

# Annual Parent Notice

**2018-2019**

**ROCKLIN ACADEMY FAMILY OF SCHOOLS**

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# ROCKLIN ACADEMY FAMILY OF SCHOOLS

## ANNUAL PARENT NOTICE 2018-2019

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# **ROCKLIN ACADEMY FAMILY OF SCHOOLS**

## **ANNUAL PARENT NOTICE 2018-2019**

*\*A copy of this document can be found on our website or at your school office upon request.*

Dear Parent/Guardian:

State law requires charter schools to provide annual notice to parents/guardians of certain rights and responsibilities. Parents/Guardians are required to acknowledge receipt of this notice by signing the receipt and acknowledgment section of the emergency card.

### **CURRICULUM AND INSTRUCTION**

#### **Cal Grant Program for College**

A Cal Grant is money for college that does not have to be paid back. To qualify, a student must meet the eligibility and financial requirements as well as any minimum grade point average (GPA) requirements. Cal Grants can be used at any University of California, California State University or California Community College. Some independent and career colleges or technical schools in California also take Cal Grants.

In order to assist students apply for financial aid, all grade 12 students are automatically considered a Cal Grant applicant and each senior's GPA (grades 9-11) will be submitted to the California Student Aid Commission ("CASC") electronically by a school or school district official. A student, or the parent/guardian of a student under 18 years of age, may complete a form to indicate that he/she does not wish for the school to electronically send CASC the student's GPA. Until a student turns 18 years of age, only the parent/guardian may opt out the student. Once a student turns 18 years of age, only the student may opt himself/herself out, and can opt in if the parent/guardian had previously decided to opt out the student. Seniors' GPAs will be sent to CASC on September 15, 2018. The Cal Grant application submission period starts October 1 and the deadline is March 2 of the grade 12 year.

#### **Minimum Days and Staff Development**

A school calendar can be found on each RAFOS school's website which includes the current schedule of any minimum days or student-free staff development days.

#### **Instructional Materials**

All primary and supplemental instructional materials will be made available for inspection by a parent/guardian in a reasonable time frame.

## **California Assessment of Student Performance and Progress (CAASPP)**

RAFOS annually administers required state testing to the applicable grades. (e.g., the California Assessment of Student Performance and Progress) A parent's or guardian's written request to the school principal to excuse his or her child from any or all parts of the state assessments will be granted.

### **Physical Fitness Test (PFT)**

Annually students in grades 5, 7 and 9 are administered the California Physical Fitness Test. Public school students are required to take the PFT, whether or not they are enrolled in a physical education class. Students who are physically unable to take the entire test battery are to be given as much of the test as his or her condition will permit. (*Education Code (EC) Section 60800 and the California Code of Regulations, Title 5, Section 1041*).

## **STUDENT BEHAVIOR AND DISCIPLINE**

### **Suspension and Expulsion**

Suspension and Expulsion procedures are available in the Parent & Student Handbook. The parent/guardian of a student who has been suspended by a teacher may be required to attend a portion of a school day in his or her child's class.

## **STUDENT HEALTH, SAFETY AND MEDICAL TREATMENT**

### **Student Immunization**

A charter school may permit a licensed physician and surgeon, or other licensed health care practitioners to administer immunizing agents to prevent or control communicable disease to students whose parent or guardian has consented in writing to such.

### **Immunization:**

A student may not be unconditionally admitted to school and/or advanced to the 7<sup>th</sup> grade unless he/she has been fully immunized in the manner and with immunizing agents approved by the State Department of Public Health, against diphtheria, pertussis (whooping cough), tetanus, poliomyelitis, measles, mumps, rubella, haemophilus influenza type b, hepatitis B, varicella (chickenpox), and any other disease deemed appropriate by the Department. Proof of immunization is required upon admission and advancement to middle school.

A student may be exempt from immunization requirements if a letter or affidavit, meeting specific criteria, from a licensed physician is submitted stating that the physical condition of the student is such that immunization is not considered safe (medical exemption). When there is good cause to believe that a student has been exposed to a communicable disease, the non-immunized student may be temporally excluded from school until the local health officer is satisfied the student is no longer at risk of developing the disease.

