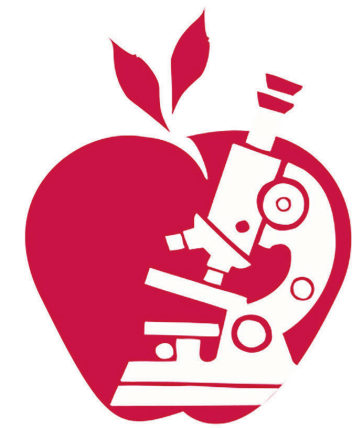




# DANCE FOR DIABETES 2026



Diabetes Research & Wellness Foundation

Dear Parent(s) or Guardian(s),

Welcome to **Week 2** of **Dance for Diabetes**.

By now, all children will have started learning the first section of the dance at school and will continue building their confidence and performance over the coming weeks.

### Downloadable Educational Content

Learning matters, especially when it comes to the health and wellbeing of our children and families. Please take a moment to look through the attached linked resources, with particular focus on:

- [Top Tips for a Healthy Packed Lunch](#)
- [Identifying the Signs and Symptoms of Diabetes](#)
- [General DRWF Information Leaflets](#)

### Be the difference – raise sponsorship.

Please don't forget to create your child's personal fundraising page by visiting:

### [Dance for Diabetes Fundraising Page.](#)

Once created, it can be shared with friends, family and on social media, making it quick and easy to collect donations online.

This year, all children who fundraise will also be in with a chance to win prizes, from Amazon Fire HD 8 Kids Pro tablets to colouring sets. So, when it is returned in a few weeks, please don't forget to colour in the sponsorship return envelope too!

### How does this challenge benefit our school?

Every donation your child raises will be split two ways: **60% will go to DRWF** to help support people living with diabetes, and **40% will be donated directly back to our school**.

That means your child will be helping make a difference to families affected by diabetes while also raising valuable funds for the school.



Tim Green  
Head of Community Fundraising  
Diabetes Research & Wellness Foundation  
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**Remember the 4Ts**

<b>Persistent Tiredness</b>	<b>Persistent Thirst</b>	<b>Toilet:</b> Urinating more than usual	<b>Thinner:</b> Unexpected weight loss
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**Additional potential symptoms**

<b>Thrush/genital infections</b>	<b>Blurred vision</b>	<b>Increased hunger</b>	<b>Delayed wound healing</b>
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## Educating families. Empowering pupils. Benefitting schools.

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