

Dear Teacher, please don't leave me out, when our class gets to have a treat.
I just need to know how many carbs are in the things I eat.

Sometimes I may need to sit out during gym or exercise.
If my blood glucose is too low, it needs time to normalize.

My T1D comes with devices, that help to keep me safe.
I may have a glucometer, insulin pump, or CGM in a pouch around my waist.

I know the rules say no electronics during the school day.
But these ones are my lifeline, and with me, they have to stay.

Yes, sometimes there is some blood, but please don't be afraid.
It's only one little drop, less than on most band-aids.

My blood glucose levels have an effect on my whole body.
When I'm low I may feel dizzy, when high I need the potty.

Changes in my blood glucose also affect my brain.
Out of range levels can cause a real mental strain.

All of this is stressful and as you may have figured out.
My T1D is tied to my physical, mental, and emotional health.

So teacher, please be patient, and when I simply don't seem right.
Please check my blood glucose number, you just might save my life.



Dear Teacher I have T1D