### **Type 2 Diabetes**

Please see Type 2 Diabetes Information at the end of this notice.

### **Tobacco-Free Campus**

The use of products containing tobacco or nicotine, including, but not limited to, smokeless tobacco, snuff, chew, clove cigarettes, and electronic cigarettes that can deliver nicotine and non-nicotine vaporized solutions, are prohibited at any time on or in charter school property, buildings, or vehicles.

### **Oral Health Assessment**

Any student, while enrolled in kindergarten in a public school or while enrolled in first grade, if the student was not previously enrolled in kindergarten, unless excused, must present proof no later than May 31 of the school year of having received an oral assessment by a licensed dentist or other licensed or registered dental health professional. The assessment must be performed no earlier than 12 months prior to initial enrollment of the student.

### **Concussion Protocol**

A concussion is a brain injury that can be caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. An athlete who is suspected of sustaining a concussion or head injury in an athletic activity, other than a physical education class, shall be immediately removed from the athletic activity for the remainder of the day, and shall not be permitted to return to the athletic activity until he or she is evaluated by a licensed health care provider. The athlete shall not be permitted to return to the athletic activity until he or she receives written clearance to return to the athletic activity from a licensed health care provider. If the licensed health care provider determines that the athlete sustained a concussion or a head injury, the athlete shall also complete a graduated return-to-play protocol of no less than seven days in duration under the supervision of a licensed health care provider. The California Interscholastic Federation is urged to work in consultation with the American Academy of Pediatrics and the American Medical Society for Sports Medicine to develop and adopt rules and protocols to implement this paragraph. On a yearly basis, a concussion and head injury

information sheet must be signed and returned by the athlete and the athlete's parent or guardian before the athlete initiates practice or competition.

Please see the included concussion and head injury information sheet. The sheet must be signed and returned by the athlete and the athlete's parent or guardian before the athlete initiates practice or competition. This requirement does not apply to an athlete engaging in an athletic activity during the regular school day or as part of a physical education course.

## **STUDENT PERFORMANCE AND EVALUATION**

### **School Accountability Report Card**

A copy of the charter school's accountability report card can be viewed on our website or obtained from the school upon request.

### **Parent Meeting with Teacher and Principal**

Upon reasonable notice, a parent/guardian has the right to meet with his/her child's teacher(s) and principal. Academic Expectations: A parent/guardian has the right to be informed of the academic expectations of his/her child.

## **STUDENT RECORDS**

### **Educational Records, Student Information and Directory Information**

The Family Educational Rights and Privacy Act ("FERPA") affords parents and students who are 18 years of age or older ("eligible students") certain rights with respect to the student's education records. These rights are:

- The right to inspect and review the student's education records within 5 days after the day the School receives a request for access. Parents or eligible students should submit to the School principal or designee a written request that identifies the records they wish to inspect.
- The School official will make arrangements for access and notify the parent or eligible student of the time and place where the records may be inspected.
- The right to request the amendment of the student's education records that the parent or eligible student believes are inaccurate, misleading, or otherwise in violation of the student's privacy rights under FERPA

Parents or eligible students who wish to ask the School to amend a record should write the School principal or designee, clearly identify the part of the record they want changed, and specify why it should be changed. If the School decides not to amend the record as

requested by the parent or eligible student, the School will notify the parent or eligible student of the decision and of their right to a hearing regarding the request for amendment. Additional information regarding the hearing procedures will be provided to the parent or eligible student when notified of the right to a hearing.

- The right to provide written consent before the School discloses personally identifiable information ("PII") from the student's education records, except to the extent that FERPA authorizes disclosure without consent.

One exception, which permits disclosure without consent, is disclosure to School officials with legitimate educational interests. A School official is a person employed by the School as an administrator, supervisor, instructor, or support staff member (including health or medical staff and law enforcement unit personnel) or a person serving on the School board. A School official also may include a volunteer or contractor outside of the School who performs an institutional service of function for which the School would otherwise use its own employees and who is under the direct control of the School with respect to the use and maintenance of PII from education records, such as an attorney, auditor, medical consultant, or therapist; a parent or student volunteering to serve on an official committee, such as a disciplinary or grievance committee; or a parent, student, or other volunteer assisting another School official in performing his or her tasks. A School official has a legitimate educational interest if the official needs to review an education record in order to fulfill his or her professional responsibility.

