



THE TORCH

NOVEMBER EDITION



WARDS CREEK

WARRIORS

Warrior Families,

November is the month of gratitude. We have so much to be grateful for, but we are especially grateful for the students and families we serve. Thank you for partnering with us to make WCES a great place to work, learn, and lead. We wish you a happy Thanksgiving filled with lots of love.

WARDS CREEK
ELEMENTARY

KEVIN KLEIN
PRINCIPAL

Julie Haynes
Assistant Principal

Jill Williams
Assistant Principal

7 FACTS MOST PEOPLE DON'T KNOW ABOUT TYPE 1 DIABETES

www.carbcountingmama.ca

1. TYPE 1 DIABETES IS AN AUTOIMMUNE DISEASE

The body's immune system attacks and destroys the insulin-producing cells in the pancreas, the beta cells. The person's pancreas stops producing insulin.

2. INSULIN IS A HORMONE... NOT A DRUG

Insulin is the hormone that allows energy to enter our cells. Everyone needs insulin to live. People with type 1 diabetes have to take insulin multiple times a day either with an insulin pump or injections.

3. T1D IS NOT PREVENTABLE OR REVERSIBLE

The cause of T1D is still unknown. It is NOT caused by diet and lifestyle choices as many people believe. Type 1 diabetes is not anyone's fault.

4. TYPE 1 DIABETES IS NOT CONTAGIOUS

It's impossible to "catch" any type of diabetes.

5. PEOPLE WITH TYPE 1 DIABETES CAN EAT SUGAR

People with type 1 diabetes can eat anything everyone else eats. The difference is that they need to give themselves insulin for the carbohydrates they eat. People with type 1 diabetes sometimes NEED sugar to combat low blood glucose levels.

6. HIGH AND LOW BLOOD SUGARS HAVE A BIG IMPACT

A person's glucose level changes throughout the day based on food intake, activity, and many other factors. Blood sugar fluctuations affect the person's body, emotions, and thinking.

7. INSULIN IS NOT A CURE

Insulin is a treatment. There is no cure for T1D. It doesn't go away and no one grows out of it. For a person with T1D, insulin is required 24/7 for the rest of their life.

November Diabetes Awareness Month

Type one diabetes means your pancreas does not produce insulin, these warriors must monitor their blood glucose levels continuously throughout the day and get insulin injections with a pump or pen. Currently there is no cure for Type 1 diabetes.



#SeeTheSigns of

TYPE 1 DIABETES

FREQUENT URINATION

EXCESSIVE THIRST

EXHAUSTION

UNEXPLAINED WEIGHT LOSS



IMMEDIATELY SEE YOUR HEALTHCARE PROVIDER.

UNDIAGNOSED TYPE 1 DIABETES IS LIFE-THREATENING.



#SEETHESIGNS
FOLLOW US: @BEYONDTYPE1
BEYONDTYPE1.ORG/SEETHESIGNS

THE LEONA M. AND HARRY B.
HELMSLEY
CHARITABLE TRUST



WCES Character Club: Let's Make Smiles

News from Ms. Allsup: The character club began on Monday, October 30 and runs every other Monday from 3:30-4:30pm in the character education room, 240. All students must be picked up promptly at 4:30pm at parent pick up.

Bus Drivers Needed

Come Drive with Us!

- Full-Time Bus Operators and Bus Attendants are needed
- For more information, please visit the Transportation Department's Hiring Page



Kindergarten Poems and Pies

The event is Monday, November 20th at 4:30. Kindergarten teachers will send more information in their newsletters.





Veterans Day Posters/ Parade:
WCES PTO is asking for all students who have a Veteran in their family to create a poster on poster board or foam board to be on display Veterans Day week. Submit them to the front office no later than Friday, November 3rd.

There is a sign up genius link on the PTO Facebook page if you & your Veteran would like to walk in our Veterans Day Parade, Thursday, November 9th at 9am. Donuts & Coffee will be provided for those families in the courtyard, you must be approved by the district to enter the school

[Click here to register](#)

ATTENDANCE MATTERS

Missing a day of school here and there may not seem like much, but absences add up!

When a student misses 2 days a month..	When a student misses 4 days a month..
They will miss 20 DAYS a year.	They will miss 40 DAYS a year.
They will miss 30 HOURS of math over the school year.	They will miss 60 HOURS of math over the school year.
They will miss 60 HOURS of reading & writing over the school year.	They will miss 120 HOURS of reading & writing over the school year.
They will miss over 1 YEAR of school by graduation.	They will miss over 2 YEARS of school by graduation.



FORTIFYFL

SUSPICIOUS ACTIVITY REPORTING APP

FortifyFL is a suspicious activity reporting tool that allows you to instantly relay information to appropriate law enforcement agencies and school officials.

#FORTIFYFL
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