

Tahoe Truckee Unified School District
Annual Parental Notification
Addendum
2024-2025
(Revised 07/01/2024)

Tahoe Truckee Unified School District prohibits discrimination, intimidation, harassment (including sexual harassment), or bullying based on a person’s actual or perceived ancestry, color, disability, gender, gender identity, gender expression, immigration status, nationality, race or ethnicity, religion, sex, sexual orientation, or association with a person or a group with one or more of these actual or perceived characteristics.

For questions or complaints, contact
Equity Compliance Officer
11603 Donner Pass Rd.
Truckee, CA, 96161
(530) 581-2560
acohen@ttusd.org

Title IX Coordinator
11603 Donner Pass Rd.
Truckee, CA, 96161
(530) 581-2500 ext. 20432
tcriswell@ttusd.org

Section 504 Coordinator
11603 Donner Pass Rd.
Truckee, CA, 96161
(530) 581-2560
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Section I. Annually

Child Access Prevention/Safe Storage of Firearms

Parents and guardians of all Tahoe Truckee Unified School District students are responsible for keeping firearms out of children's hands as required by California law. There have been many news reports of children bringing firearms to school. In many instances, the child obtained the firearm(s) from his or her home. **These incidents can be easily prevented by storing firearms in a safe and secure manner, including keeping them locked up when not in use and storing them separately from ammunition.** [24-25 Annual Notice Firearm](#)

Cancer Prevention Act

For the parents/guardians of students admitted to or advancing to the 6th grade, the Annual Notice shall include a notification containing a statement advising that the student adhere to current human papillomavirus (HPV) immunization guidelines before admission or advancement to the 8th-grade level. (See Education Code section 48980.4.)

Food Service Operations/Cafeteria Fund

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Parents/guardians are provided the district policy on meal payments at school enrollment and weekly mailing.

Education or Other Legal Code: USDA SP-23-2017
Board Policy/Administrative Regulation #: See AR 3551

Identification and Evaluation of Individuals for Special Education

The Superintendent Chief Learning Officer or designee shall notify parents/guardians, in writing, of their rights related to identification, referral, assessment, instructional planning, implementation, and review, including the right to consent to any assessment concerning their child. The Superintendent Chief Learning Officer or designee shall notify parents/guardians of procedures for initiating a referral for review to identify individuals who need special education services. (Education Code 56301)

Education or Other Legal Code: Education Code 56301
Board Policy/Administrative Regulation #: See BP 6164.4

Involuntary Student Transfers

At the beginning of each school year, if the school district has adopted a policy on involuntary transfer of students convicted of certain crimes when a victim is enrolled at the same school, parents/guardians can obtain the district policy authorizing the transfer.

Education or Other Legal Code: Education Code 48929, 48980
Board Policy/Administrative Regulation #: See BP 5116.2

Mental Health

Parents/guardians/students can obtain information from their school site on accessing mental health services at school and/or in the community.

Education or Other Legal Code: Education Code 49428
Board Policy/Administrative Regulation #: See None

Professional Standards

Parents/guardians are provided information on the code of conduct addressing employee interactions with students.

Education or Other Legal Code: Education Code 44050
Board Policy/Administrative Regulation #: See BP 4119.21, See BP 4219.21, See BP 4319.21

Synthetic Drug Use Dangers

While the notice required by Education Code section 48985.5 has been added to the 2024-25 annual parent notice, please note that an LEA that maintains an internet website it must post the information on the website and shall ensure that each individual school within the LEA that maintains an individual internet website also posts the information on that school's internet website.

World/Foreign Language Instruction. Education for English Language Learners

Parents/guardians are provided information on the district's language acquisition program.

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Education or Other Legal Code: Education Code 310
Board Policy/Administrative Regulation #: See BP 6142.2, See AR 617

Section II. At Specific Times During the Student’s Academic Career

Certificate of Proficiency/High School Equivalency

Students in grades 11-12 will be provided notice of proficiency examination provided under Education Code 48412 early enough to enable registration for the fall test.