Upon request, the School discloses education records without consent to officials of another school district in which a student seeks or intends to enroll, or is already enrolled if the disclosure is for purposes of the student's enrollment or transfer.

- The right to file a complaint with the U.S. Department of Education concerning alleged failures by the School to comply with the requirements of FERPA. The name and address of the Office that administers FERPA are:

Family Policy Compliance Office  
U.S. Department of Education  
400 Maryland Avenue, SW Washington, DC 20202

FERPA permits the disclosure of PII from student's education records, without consent of the parent or eligible student, if the disclosure meets certain conditions found in §99.31 of the FERPA regulations. Except for disclosures to School officials, disclosures related to some judicial orders or lawfully issued subpoenas, disclosures of directory information, and disclosures to the parent or eligible student, §99.32 of the FERPA regulations requires the School to record the disclosure. Parents and eligible students have a right to inspect and review the record of disclosures. A School may disclose PII from the education records of a student without obtaining prior written consent of the parents or the eligible student:

- To other School officials, including teachers, within the educational agency or institution whom the School has determined to have legitimate educational interests. This includes contractors, consultants, volunteers, or other parties to whom the school has outsourced institutional services or functions, provided that the conditions listed in §99.31(a)(1)(i)(B)(1) - (a)(1)(i)(B)(2) are met.
- To officials of another school, school system, or institution of postsecondary education where the student seeks or intends to enroll, or where the student is already enrolled if the disclosure is for purposes related to the student's enrollment or transfer, subject to the requirements of §99.34.
- To authorize representatives of the U. S. Comptroller General, the U. S. Attorney General, the U.S. Secretary of Education, or State and local educational authorities, such as the State educational agency in the parent or eligible student's State (SEA). Disclosures under this provision may be made, subject to the requirements of §99.35, in connection with an audit or evaluation of Federal- or State-supported education programs, or for the enforcement of or compliance with Federal legal requirements that relate to those programs. These entities may make further disclosures of PII to outside entities that are designated by them as their authorized representatives to conduct any audit, evaluation, or enforcement or compliance activity on their behalf.
- In connection with financial aid for which the student has applied or which the student has received, if the information is necessary to determine eligibility for the aid, determine the amount of the aid, determine the conditions of the aid, or enforce the terms and conditions of the aid.
- To accrediting organizations to carry out their accrediting functions.
- To parents of an eligible student if the student is a dependent for IRS tax purposes.
- To comply with a judicial order or lawfully issued subpoena.
- To appropriate officials in connection with a health or safety emergency, subject to §99.36.
- Information the School has designated as "directory information" under §99.37.
- 'Directory Information' is information that is generally not considered harmful or an invasion of privacy if released. Directory information can be disclosed to outside organizations without a parent's prior written consent. Outside organizations include, but are not limited to, charter school advocacy groups, companies that manufacture class rings or publish year books. The School has designated the following information as directory information:

- Student's name
- Student's address
- Parent's/guardian's address
- Telephone listing
- Student's electronic mail address
- Parent's/guardian's electronic mail address
- Photograph
- Date of birth
- Dates of attendance
- Grade level
- Weight and height of members of athletic teams
- Degrees, honors, and awards received
- The most recent educational agency or institution attended

If you do not want the school to disclose directory information from your child's education records without your prior written consent, you must complete and return the "Request to Deny Directory Information" form at the end of this notice.

## **MISCELLANEOUS**

### **Students with Exceptional Needs**

RAFOS is a member of the El Dorado County Charter Special Education Local Area ("SELPA"). Students with exceptional needs have a right to a free and appropriate public education. If you believe your child is in need of special education services, contact your school principal.

We are dedicated to the belief that all students can learn and must be guaranteed equal opportunity to become contributing members of the academic environment and society. The School provides special education instruction and related services in accordance with the Individuals with Disabilities Education Improvement Act (IDEIA), Education Code requirements, and applicable policies and procedures of the SELPA. These services are available for special education students enrolled at the School. We offer high quality educational programs and services for all our students in accordance with the assessed needs of each student. The School collaborates with parents, the student, teachers, and other agencies, as may be indicated, in order to appropriately serve the educational needs of each student.

