

How Zion Lutheran School has stepped up to learn how to take care of T1d child

Kayla Royer was in Stella O'Brien's Kindergarten class of Zion Lutheran School in October of 2013 when she was diagnosed as a type 1 diabetic. Mrs. O'Brien, a type 2 diabetic, jumped right in to assist Kayla in any way she could. They took it one step at a time, monitoring her sugar levels three times a day. Mrs. O'Brien allowed Kayla to be an active part of testing and documenting her blood sugar readings. Mrs. O'Brien made sure that other school staff members knew what to do for Kayla if Mrs. O'Brien had to be absent.

Kayla received her pump during 1st grade. With supervision by her teacher, Dorothy Bredehoft, she handles testing and entering her numbers into the pump mostly by herself. Kayla has learned to feel when she is low and lets an adult know right away.

As a school we are targeting diabetes education as a part of our wellness policy school improvement plan. We plan to have a health professional conduct a staff in-service with the topic being type 1 diabetes in children. Each classroom will also have a lesson about diabetes, which Kayla will help lead.

We are very proud of Kayla and the courage she has shown in accepting and taking charge of her diabetes. Her parents have been very supportive and helpful to us as we continue to learn how to help Kayla while she is in our care.

Way to go Zion!!! What an inspiration for all schools!!