

A letter to teachers



www.fundaciondiabetes.org

Dear teacher,

Allow me to introduce myself: My name's Iñaki Lorente and, as part of my work as a teacher-psychologist, I counsel both infants and primary school children, at a part state-part private school in the north of Spain.

Of all the many reasons that drove me to developing this educational project, there are two that stand out:

1. the fact that I, myself, have diabetes and
2. the way I felt, every time I saw fellow teachers suffer when confronted with a student with diabetes – teachers who'd received no training in the field of diabetes and who were lacking the necessary resources to, confidently, deal with the situation in hand.

My aim, with this project, has, therefore, been to kill two birds with one stone – much though I'd have loved to kill many more!

- Offering teachers a set of guidelines on various aspects and issues – within the world of diabetes – that they'll need to bear in mind and on others, not so critical;
- Enabling students to better grasp what school friends with diabetes might actually be going through, while dispelling any misconstrued conceptions, which can and, often, do lead to discrimination – I speak from experience!

It, probably, all sounds a little too overambitious and, yet, I feel I am being very realistic.

For, after all, I'm only too aware of the many limitations that exist: never enough time for cross-year or transversal syllabuses; there are girls and boys, in class, who also suffer from other difficult conditions; and countless other problems!

This is why I have attempted to develop this teaching aid as an "a la carte" tool; a tool, I hope, will adapt kindly to the specifics of any classroom, whatever the number of students, whatever syllabus you might have in place, and regardless of the students' cultural level and any other parameters. Basically, the aim is to provide a series of ideas and activities that should, easily, complement any teaching program; it is, after all, a highly modular system.

Maybe, as you browse through the material, you'll find the kind of information that'll serve to give you greater confidence when faced with assisting a student with diabetes. Hopefully, both your colleagues and you will even enjoy finding out a little more about what it's like for those students who have diabetes, the problems and issues they're faced with and other interesting facts.

I am at your entire disposal, should you have any questions or queries.

Many thanks and kind regards,

Iñaki Lorente
Member of the Spanish College
of Psychologists: N-0284