The School recognizes its legal responsibility to ensure that no qualified person with a disability shall, on the basis of disability, be excluded from participation, be denied the benefits of, or otherwise subjected to discrimination under any program of the School. A student with special needs who do not qualify for special education may qualify for

assistance under Section 504 of the Rehabilitation Act if he/she has an objectively identified disability which substantially limits one or more major life activities, has a record of such impairment, or is regarded as having such impairment. RAFOS maintains policies and procedures to identify and evaluate any student who may need assistance in his/her educational program or to provide access into school programs. Students or parents or others who have questions or concerns regarding the Section 504 policy, or who suspects the student may need or qualify for accommodations under Section 504 may contact the school principal. A copy of the School's Section 504 policies and procedures is available upon request.

## **Homeless Students**

The term "homeless children and youth" means individuals who lack a fixed, regular and adequate nighttime residence due to economic hardship. It includes children and youths who:

- Are sharing the housing of other persons due to loss of housing, economic hardship, or a similar reason; are living in motels, hotels, trailer parks or camping grounds due to the lack of alternative adequate accommodations; are living in emergency or transitional shelters; are abandoned in hospitals;
- Have a primary nighttime residence that is a public or private place not designed for or ordinarily used as regular sleeping accommodations for human beings;
- Are living in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations, or similar settings; and
- Migratory children and unaccompanied youth (youth not in the physical custody of a parent or guardian) if they meet one or more of the above criteria.

Homeless status is determined in cooperation with the parent or guardian. In the case of unaccompanied youth, status is determined by the School Liaison. The School Liaison for homeless students is:

Heather Donovan  
Coordinator of State and Federal Programs  
Rocklin Academy Family of Schools  
660 Menlo Drive, Rocklin, CA 95765  
(916) 778-4544

The School Liaison shall ensure that:

- Homeless students are identified by school personnel and through coordination activities with other entities and agencies;
- Homeless students enroll in, and have a full and equal opportunity to succeed at RAFOS;

- Parents/guardians are informed of the educational and related opportunities available to their children and are provided with meaningful opportunities to participate in the education of their children;
- Public notice of the educational rights of homeless children is disseminated at places frequented by parents or guardians of such youths, and unaccompanied youths, including schools, shelters, public libraries, and soup kitchens, and in a manner and form understandable to the parents and guardians of homeless youth and unaccompanied youth
- Enrollment/admissions disputes are mediated in accordance with law, the Charter School charter, and Board policy;
- Parents/guardians and any unaccompanied youth are fully informed of all transportation services, as applicable;
- School personnel providing services receive professional development and other support.
- The School Liaison collaborates with State coordinators and community and school personnel responsible for the provision of education and related services to homeless children and youths; and
- Unaccompanied youth are enrolled in school; have opportunities to meet the same challenging State academic standards as the State establishes for other children and youth; and are informed of their status as independent students under section 480 of the Higher Education Act of 1965 and that the youths may obtain assistance from the School Liaison to receive verification of such status for the purposes of the Free Application for Federal Student Aid described in section 483 of the Act.
- For any homeless student who enrolls at the School, a copy of the School's complete policy shall be provided at the time of enrollment and at least twice annually.

### **Free and Reduced Priced Meals**

Applications for free or reduced price meals are included in the Back To School packet sent to all families in the summer and can also be obtained on the School website and in the main office. All families are encouraged to complete the application form in order to include as many eligible students as possible.

### **Personal Property**

RAFOS is not responsible for personal property. Students are discouraged from bringing non-instructional items to school.

## **Parent Responsibility**

Parents/guardians are liable for all damages caused by the willful misconduct of their minor children which results in the death or injury to other students, school personnel, school volunteer or school property.

## **Uniform Complaint Procedure**

RAFOS has the primary responsibility to insure compliance with applicable state and federal laws and regulations and has established procedures to address allegations of unlawful discrimination, harassment, intimidation, bullying, complaints alleging violations of state or federal laws governing educational programs, including the charging of unlawful student fees, non-compliance with the Local Control Funding Formula, and non-compliance with reasonable accommodations for lactating students.