Education or Other Legal Code: 5 CCR 11523
Board Policy/Administrative Regulation #: See AR 6146.2

Child Care and Development

When a child is enrolled or reenrolled in a licensed child care center or preschool, information on the risks and effects of lead exposure blood lead testing is provided to parents/guardians at the time of enrollment.

Education or Other Legal Code: Health and Safety Code 1596.7996
Board Policy/Administrative Regulation #: See AR 5148

Grades/Evaluation of Student Achievement and Student Records

The Student Aid Commission will provide the grade point average (GPA) of all district students in grade 12 to the Cal Grant postsecondary financial aid program, except when students opt out or are permitted by the rules of the Student Aid Commission to provide test scores instead of the GPA. (Education Code 69432.9)

When/Whom to Notify: By October 15 for students in grade 12

Education or Other Legal Code: Education Code 69432.9
Board Policy/Administrative Regulation #: See AR 5121, See AR 5125

State Academic Achievement Tests

Within 20 working days of receiving results of standardized achievement tests or, if results are not available in the school year, within 20 working days of the start of the next school year, the results of tests, test purpose, individual score, and intended use are provided to parents/guardians.

Education or Other Legal Code: Education Code 60641; 5 CCR 863
Board Policy/Administrative Regulation #: See AR 6162.51

Section III. When Special Circumstances Occur

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Athletic Competition

- Information on sudden cardiac arrest is provided at the school sites to parents/guardians of student-athletes before participation in a competition.
Education or Other Legal Code: Education Code 33479.3
Board Policy/Administrative Regulation #: See AR 6145.2
- If a school has lost its WASC accreditation status, parents/guardians will be notified at the school site of the loss of status and any potential consequences.
Education or Other Legal Code: Education Code 35178.4
Board Policy/Administrative Regulation #: See BP 6190
- Information on concussions and head injuries will be provided annually to parents/guardians of student-athletes before their first practice or competition.

Education or Other Legal Code: Education Code 49475
Board Policy/Administrative Regulation #: See AR 6145.2

Challenging Student Records

A notice with details will be provided when parents/guardians' challenge of student record is denied and parents/guardians appeal.

Education or Other Legal Code: Education Code 49070
Board Policy/Administrative Regulation #: See AR 5125.3

Child Abuse Prevention and Reporting

When parents/guardians request guidelines for filing a complaint of child abuse at a school site, they will be provided guidelines for filing a complaint of child abuse at a school site with local child protective agencies.

Education or Other Legal Code: Education Code 48987
Board Policy/Administrative Regulation #: See AR 5141.4

Child Care and Development

- When a child participates in a licensed child care and development program, parents/guardians have the right to enter the facility.
Education or Other Legal Code: Health and Safety Code 1596.857
Board Policy/Administrative Regulation #: See AR 5148
- Within 30 days of application for subsidized child care or preschool services, policies regarding approval or denial of services will be provided.
Education or Other Legal Code: 5 CCR 18094, 18118
Board Policy/Administrative Regulation #: See AR 5148, See AR 5148.3
- Upon recertification or update of application for child care or preschool services, policies regarding any change in service, such as in fees, amount of service, and/or termination of service, will be provided.
Education or Other Legal Code: 5 CCR 18095, 18119

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Board Policy/Administrative Regulation #: See AR 5148, See AR 5148.3

- Upon a child's enrollment in a childcare program, policies regarding the policy on fee collection will be provided.
Education or Other Legal Code: 5 CCR 18114
Board Policy/Administrative Regulation #: See AR 5148
- When the payment of child care fees is seven days late, policies regarding notice of delinquent fees will be provided.
Education or Other Legal Code: 5 CCR 18114
Board Policy/Administrative Regulation #: See AR 5148
- When a child participates in a licensed child care and development program, policies regarding excused and unexcused absences will be provided.
Education or Other Legal Code: 5 CCR 18066
Board Policy/Administrative Regulation #: See AR 5148

Chronic Absence and Truancy

When a truant is referred to a SARB or probation department, the name and address of SARB or probation department and reason for the referral will be provided.

