

**Quotes taken from the
launch of the Essex
Protocol for children
with diabetes in
schools.**

10th February 2011

Quotes from children

I want a pump so I don't need to have injections
I want to be able to carb count so I can get my own breakfast
I want longer arms so I can do my injection in my bum!
I want less hypos
I want to be able to have tuck with the other kids at school
I don't want to be woken up in the night to drink coke
I want to go for a sleepover at my friends' house
I don't want to have a snack before PE
I want less fingerpricks
But the main thing I want is not to be diabetic – I want a cure!!!
By Katie aged 7

I want to be able to go to my friends house or party without mum
I want to be able to just run around & play without testing or stopping to eat or have hypo stuff
I want to be able to have a stress without someone saying prick your finger
I want to eat a cream egg without an injection
I want to be able to sit next to my friends on the coach on way to school trip & not a teacher, just because I dropped to 1.2 in 30 mins & no signs last trip
I don't want to have to finish my food just because mum has already injected me for it
I want to eat when I want to eat & what I want to eat
By Kendal, aged 8

Please could more schools be like my school because they look after me more. They make me feel happy. They look after me by doing my finger pricks and doing my pump. They give my friends a card of me if I'm low or if I feel low, they go down to the office or my class where my teacher is then they come and do my finger prick. My school is fantastic. I used to have sandwiches but they made it possible for me to have dinners.
By Rose aged 7.

I just want to clear up that Type 1 Diabetes isn't the same as Type 2 Diabetes (which is linked to obesity). Many people think diabetes is just diabetes and people get it because they're fat, but they are wrong. I have Type 1, which can only be managed by taking several insulin injections every day or by going on an insulin pump. People with Type 2 usually manage it with diet and tablets, but sometimes injections too. I didn't get diabetes because I ate too many sweets or because I was too fat; it wasn't my fault. When people who don't have any idea about Type 1 say things like this, you don't realise the effect it has. My mum has been distraught several times by people making cutting comments that just aren't true.
By Adele, aged 15

I AM WHO I AM. By Ella-Mae Campling

I am my cat Mitten who is my favourite thing in the world,
And all the courage she has given to me while I have Diabetes,
I am the many injections I have to do each day,
I am the many needles used on my left hand fingers,
I am the yearly blood tests which frighten me the most,
And the smell of the Hospital,
I am the support I have had over the years on my Diabetes,
I am the feelings of all the type 1 Diabetics in the world,
I am Friends For Life which I enjoy going to feeling unawkward.
I am Ella-Mae Campling proud to say I haven't given up hope for the cure,
I am all these things and these people,
I am who I am because of everyone.

By Ella-Mae

One possible problem is rushed break and lunch times; I may be a bit late for lessons. If I am or if I cause my friends to be, then I apologize, but sometimes I need extra time and it can't be avoided.

By Adele, aged 15

Hello I am a brother of a diabetic child named Jade. Jade has great help at school. She has a main TA called Mrs Chard. My dad has done the Swindon half marathon for JDRF. JDRF is a good charity for diabetic children. I have lots of diabetic friends that I met at a meet up for diabetic children and siblings.

From Travis Hartshorne

Quotes from parents

All schools to have the same standard of care

I would like type 1 diabetes to be recognised within education as a serious lifelong condition that takes huge effort to deal with on a daily basis and that has a huge impact on family life.

I would like it to become standard that young children who start school with type 1 diabetes or indeed those who are diagnosed with it whilst in their early school years are supported individually by a trained 1:1 assistant. I would like this to be able to happen routinely without the parents having to fight for it.

I would like the education system to recognise that type 1 diabetes can affect learning and work on how they can best support these children so that they continue to achieve their full potential.

I don't want to feel that I have to constantly 'prove' that diabetes is serious and life-threatening in order to get the right support in school.

I think there should be a system in schools that makes it easier for them to recognise that Type 1 diabetes is a serious condition and needs to be treated as such.

As a carer, I am often exhausted after night-time testing, so the last thing I want to do is to 'fight' with schools. about whether they will put a sticky label on the new insulin, or whether they will 'hold' XXXX's pump so he can enjoy time with his friends at a Theme Park, or whether school will allow XXXX to re-take his maths test because his level was 22mmols the first time round.

Schools should have trained staff who know what to do in an emergency, so we don't have to rely on 'volunteers' and whether they feel happy to give the Glucogen injection or not.

Parents should not have to feel that their child's life depends on whether there is a 'kind volunteer' at their school or not. There needs to be legislation in place, with clear boundaries, so that there are no grey areas for either the school or the parents.

Children's quotes taken from websites

"I still sometimes think 'why me?' when I have to do an injection or get excluded from outings, but I get through it. I did have some problems with my diabetes at school but, since that's been sorted out, they have been really supportive. When I do my injections sometimes this girl always moans at me and says, 'Why do you have to do that? It's disgusting', but I have to do it because it's essential. I want children to have a normal life without feeling diabetes is taking over."

Alice, 15, www.firstnews.co.uk

"I used to get angry sometimes and think that it's not fair. Then I just got used to having to manage diabetes and I just get on with my life."

Tom, www.kidshealth.org

"I play hockey a lot and I know that I need to have food with me in case I start feeling tired."

Scott, www.kidshealth.org

"We had to give a talk to the class so I talked about diabetes and how I had to manage it. Some of the kids were amazed and some said that it was really cool that I could do the testing and stuff by myself." – Ty, www.kidshealth.org

"I think it's unfair I have diabetes, but Mummy says that it will never stop me being able to do anything. I wish all schools were like mine and really care. Mummy says a lot of children are not cared for in school, and that makes me sad. I get angry sometimes when I feel poorly as it makes me feel yuk and it stops me playing sometimes."

Claudia, 9, www.firstnews.co.uk

No more needles, No more pumps
no more ouches, no more lumps
no more tests, no more fears
no more blood, no more tears
From Gail aged 4yr, www.diabetesadvocacy.org

"I got Type 1 diabetes just before Christmas it was not what I asked for, but I had loads of good presents."
Daisy, age 7, www.diabetesuk.org

"I am made to eat my lunch with younger children so that a teacher can give me my insulin injection. I can't sit with my friends which makes me feel alone and upset. Other children are always asking me why I am different and make a fuss because I am allowed to have snacks in class to control my blood sugars."
www.beatbullying.org

"Both children and adults have reacted to my type 1 diabetes negatively. At school, teachers locked away my bag with medication in it. They wouldn't give it back despite my desperate pleas explaining that I needed it to live, and didn't know that I was becoming aggressive due to having low blood sugar and going into a hypoglycaemic episode. One child even ripped off my medic alert band, chewed it and then spat it back at me whilst calling me a 'retard.'
www.beatbullying.org