RAFOS shall investigate and seek to resolve complaints using policies and procedures known as the Uniform Complaint Procedure ("UCP") adopted by our Board. Unlawful discrimination, harassment, intimidation, or bullying complaints may be based on actual or perceived characteristics of age, ancestry, color, disability, ethnic group identification, gender expression, gender identity, gender, genetic information, physical disability, mental disability, medical condition, marital status, nationality, national origin, race or ethnicity, religion, sex, or sexual orientation, or on the basis of a person's association with a person or group with one or more of these actual or perceived characteristics, in any program or activity that receives or benefits from state financial assistance.

The UCP shall also be used when addressing complaints alleging failure to comply with state and/or federal laws in:

- Foster and Homeless Youth Services
- Special Education
- ESSA/No Child Left Behind Programs
- Pupil Fees
- Child Nutrition
- Local Control Funding Formula/Local Control and Accountability Plan
- Juvenile Court School Pupils
- Lactating Pupils

A complaint of noncompliance with laws relating to student fees may be filed pursuant to the local UCP. A student enrolled in a public school shall not be required to pay a student fee for participation in an educational activity. A student fee includes, but is not limited to, all of the following:

- A fee charged to a student as a condition for registering for school or classes, or as a condition for participation in a class or an extracurricular activity, regardless of whether the class or activity is elective or compulsory, or is for credit.
- A security deposit, or other payment, that a student is required to make to obtain a lock, locker, book, class apparatus, musical instrument, clothes, or other materials or equipment.
- A purchase that a student is required to make to obtain materials, supplies, equipment, or clothes associated with an educational activity.
- A student fee complaint shall not be filed later than one year from the date the alleged violation occurred.

Complaints of noncompliance with laws, including laws relating to pupil fees, may be filed with the compliance officer. A complaint regarding student fees may be filed anonymously if the complaint provides evidence or information to support an allegation of noncompliance with laws relating to student fees. The compliance officer is:

Brigid Perakis  
Director of Human Resources and Operations  
2204 Plaza Drive, Suite 200  
Rocklin, CA 95765  
(916) 778-4544

Complaints alleging discrimination, harassment, intimidation, or bullying, must be filed within six (6) months from the date the alleged discrimination, harassment, intimidation, or bullying, occurred or the date the complainant first obtained knowledge of the facts of the alleged discrimination, harassment, intimidation, or bullying, unless the time for filing is extended by the Executive Director or his or her designee in writing.

Complaints will be investigated, and a written Decision or report will be sent to the complainant within sixty (60) days from the receipt of the complaint. This sixty (60) day time period may be extended by written agreement of the complainant. The compliance officer responsible for investigating the complaint shall conduct and complete the investigation in accordance with California regulations and in accordance with the School's procedures.

The complainant has a right to appeal the School's Decision to the California Department of Education (CDE) by filing a written appeal within 15 days of receiving the Decision. The appeal must include a copy of the complaint filed with the School and a copy of the School's Decision.

Civil law remedies may be available under state or federal discrimination, harassment, intimidation, or bullying laws, if applicable. In appropriate cases, an appeal may be filed pursuant to Education Code Section 262.3. A complainant may pursue available civil law remedies outside of RAFOS's complaint procedures. Complainants may seek assistance from

mediation centers or public/private interest attorneys. Civil law remedies that may be imposed by a court include, but are not limited to, injunctions and restraining orders.

A copy of the UCP policy and complaint procedures shall be available free of charge in the main office. For further information on any part of the complaint procedures, including filing a complaint or requesting a copy of the complaint procedures, please contact the Compliance Officer.

## **FEDERAL REGULATIONS & ACTS**

### **Nondiscrimination**

RAFOS does not discriminate against any student or employee on the basis of actual or perceived disability, gender, gender identity, gender expression, nationality, race or ethnicity, immigration status, religion, religious affiliation, sexual orientation, or any other characteristic that is contained in the definition of hate crimes in the California Penal Code.

RAFOS adheres to all provisions of federal law related to students with disabilities, including, but not limited to, Section 504 of the Rehabilitation Act of 1973, Title II of the Americans with Disabilities Act of 1990 ("ADA"), and the Individuals with Disabilities Education Improvement Act of 2004.