Education or Other Legal Code: Education Code 48263

Board Policy/Administrative Regulation #: See AR 5113.1

Continuation Education

- When a student requests to voluntarily transfer to a continuation school, a copy of district policy and regulation on continuation education will be provided by the high school.
Education or Other Legal Code: Education Code 48432.3
Board Policy/Administrative Regulation #: See AR 6184
- Prior to the involuntary transfer to a continuation school, the parents/guardians have the right to require a meeting.

Education or Other Legal Code: Education Code 48432.5

Board Policy/Administrative Regulation #: See AR 6184

Disruptions

A notice of a hearing will be provided when a hearing is requested by a person asked to leave school premises.

Education or Other Legal Code: Penal Code 627.5

Board Policy/Administrative Regulation #: See AR 3515.2

Education for English Learners

- Within 30 calendar days of receipt of results of assessment or reassessment of English proficiency, parents/guardians will be provided results of the state test of English proficiency.
Education or Other Legal Code: Education Code 52164.1, 52164.3; 5 CCR 11511.5
Board Policy/Administrative Regulation #: See AR 6174

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- For districts receiving Title I funds, not later than 30 days after the beginning of the school year, to parents/guardians of English learners, the reasons for placement, level of proficiency, instructional methods, how the program meets the child's strengths and teaches English, exit requirements, and the right to choose another program will be provided.

Education or Other Legal Code: 20 USC 6312
Board Policy/Administrative Regulation #: See AR 6174

Education for Homeless Children

When a student is homeless or an unaccompanied minor, information regarding educational and related opportunities, transportation services, placement decisions, and the right to appeal will be provided.

Education or Other Legal Code: 42 USC 11432; Education Code 48852.5
Board Policy/Administrative Regulation #: See AR 6173

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Environmental Safety

When testing by the community water system finds the presence of lead exceeding a specified level at school sites, parents/guardians will be notified.

Education or Other Legal Code: Health and Safety Code 116277
Board Policy/Administrative Regulation #: See AR 3514

Food Service Operations/Cafeteria Fund

Within ten days of a negative balance in a meal account, parents/guardians will receive a notice and encouragement to apply for free or reduced-price meals.

Education or Other Legal Code: Education Code 49557.5
Board Policy/Administrative Regulation #: See AR 3551

Free and Reduced Price Meals

When a household is selected for verification of eligibility for free or reduced-price meals, information will be provided regarding the need to submit verification information, any subsequent changes in benefits, and appeals.

Education or Other Legal Code: 42 USC 1758; 7 CFR 245.6a
Board Policy/Administrative Regulation #: See AR 3553

Health Examinations

Parents/guardians will be notified when the test results in the discovery of visual or hearing defects.

Education or Other Legal Code: Education Code 49456; 17 CCR 2951
Board Policy/Administrative Regulation #: See AR 5141.3

Insurance (Athletic Teams)

Information is provided at the school sites to parents/guardians regarding insurance, no-cost, and low-cost program options to members of athletic teams.

Education or Other Legal Code: Education Code 32221.5
Board Policy/Administrative Regulation #: See AR 5143

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High School Graduation Requirements

Within 30 days of foster youth, homeless youth, former juvenile court school student, or child of a military family, or migrant student being transferred after the second year of high school, or an immigrant student enrolled in a newcomer program in grades 11-12, parents/guardians will be provided information on exemption from local graduation requirements, effect on college admission, and an option for the fifth year of high school.

Education or Other Legal Code: Educational Code 51225.1

Board Policy/Administrative Regulation #: See BP 6146.1, See AR 6173, See AR 6173.1, AR 6173.3, See AR 6175

Involuntary Student Transfers

Parents/guardians have a right to request a meeting with the principal or designee before an involuntary transfer of a student convicted of a certain crime when a victim is enrolled at the same school.

Education or Other Legal Code: Education Code 48929, 48980

Board Policy/Administrative Regulation #: See BP 5116.2

Kindergarten Admission

Before early entry to kindergarten, the effects, advantages, and disadvantages of early entry are available at the school sites.

