

Brinscall St John's CE and Methodist Primary School



Harbour Lane, Brinscall, Chorley, PR6 8PT

Tel: 01254 830700

Email: head@brinscall.lancs.sch.uk Website: www.brinscall.lancs.sch.uk

Headteacher: Mrs Joanna Owen



DiABETES UK

KNOW DIABETES. FIGHT DIABETES.

Tuesday 25th February 2025

Dear Parents and Guardians,

I trust you are all keeping well. I am writing to you today to raise awareness of a significant health issue that is increasingly affecting more and more children—diabetes. As you may know, diabetes is a serious condition that occurs when blood glucose levels become too high. This can happen due to the body not producing enough insulin, the insulin being ineffective, or in some cases, the body being unable to produce insulin at all.

Diabetes is becoming more prevalent among children and young people. In 2019, there were approximately 36,000 children in the UK with diabetes under the age of 19, which is a significant increase from 31,500 in 2015. Notably, Type 1 diabetes accounts for the vast majority (around 90%) of diabetes cases in this age group.

As a school community, we feel a strong connection to this cause, and we would like to make a concerted effort to raise awareness and support for Diabetes UK. This March, Diabetes UK has launched a challenge inviting individuals to walk, run, or jog a total of 62 miles to help raise funds for important research aimed at finding a cure or preventing diabetes in the future.

In response, after speaking to some of our children, our school has decided to take on this challenge, with each class collectively aiming to complete 62 miles. To help us track our progress, we have purchased pedometers that a different pupil will wear each day. Miles covered during physical education sessions, lunch and playtime, as well as the daily mile (or two) in class, will all contribute to our total.

We are keen to raise as much money as possible for this worthy cause, and each class will have its own fundraising page on JustGiving. Links to these pages will be shared via our Facebook group, on Seesaw, and through our newsletter.

Moreover, **every Monday in March**, we will be offering an opportunity for families to join us in a mile walk before school. If you would like to participate, we will meet on the school playground at **8.15am**, ready to set off at **8.20am**. **Children must be supervised by an adult at all times.** Our route will take us to Brinscall Hall and back, ensuring we return in time for the school doors to open at 8.45am.

We hope as many families as possible will join us in this initiative, helping to raise both awareness and funds for Diabetes UK. Together, we can make a difference in the lives of those affected by diabetes.

Thank you for your support and participation in this important endeavour.

Yours sincerely,

Mrs J Owen

Headteacher