RAFOS is committed to providing a work and educational atmosphere that is free of unlawful harassment under Title IX of the Education Amendments of 1972 (sex), Titles VI, VI, and VII of the Civil Rights Act of 1964 (race, color, or national origin), the Age Discrimination in Employment Act of 1967; the Age Discrimination Act of 1975; the IDEA; and Section 504 and Title II of the ADA (mental or physical disability). RAFOS also prohibits sexual harassment, including cyber sexual bullying, and harassment based upon pregnancy, childbirth or related medical conditions, race, religion, religious affiliation, creed, color, immigration status, gender, gender identity, gender expression, national origin or ancestry, physical or mental disability, medical condition, marital status, age, sexual orientation, association with a person or group with one or more of these perceived characteristics, or any other basis protected by federal, state, local law, ordinance or regulation. RAFOS does not condone or tolerate harassment of any type, including bullying, cyberbullying, cybersexual bullying, discrimination, or intimidation, by any employee, independent contractor or other person with which the Charter School does business, or any other individual, student, or volunteer. This applies to all employees, students, or volunteers and relationships, regardless of position or gender. RAFOS will promptly and thoroughly investigate any complaint of harassment and take appropriate corrective action, if warranted. Inquiries, complaints, or grievances regarding harassment as described in this section, above, should be directed to the RAFOS Uniform Complaint Procedures ("UCP") Compliance Officer:

Brigid Perakis  
Director of Human Resources and Operations  
2204 Plaza Drive, Suite 200  
Rocklin, CA 95765  
(916) 778-4544

## TEACHER QUALIFICATION INFORMATION

Parents/guardians may request information regarding the professional qualifications of classroom teachers and/or paraprofessionals including, at a minimum:

- Whether the teacher has met state qualification and licensing criteria for the grade level(s) and subject area(s) in which the teacher provides instruction.
- Whether the teacher is teaching under an emergency or other provisional status through which state qualification or licensing criteria have been waived.
- Is teaching in the field of discipline of the certification of the teacher.
- Whether their child is provided services by paraprofessionals, and if so, their qualifications.

## TYPE 2 DIABETES INFORMATION

Pursuant to California Education Code Section 49452.7, this type 2 diabetes information is for local educational agencies to provide to parents and guardians of incoming seventh grade students beginning July 1, 2010.

The California Department of Education developed this type 2 diabetes information in collaboration with the California Department of Public Health, American Diabetes Association, California School Nurses Organization, and Children's Hospital of Orange County. Translations of this information are available at <http://inet2.cde.ca.gov/cmd/translatedparentaldoc.aspx?docid=6354-6379>.

### Description

#### **Type 2 diabetes is the most common form of diabetes in adults.**

- Until a few years ago, type 2 diabetes was rare in children, but it is becoming more common, especially for overweight teens.
- According to the U.S. Centers for Disease Control and Prevention (CDC), one in three American children born after 2000 will develop type 2 diabetes in his or her lifetime.

## Type 2 diabetes affects the way the body is able to use sugar (glucose) for energy.

- The body turns the carbohydrates in food into glucose, the basic fuel for the body's cells.
- The pancreas makes insulin, a hormone that moves glucose from the blood to the cells.
- In type 2 diabetes, the body's cells resist the effects of insulin, and blood glucose levels rise.
- Over time, glucose reaches dangerously high levels in the blood, which is called hyperglycemia.
- Hyperglycemia can lead to health problems like heart disease, blindness, and kidney failure.

## Risk Factors Associated with Type 2 Diabetes

It is recommended that students displaying or possibly experiencing the risk factors and warning signs associated with type 2 diabetes be screened (tested) for the disease.