Education or Other Legal Code: Education Code 48000

Board Policy/Administrative Regulation #: See AR 5111

Nutrition Program Compliance

When a district receives federal funding assistance for a nutrition program, rights and responsibilities, nondiscrimination policy, and complaint procedures will be provided.

Education or Other Legal Code: USDA FNS Instruction 113-1

Board Policy/Administrative Regulation #: See BP 3555

Parent Involvement

For schools receiving Title I funds, upon the development of a parent involvement policy, parents/guardians will be notified.

Education or Other Legal Code: 20 USC 6318

Board Policy/Administrative Regulation #: See AR 6020

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Questioning and Apprehension by Law Enforcement

A school will be notified when a student is released to a peace officer for the purpose of removing a minor from school unless taken into custody as a victim of suspected child abuse.

Education or Other Legal Code: Education Code 48906
Board Policy/Administrative Regulation #: See BP 5145.11

Student and Family Privacy Rights

The Governing Board respects the rights of district students and their parents/guardians with regard to the privacy of their personal beliefs and the confidentiality of their personal information. Notice of any substantive change in policy or regulation will be provided when the district substantively changes the policy on student privacy rights.

Education or Other Legal Code: 20 USC 1232h
Board Policy/Administrative Regulation #: See AR 5022

Students Expelled from Other Districts

A notice of a hearing regarding the possible danger presented by an expelled student is provided when a student is expelled from another district for certain acts and seeks admission.

Education or other Legal Code: Education Code 48915.1, 48918
Board Policy/Administrative Regulation #: See BP 5119

Student Records

- Release of student records to a judge or probation officer for conducting a truancy mediation program or for presenting evidence at a truancy petition will be provided within 24 hours of the release of the information to a judge or probation officer.
Education or Other Legal Code: Education Code 49076
Board Policy/Administrative Regulation #: See AR 5125
- When sharing student immunization information with an immunization system, types of information to be shared, name and address of the agency, acceptable use of the information, right to examine and the right to refuse to share will be provided.
Education or Other Legal Code: Health and Safety Code 120440
Board Policy/Administrative Regulation #: See AR 5125
- When a student transfers out of state and records are disclosed without consent pursuant to 34 CFR 99.30, information will be provided regarding the right to review records.

Education or Other Legal Code: 34 CFR 99.34
Board Policy/Administrative Regulation #: See AR 5125

Suspension and Expulsion/Due Process

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- A notice will be provided at the time of suspension, when the original period of suspension is extended, at the time a student is assigned to a supervised suspension classroom, and before holding a closed session regarding the suspension.
Education or Other Legal Code: Education Code 48911, 48911.1, 48912
Board Policy/Administrative Regulation #: See BP 5144.1, See AR 5144.1
- A notice is provided with reasons for the denial and the determination of an assigned program when readmission is denied.
Education or other Legal Code: Education Code 48916
Board Policy/Administrative Regulation #: See AR 5144.1
- A notice is provided when an expulsion occurs regarding readmission procedures.
Education or Other Legal Code: Education Code 48916
Board Policy/Administrative Regulation #: See AR 5144.1
- A notice of an expulsion hearing is provided at least ten calendar days before an expulsion hearing.
Education or Other Legal Code: Education Code 48918
Board Policy/Administrative Regulation #: See AR 5144.1
- A notice is provided when an expulsion or suspension of expulsion occurs with information regarding the decision to expel, right to appeal to the county board, and the obligation to inform the new district of the status.

Education or Other Legal Code: Education Code 48918
Board Policy/Administrative Regulation #: See AR 5144.1

Board Policy 5145.7: Sexual Harassment

The Governing Board is committed to maintaining a safe school environment that is free from harassment and discrimination. The Board prohibits, at school or at school-sponsored or school-related activities, sexual harassment targeted at any student by anyone. The Board also prohibits retaliatory behavior or action against any person who reports, files a complaint, or testifies about, or otherwise supports a complainant in alleging sexual harassment.

