School Newsletter article template Years 3-4

Students in Years XX/Class XX are discovering how much sugar can be found in everyday drinks and food. They are learning about the hidden sugar found in processed food and drinks. They are reflecting on the long-term effects of sugar and the connection between dental health and the health of our organs. They are discovering how the foods we consume can impact our future health. Learning how the kidneys help the body to function, guides students to understand the relationship between hydration, the colour of healthy wee, and ways to identify and practise strategies to promote health and wellbeing.

Students are developing an understanding of the difference between type 1 and type 2 diabetes, and how type 2 diabetes develops over time, sometimes leading to dialysis. Choosing healthier food and drink options, along with regular exercise, adequate sleep and drinking water provides the best chance for healthy kidneys.

Supplementary information for parents:

What’s the difference between type 1 and type 2 diabetes? How does COVID-19 affect people with diabetes?

This short video from the Mayo Clinic explains the difference between type 1 and type 2 diabetes and how Covid-19 affects people with diabetes.


School Newsletter article template Years 5-6

Students in Years XX/Class XX have been investigating preventative health measures to promote healthy individuals and communities. Learning about the function of the little-known kidneys in filtering waste from the blood, is challenging everyone to reflect on their food and drink choices.

An analysis of graphs showing the increasing numbers of Australians developing chronic kidney disease (CKD) due to type 2 diabetes provides some compelling evidence about the increasing global impact of preventable diseases and the need to act now.

Students consider what can be done about this epidemic. Positive action starts with individuals and families in recognising that some future cardiovascular diseases, such as type 2 diabetes, heart disease and CKD, can be prevented by choosing healthier food and drink options, along with regular exercise, adequate sleep and drinking water for healthy kidneys.

Supplementary information for parents:

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