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Glucose Monitors and Insulin PUmps: Super Tools for Diabetics

By: Kole Abbas (5th)

A glucose monitor, like a Dexcom, is something that helps people who have diabetes track their blood sugars regularly without them having to stop and prick their finger to see where their levels are. This tool is important because a person with diabetes who is too high or too low could pass out, have a seizure, or even end up in a coma, or worse.

Another super tool that helps diabetics manage their condition better are insulin pumps. They work by pumping insulin through a small tube into the diabetic's body so that it can be absorbed to help break down glucose. A person without diabetes is able to do this with help from their pancreas, a diabetic person no longer has a working pancreas so this tool acts in its place, and helps them live a more normal life.

Even though these tools look ordinary, they are powerful because if someone with diabetes does not have them their glucose could fluctuate drastically, and cause both short and long term health consequences. Glucose monitors and insulin pumps have been game changers for people with diabetes. Hopefully, someday scientists can help find a cure for diabetes, but until then these super tools will continue to make a difference.

Meet the Dexcom Detective

By: Danny Knutson (6th)

On February 9th, we celebrated a real-life superhero named Clara, The Dexcom Detective. She is special because she fights against diabetes every day. This hero shows her strengths in so many ways, for example powering through everyday challenges.

One of her superpowers is extraordinary empathy. She shows extraordinary empathy because she can understand others who are facing difficult challenges. This can help her when her friend is down and she can use her super power to cheer them up. Another superpower she has is hyper awareness. She has this because she has to be aware of when her blood sugars drop or raise. This helps her see when someone is going through a difficult situation, the Dexcom Detective will be on the case in no time.



The Dexcom Detective uses special tools to help her every day. Some of her tools include her Dexcom, phone, and insulin pump. These tools help her control her blood glucose and allow her to see her levels more regularly to avoid highs and lows.

If the Dexcom Detective could share a message with others, it would be to "never give up and never stop trying to find a way through." Clara is a wonderful example of overcoming obstacles, but not allowing this condition to define who she is and how she lives her life. She looks forward to the day when people can say they used to have diabetes.

Hero Name: Dexcom Detective
Real Name: Clara
Age: 9 Grade: 3rd

SMA Superhero: Small But Mighty



Hero Name: Fearless Fighter
Real Name: Skylar
Age: 9 / Grade: 3rd Grade

By: Vivian Parrott (5th)

On February 12th, we celebrated a real-life superhero named Fearless Fighter (Skylar). Skylar is special because she is determined in her everyday life. This hero shows her strength and determination by never giving up. For example, she watches kids do things that she might not be able to do, but she doesn't let that stop her, she figures out a way so that she can do it too.

One of Fearless Fighters superpower is being strong, even when it gets hard and she is struggling with something. Her strength is shown in many ways. For example, when she has to go to the hospital for testing, treatment, and injections. Another superpower she has is loving and caring for others. You never see Skylar without a smile on her face or stopping to wish somebody a good day. She is also very kind and empathetic, often thinking of others before herself.

This hero uses special tools to help her every day. Some of her tools include a wheelchair, crutches, and leg braces. These tools help with walking, and getting stronger. Skylar also is part of a clinical trial, and the medication she takes helps her muscles to keep from atrophying and it is also promoting muscle strength so that she can spend more time walking.

If this hero could share a message with others, it would be, "Treat everybody with love and kindness." - Skylar. The Fearless Fighter lives up to her superhero name every day and is a great example of strength, kindness and caring for others. Go out and be a difference maker like Skylar and include everyone!

Strong and Fighting SMA Sidekick

By: Kalison Phillips (5th)

Skylar's Sidekick is Mrs. Laures; she helps her through highs and lows, and helps her get to where she needs to be and to be safe.

When I asked Mrs. Laures, "How do you help your hero each day?" She said, "To keep her safe and be included with her friends." This shows that Skylar's sidekick, Mrs. Laures, is helpful and caring. She helps her get around and do things much easier than she can do things by herself.

I also asked Skylar's sidekick, "What is something most people don't understand about your hero?" "Some people just look at her as the girl in a wheelchair, but she can do so much more," stated Mrs. Laures. This is important because Skylar's not just a girl in a wheelchair, she's just like anyone else. Therefore, she can do things like anyone else but it might look different.