The district strongly encourages students who feel that they are being or have been sexually harassed on school grounds or at a school-sponsored or school-related activity by another student or an adult or who have experienced off-campus sexual harassment that has a continuing effect on campus to immediately contact their teacher, the principal, the district's Title IX Coordinator, or any other available school employee. Any employee who receives a report or observes an incident of sexual harassment shall notify the Title IX Coordinator. Once notified, the Title IX Coordinator shall ensure the complaint or allegation is addressed through AR 5145.71 - Title IX Sexual Harassment Complaint Procedures or BP/AR 1312.3 - Uniform Complaint Procedures, as applicable.

Because a complaint or allegation that is dismissed or denied under the Title IX complaint procedure may still be subject to consideration under state law, the Title IX Coordinator shall ensure that any implementation of AR 5145.71 concurrently meets the requirements of BP/AR 1312.3. The Title IX Coordinator shall offer supportive measures to the complainant and respondent as deemed appropriate under the circumstances.

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The Superintendent Chief Learning Officer or designee shall inform students and parents/guardians of the district's sexual harassment policy by disseminating it through parent/guardian notifications, publishing it on the district's website, and including it in student and staff handbooks. All district staff shall be trained regarding the policy. Instruction/Information The Superintendent Chief Learning Officer or designee shall ensure that all district students receive age-appropriate information on sexual harassment. Such instruction and information shall include: 1. What acts and behavior constitute sexual harassment, including the fact that sexual harassment could occur between people of the same sex and could involve sexual violence 2. A clear message that students do not have to endure sexual harassment under any circumstance 3. Encouragement to report observed incidents of sexual harassment even when the alleged victim of the harassment has not complained 4. A clear message that student safety is the district's primary concern and that any separate rule violation involving an alleged victim or any other person reporting a sexual harassment incident will be addressed separately and will not affect the manner in which the sexual harassment complaint will be received, investigated, or resolved 5. A clear message that, regardless of a complainant's noncompliance with the writing, timeline, or other formal filing requirements, every sexual harassment allegation that involves a student, whether as the complainant, respondent, or victim of the harassment, shall be investigated and action shall be taken to respond to harassment, prevent recurrence, and address any continuing effect on students 6. Information about the district's procedures for investigating complaints and the person(s) to whom a report of sexual harassment should be made 7. Information about the rights of students and parents/guardians to file a civil or criminal complaint, as applicable, including the right to file a civil or criminal complaint while the district investigation of a sexual harassment complaint continues 8. A clear message that, when needed, the district will implement supportive measures to ensure a safe school environment for a student who is the complainant or victim of sexual harassment and/or other students during an investigation.

Disciplinary Actions Upon completion of an investigation of a sexual harassment complaint, any student found to have engaged in sexual harassment or sexual violence in violation of this policy shall be subject to disciplinary action. For students in grades 4-12, disciplinary action may include suspension and/or expulsion, provided that, in imposing such discipline, the entire circumstances of the incident(s) shall be taken into account. Upon investigation of a sexual harassment complaint, any employee found to have engaged in sexual harassment or sexual violence toward any student shall be subject to disciplinary action, up to and including dismissal, in accordance with law and the applicable collective bargaining agreement. Record-Keeping In accordance with law and district policies and regulations, the Superintendent Chief Learning Officer or designee shall maintain a record of all reported cases of sexual harassment to enable the district to monitor, address, and prevent repetitive harassing behavior in district schools.

Education or Other Legal Code: Education Code 48900.2

[Board Policy 5145.3 BP Language Update: 5145.3 DRAFT SPANISH](#)

This policy shall apply to all acts constituting unlawful discrimination or harassment related to school activity or to school attendance occurring within a school under the jurisdiction of the local educational agency and to acts which occur off campus or outside of school-related or school-sponsored activities but which may have an impact or create a hostile environment at school.

To all acts of the Governing Board and the Superintendent Chief Learning Officer in enacting policies and procedures that govern the district.

The Board desires to provide a welcoming, safe, and supportive school environment that allows all

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students equal access to and opportunities in the district's academic, extracurricular, and other educational support programs, services, and activities. The Board prohibits, at any district school or school activity, unlawful discrimination, including discriminatory harassment, sexual harassment, intimidation, and bullying, targeted at any student by anyone, based on the student's actual or perceived race, color, ancestry, nationality, national origin, immigration status, ethnic group identification, ethnicity, age, religion, marital status, pregnancy, parental status, physical or mental disability, medical condition, sex, sexual orientation, gender, gender identity, gender expression, or genetic information, or association with a person or group with one or more of these actual or perceived characteristics.

