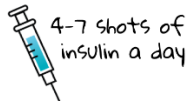
Without insulin, the body can no longer metabolize sugar and convert it into energy to keep organs functioning. Glucose levels in the blood are no longer controlled and the body goes through periods of high and low blood sugar. If left untreated, they cause organ damage and can be life threatening.

Type 1 diabetes is a serious but **invisible** disease. It affects about **one in 300 children** between the ages of 5 and 18 in Canada.

**In Quebec, more than 4,000 young people have been diagnosed to date, and this number is increasing every year.**



### Daily routine



4-7 shots of insulin a day



Planning your carbohydrate intake according to each meal / activity



Checking your sugar blood 4x a day



### Symptoms

#### Hyperglycemia



Stomach aches



Fatigue



Nausea



Increased thirst



Frequent need to pee

#### Hypoglycemia



Dizziness, feeling confused



Sweating



Feeling moody



Drowsiness



Excessive hunger



Getting suddenly pale, livid