I also wanted to know, "What is the best part of being a sidekick?" Mrs. Laures said, "Advocating for Skylar so she gets what she needs. It also keeps me on my toes." For example, like in P.E., figuring out ways she can be included. Also, at recess figuring out ways she can play with her friends. "Although Skylar is very independent and has learned to do things on her own, she still needs someone who looks out for her physical, social, and emotional needs."

Finally, I asked Mrs. Laures, "What makes your hero truly strong?" "She's always determined and she never gives up," she said. For example, if someone says Skylar can't do something, she will not listen and do it. She doesn't care what people think of her and she will never give up; she will just keep trying and trying.

During this interview, I learned that Skylar is determined to do anything she sets her mind to, and I also learned that Mrs. Laures is always there for her to get the help that she needs. Mrs. Laures is a wonderful sidekick for Skylar to be the best superhero she can be.

Meet the Purple Spark and The Purple Robot

By: Averie Rochford (5th)

On February 10th, we celebrated two real-life superheroes named the Purple Spark (Rylie) and the Purple Robot (Robby). They are special because of their Epilepsy. These heroes show strength by living with their Epilepsy each day. To these heroes having Epilepsy is hard because they have disadvantages that they must overcome, for example, additional doctor's appointments and testing. They also cannot control when a seizure will occur.



One of these heroes superpowers is strength. This helps them before and after a seizure, and also when they have testing. Another superpower they have is having special tools to help them every day. Some of their tools include Robby's special head band that helps to cushion him if he falls from a seizure, his dbs (deep brain stimulator) and medicine. The deep brain stimulator sends electrical pulses to specific areas of the brain to regulate abnormal signals. Rylie uses medication as a tool to help control her seizures and live a more normal life.



If these heroes could share a message with others, it would be: "To color." - Robby and "Never take time for granted." - Rylie. Robby and Rylie are amazing people and they are so strong, and so many people are proud of them both. Even though Rylie and Robby live with Epilepsy every day, they are still just normal kids and are living their best lives thanks to modern technology.

Hero's Names: The Purple Spark and The Purple Robot
Real Names: Rylie and Robby
Ages: 14 and 7 / Grades: 9th and 1st

How Wheelchairs Help SMA

By: Jackson Boss (5th)

The first known wheelchair was invented in 1595 by an unknown inventor. It was a basic chair with wheels, and was designed for King Philip II of Spain, who had gout. Wheelchairs have significantly changed over time, but they are a tool that helps people with SMA get around more efficiently.

According to Maple Community Service, "there are several different types of wheelchairs, including manual, power, and sports wheelchairs. Each type is designed for specific uses and needs". Each person with SMA has their own wheelchair needs and preferences. Skylar for example, has an electric component to her wheelchair that has been removed because she prefers to manually operate her chair. Others may prefer to use an electric feature.

Even though Skylar or others with SMA don't get around the same, this supertool is powerful because it allows them to do things others can do. For example, Skylar can play at recess with her friends, attend birthday parties, do gym activities, and more. Wheelchairs have come a long way since 1595, and thankfully for people living with SMA, this super tool allows them to live a more normal life.

Chromosome Champion: More Alike Than Different

Hero Name: Chromosome Champion
Real Name: Arlo
Age: 7/Grade: 1st



By: Lynae Abbas (6th)

On February 11th, we celebrated a real-life superhero named Chromosome Champion. Arlo is special because he has Down Syndrome, which means that he has an extra copy of his 21st chromosome. This hero shows his strength by being very independent and compassionate to others.

One of this hero's superpowers is being able to go through many surgeries and spend quite a bit of time in and out of hospitals. While hospitals are not very fun, Arlo sometimes needs to be admitted, especially when he gets really sick or needs surgery. This shows that Arlo's superpower is bravery, he doesn't let these setbacks get him down, he faces these hard challenges with a positive attitude and great fearlessness.

Another superpower he has is being able to do things just like you and me. Some of his super sidekicks are his Mom, Dad, brothers, and doctors such as: eye doctors, Gastroenterologists, Otolaryngologist, Cardiologists, Pulmonologists, Ophthalmologists, Dentists, Neurologists, and Urologists. All of these people work to help the Chromosome Champion live the life of a normal seven year old boy. Even though Arlo may not be able to do things the exact same way as others, he can do it his own way.

Some special tools that help Arlo get stronger every day include working on language with a Speech Pathologist, and doing simple tasks like zipping up coats and jackets with an Occupational Therapist. These tools and others, help him build his knowledge, memory, and skillset.