Unlawful discrimination, including discriminatory harassment, sexual harassment, intimidation, or bullying, may result from physical, verbal, nonverbal, or written conduct based on any of the categories listed above. Unlawful discrimination also occurs when prohibited conduct is so severe, persistent, or pervasive that it affects a student's ability to participate in or benefit from an educational program or activity; creates an intimidating, threatening, hostile, or offensive educational environment; has the effect of substantially or unreasonably interfering with a student's academic performance; or otherwise adversely affects a student's educational opportunities.

Unlawful discrimination also includes disparate treatment of students based on one of the categories above with respect to the provision of opportunities to participate in school programs or activities or the provision or receipt of educational benefits or services.

Because unlawful discrimination may occur when disciplining students, including suspension and expulsion, the Superintendent Chief Learning Officer or designee shall ensure that staff enforce discipline rules fairly, consistently, and in a non-discriminatory manner, as specified in Board Policy and Administrative Regulation 5144-Discipline, Board Policy, and Administrative Regulation 5144.1- Suspension and Expulsion/Due Process, and Administrative Regulation 5144.2 - Suspension and Expulsion/Due Process (Students With Disabilities).

The Board also prohibits any form of retaliation against any individual who reports or participates in the reporting of unlawful discrimination, files or participates in the filing of a complaint, or investigates or participates in the investigation of a complaint or report alleging unlawful discrimination. Retaliation complaints shall be investigated and resolved in the same manner as a discrimination complaint.

The Superintendent Chief Learning Officer or designee shall facilitate students' access to the educational program by publicizing the district's nondiscrimination policy and related complaint procedures to students, parents/guardians, and employees. In addition, the Superintendent Chief Learning Officer or designee shall post the district's policies prohibiting discrimination, harassment, intimidation, and bullying and other required information on the district's web site website in a manner that is easily accessible to parents/guardians and students, in accordance with law and the accompanying administrative regulation. (Education Code 234.1, 234.6) The Superintendent Chief Learning Officer or designee shall provide training and/or information on the scope and use of the policy and complaint procedures and take other measures designed to increase the school community's understanding of the requirements of law related to discrimination. The Superintendent Chief Learning Officer or designee shall regularly review the implementation of the district's nondiscrimination policies and practices and, as necessary, shall take action to remove any identified barrier to student access to or participation in the district's educational

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program. The Superintendent Chief Learning Officer or designee shall report the findings and recommendations to the Board after each review. Regardless of whether a complainant complies with the writing, timeline, and/or other formal filing requirements, all complaints alleging unlawful discrimination, including discriminatory harassment, intimidation, or bullying, shall be investigated and prompt action taken to stop the discrimination, prevent recurrence, and address any continuing effect on students.

Students who engage in unlawful discrimination, including discriminatory harassment, including sexual harassment, intimidation, retaliation, or bullying, in violation of law, Board policy, or administrative regulation shall be subject to appropriate consequence or discipline, which may include suspension or expulsion when the behavior is severe or pervasive as defined in Education Code 48900.4. Any employee who permits or engages in prohibited discrimination, including discriminatory harassment, intimidation, retaliation, or bullying, shall be subject to disciplinary action, up to and including dismissal.

All allegations of unlawful discrimination in district programs and activities shall be brought, investigated, and resolved in accordance with Board Policy 1312.3-Uniform Complaint Procedures.

Record-Keeping

The Superintendent Chief Learning Officer or designee shall maintain a record of all reported cases of unlawful discrimination, including discriminatory harassment, intimidation, or bullying, to enable the district to monitor, address, and prevent repetitive prohibited behavior in district schools.

Section IV. Special Education Notices

These notices are not part of the APN but are part of the Individual Education Plan (IEP) process. See the Student Services Department for more information.

