

Hi, my name is Tami Stelzig and I have the privilege of having Tristan Norgaard in my kindergarten classroom. Tristan is a very sweet, kind, smart boy who is a joy to have in class. Tristan is typical like his peers except for the fact that he has Congenital Adrenal Hyperplasia (CAH) and requires a few extra steps throughout his school day to make his day progress as normal as can be for any child. I have been teaching Kindergarten for 16 years and treating Tristan is no different than treating all of the other children in my room who have special health issues.

At the beginning of the school year I met with Tristan's parents and they shared Tristan's diagnosis. We quickly established a flow chart and a care plan that would follow Tristan throughout his school day. Tristan requires medication (oral hydrocortisone tablets) very similar to other children that take medication here for ADD/ADHD and diabetes. After a couple of weeks Tristan had it built into his routine. He knows to go to the office after lunch and receive his medication and as a precaution for my own sense of "feeling good" I have an alarm set on my cell phone that goes off each day to remind me to make sure he has gone up and received his medication.

Tristan keeps salty snacks here at school and a Gatorade when needed. He is very good at asking for his salty snack and we have established a culture inside our classroom that allows him to eat his snack and proceed about his day as if nothing was unusual. The students are very familiar that he needs his snack to stay healthy.

Tristan requires a shot of Hydrocortisone (Solu-Cortef) for serious injury which is determined by a clear flow chart and care plan that we established together as a community (parents, principal, counselor, teacher, office staff, etc.) I received training on how to administer the shot and feel comfortable if the time came that it was needed. The training I received was very similar to the training I receive on administering the EPI pen which we give students with severe allergies.

As I stated earlier Tristan is a joy to have in class and I really enjoy him and the personality he adds to our day.

If you have any questions please feel free to call me.

Thanks!

Tami Stelzig

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