If Arlo could share a message with others, it would be: "I know that Down Syndrome makes me different but even though people are different doesn't mean you should treat them differently." The Chromosome Champion is a prime example of what it means to live life your own way, and is an advocate for inclusion.

The Brave and Dedicated Epilepsy Sidekick

Hero's Name: Purple Robot
Sidekick's Name: Mrs. Ashton
Relationship to Hero: Paraeducator

By: Abel Shekleton (5th)

Mrs. Ashton, is the sidekick for the Purple Robot (Robby). She helps the Purple Robot by helping keep him safe during the school day. Purple Robot doesn't only have one sidekick he has a whole superhero team including: his dad Will, his mom Michelle, his grandparents, Mrs. Ashton, and of course his dog.

When Mrs. Ashton was asked, "How do you help your hero each day?" She responded with, "To make sure he stays safe." This shows that even though Robby could have a seizure anywhere and at any time, Mrs. Ashton works hard to always be prepared and on the lookout for signs that Robby could be on the verge of having a seizure.

I asked Mrs. Ashton, what is something most people don't understand about your hero? She said, "That he is like everyone else" This is important because some people don't believe Purple Robot can do big things that kids without Epilepsy can do. However, Robby is determined

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to be able to do things just like everyone else, and even though he needs some special tools to help him, that doesn't hold him back.

Next, Mrs. Ashton was asked, what is the hardest part of being a sidekick? "Monitoring when a seizure is about to happen," was her reply. People with seizures often don't know when they're about to experience an episode, so this would be rather challenging. However, Mrs. Ashton and Robby's other sidekicks, have spent countless hours with Robby and are able to spot patterns or signs when Purple Robot may be nearing a seizure.

Mrs. Ashton answered the next question about what makes your hero truly strong? She said, "He goes through seizures a lot without crying." This shows that Robby is stronger than most kids his age. He also perseveres through his challenges without letting it define him.

This interview showed me that Mrs. Ashton is strong, just like Purple Robot. She is also very kind and caring, she wants Robby to be able to experience childhood just like other kids his age. She also does a good job of looking out for Robby's best interest. Mrs. Ashton is a superhero, just like Robby, because of all the challenges she faces each day without letting it get her down.

Fearless Fighter Defeats the Storm

By: Calvin Holthaus (6th)

Today, superhero Fearless Fighter was asked to help save the day from a fierce snow storm. The problem was serious because the snow and ice were stopping kids from getting to the park. Then they called out to Fearless Fighter to help them get to the park.

The villains, Snow Mountain and Super Slick Ice, were causing problems for all kinds of people. Snow Monster caused people to stumble and fall by piling the snow so high. Many people also felt scared to go anywhere because Super Slick Ice was causing people to slip and slide around until they fell and got hurt.

Fearless Fighter came to the rescue and used her power of resilience, and her wheelchair, crutches, and braces to help take down these evil villains. She thought to herself, if I add a shovel to the front of her wheelchair, I could clear a pathway for everyone to get to the park to play. Afterward, she offered rides to people who needed to cross the super slippery ice. This shows that heroes need to be brave in the face of danger and use their resilience to keep going even when things get hard. In the end Fearless Fighter defeated the Snow Monster and Super Slick Ice with the help of her supertools!

The Dexcom Detective and the Case of Community Control

By: Reese Edson (6th)

Today, the Dexcom Detective saved the day with her trusty sidekick, Dexcom. This problem was serious because Dr. Glucose's experiment was a success, and now he can use it to control the minds of people, making them emotional and causing blurry vision; the people of St. Joes are scared.

Dr. Glucose's sidekicks, High Sugar and Low Sugar, cause blood sugars to get too high or too low. Making many people feel emotional, talk out of their heads, have blurry vision, or even pass out with their mind control.

The Dexcom Detective uses her power of extraordinary empathy and hyper awareness to fight off Dr. Glucose and his sidekicks. She also uses the help of her sidekick, Dexcom, who uses the power of tracking blood sugars regularly to help the Dexcom Detective know what to do before it is too late.

In the end, Dr.Glucose, Low Sugar, and High Sugar, were defeated with the power of monitoring sugars closely. The Dexcom Detective does a lot each day battling these super villains, but with her super special abilities and the help of her sidekick Dexcom, the Dexcom Detective can do anything!