Section V. Health Notices

Type 1 Diabetes Information Sheet

In accordance with [Education Code 59452.6](#), information regarding Type 1 diabetes, including risk factors is required to be provided to every incoming family.

Type 1 diabetes in children is an autoimmune disease that can be fatal if untreated, and the guidance provided in this information sheet is intended to raise awareness about this disease.

Type 1 Diabetes usually develops in children and young adults but can occur at any age.

- According to the U.S. Centers for Disease Control and Prevention (CDC), cases of type 1 diabetes in youth increased nationally from 187,000 in 2018 to 244,000 in 2019, representing an increase of 25 per 10,000 youths to 35 per 10,000 youths, respectively.
- The peak age of diagnosis of type 1 diabetes is 13-14 years, but diagnosis can also occur much earlier or later in life.

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Type 1 Diabetes affects insulin production.

- As a normal function, the body turns the carbohydrates in food into glucose (blood sugar), the basic fuel for the body's cells.
- The pancreas makes insulin, a hormone that moves glucose from the blood into the cells.
- In type 1 diabetes, the body's pancreas stops making insulin, and blood glucose levels rise.
- Over time, glucose can reach dangerously high levels in the blood, which is called hyperglycemia.
- Untreated hyperglycemia can result in diabetic ketoacidosis (DKA), which is a life-threatening complication of diabetes.

Risk Factors Associated with Type 1 Diabetes

It is recommended that students displaying warning signs associated with type 1 diabetes, which are described below, should be screened (tested) for the disease by their healthcare provider.

Risk Factors

Researchers do not completely understand why some people develop type 1 diabetes and others do not; however, having a family history of type 1 diabetes can increase the likelihood of developing type 1 diabetes. Other factors may play a role in developing type 1 diabetes, including environmental triggers such as viruses. Type 1 diabetes is not caused by diet or lifestyle choices.

Warning Signs and Symptoms Associated with Type 1 Diabetes and Diabetic Ketoacidosis

Warning signs and symptoms of type 1 diabetes in children develop quickly, in a few weeks or months, and can be severe. If your child displays the warning signs below, contact your child's primary healthcare provider or pediatrician for a consultation to determine if screening your child for type 1 diabetes is appropriate:

- Increased thirst
- Increased urination, including bed-wetting after toilet training
- Increased hunger, even after eating
- Unexplained weight loss
- Feeling very tired
- Blurred vision
- Very dry skin
- Slow healing of sores or cuts
- Moodiness, restlessness, irritability, or behavior changes

DKA is a complication of untreated type 1 diabetes. DKA is a medical emergency. Symptoms include:

- Fruity breath
- Dry/flushed skin
- Nausea
- Vomiting
- Stomach pains
- Trouble breathing

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- Confusion

Types of Diabetes Screening Tests That Are Available

- **Glycated hemoglobin (A1C) test.** A blood test measures the average blood sugar level over two to three months. An A1C level of 6.5 percent or higher on two separate tests indicates diabetes.
- **Random (non-fasting) blood sugar test.** A blood sample is taken any time without fasting. A random blood sugar level of 200 milligrams per deciliter (mg/dL) or higher suggests diabetes.
- **Fasting blood sugar test.** A blood sample is taken after an overnight fast. A level of 126 mg/dL or higher on two separate tests indicates diabetes.
- **Oral glucose tolerance test.** A test measuring the fasting blood sugar level after an overnight fast with periodic testing for the next several hours after drinking a sugary liquid. A reading of more than 200 mg/dL after two hours indicates diabetes.

Type 1 Diabetes Treatments

There are no known ways to prevent type 1 diabetes. Once type 1 diabetes develops, medication is the only treatment. If your child is diagnosed with type 1 diabetes, their healthcare provider will be able to help develop a treatment plan. Your child's healthcare provider may refer your child to an endocrinologist, a doctor specializing in the endocrine system and its disorders, such as diabetes. Contact your student's school nurse, school administrator, or healthcare provider if you have questions.

References

[Centers for Disease Control and Prevention](#)

[National Library of Medicine and National Institutes of Health's MedLine](#)

[KidsHealth](#)

[Mayo Clinic](#)