### Risk Factors

Researchers do not completely understand why some people develop type 2 diabetes and others do not; however, the following risk factors are associated with an increased risk of type 2 diabetes in children:

- **Being overweight.** The single greatest risk factor for type 2 diabetes in children is excess weight. In the U.S., almost one out of every five children is overweight. The chances are more than double that an overweight child will develop diabetes.
- **Family history of diabetes.** Many affected children and youth have at least one parent with diabetes or have a significant family history of the disease.
- **Inactivity.** Being inactive further reduces the body's ability to respond to insulin.
- **Specific racial/ethnic groups.** Native Americans, African Americans, Hispanics/Latinos, or Asian/Pacific Islanders are more prone than other ethnic groups to develop type 2 diabetes.
- **Puberty.** Young people in puberty are more likely to develop type 2 diabetes than younger children, probably because of normal rises in hormone levels that can cause insulin resistance during this stage of rapid growth and physical development.

## **Warning Signs and Symptoms Associated with Type 2 Diabetes**

Warning signs and symptoms of type 2 diabetes in children develop slowly, and initially there may be no symptoms. However, not everyone with insulin resistance or type 2 diabetes develops these warning signs, and not everyone who has these symptoms necessarily has type 2 diabetes.

- Increased hunger, even after eating
- Unexplained weight loss
- Increased thirst, dry mouth, and frequent urination
- Feeling very tired
- Blurred vision
- Slow healing of sores or cuts
- Dark velvety or ridged patches of skin, especially on the back of the neck or under the arms
- Irregular periods, no periods, and/or excess facial and body hair growth in girls
- High blood pressure or abnormal blood fat levels

## **Type 2 Diabetes Prevention Methods and Treatments**

Healthy lifestyle choices can help prevent and treat type 2 diabetes. Even with a family history of diabetes, eating healthy foods in the correct amounts and exercising regularly can help children achieve or maintain a normal weight and normal blood glucose levels.

- Eat healthy foods. Make wise food choices. Eat foods low in fat and calories.
- Get more physical activity. Increase physical activity to at least 60 minutes every day.
- Take medication. If diet and exercise are not enough to control the disease, it may be necessary to treat type 2 diabetes with medication.

The first step in treating type 2 diabetes is to visit a doctor. A doctor can determine if a child is overweight based on the child's age, weight, and height. A doctor can also request tests of a child's blood glucose to see if the child has diabetes or pre-diabetes (a condition which may lead to type 2 diabetes).

## **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 at a random time. A random blood sugar level of 200 milligrams per deciliter (mg/dL) or higher suggests diabetes. This test must be confirmed with a fasting blood glucose test.
- Fasting blood sugar test. A blood sample is taken after an overnight fast. A fasting blood sugar level less than 100 mg/dL is normal. A level of 100 to 125 mg/dL is considered pre-diabetes. 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 2 diabetes in children is a preventable/treatable disease and the guidance provided in this information sheet is intended to raise awareness about this disease. Contact your student's school nurse, school administrator, or health care provider if you have questions.

### **References**

- American Diabetes Association Clinical Journal
- Helping Children with Diabetes Succeed: A Guide for School Personnel
- KidsHealth
- Mayo Clinic
- National Library of Medicine and National Institutes of Health's MedLine
- Centers for Disease Control and Prevention

Questions: Coordinated School Health and Safety Office | 916-319-0914

Last Reviewed: Monday, April 3, 2017

Please visit <https://www.cde.ca.gov/ls/he/hn/type2diabetes.asp> for hyperlinks to the references.



# Rocklin Academy Family of Schools

## Request to Deny Access to Directory Information

Completion is Optional

### **COMPLETE AND RETURN THIS FORM TO THE SCHOOL IMMEDIATELY**

If you **DO NOT** wish directory information to be released regarding this student, please sign below and return to the school site secretary immediately. A description of directory information can be found in the Annual Parent Notice under Student Records.

Once this signed form is received, it will prohibit the school from providing your student's name and other information to the news media, interested schools, parent-teacher associations, interested employers, charter advocacy groups, companies that manufacture class rings or publish yearbooks and similar parties. This denial of directory information shall remain in effect for the remainder of the school year or until a parent withdraws the notification.

### **DO NOT RELEASE DIRECTORY INFORMATION FOR:**

Student name: \_\_\_\_\_ Date: \_\_\_\_\_

Student name: \_\_\_\_\_ Date: \_\_\_\_\_

Student name: \_\_\_\_\_ Date: \_\_\_\_\_

Student name: \_\_\_\_\_ Date: \_\_\_\_\_