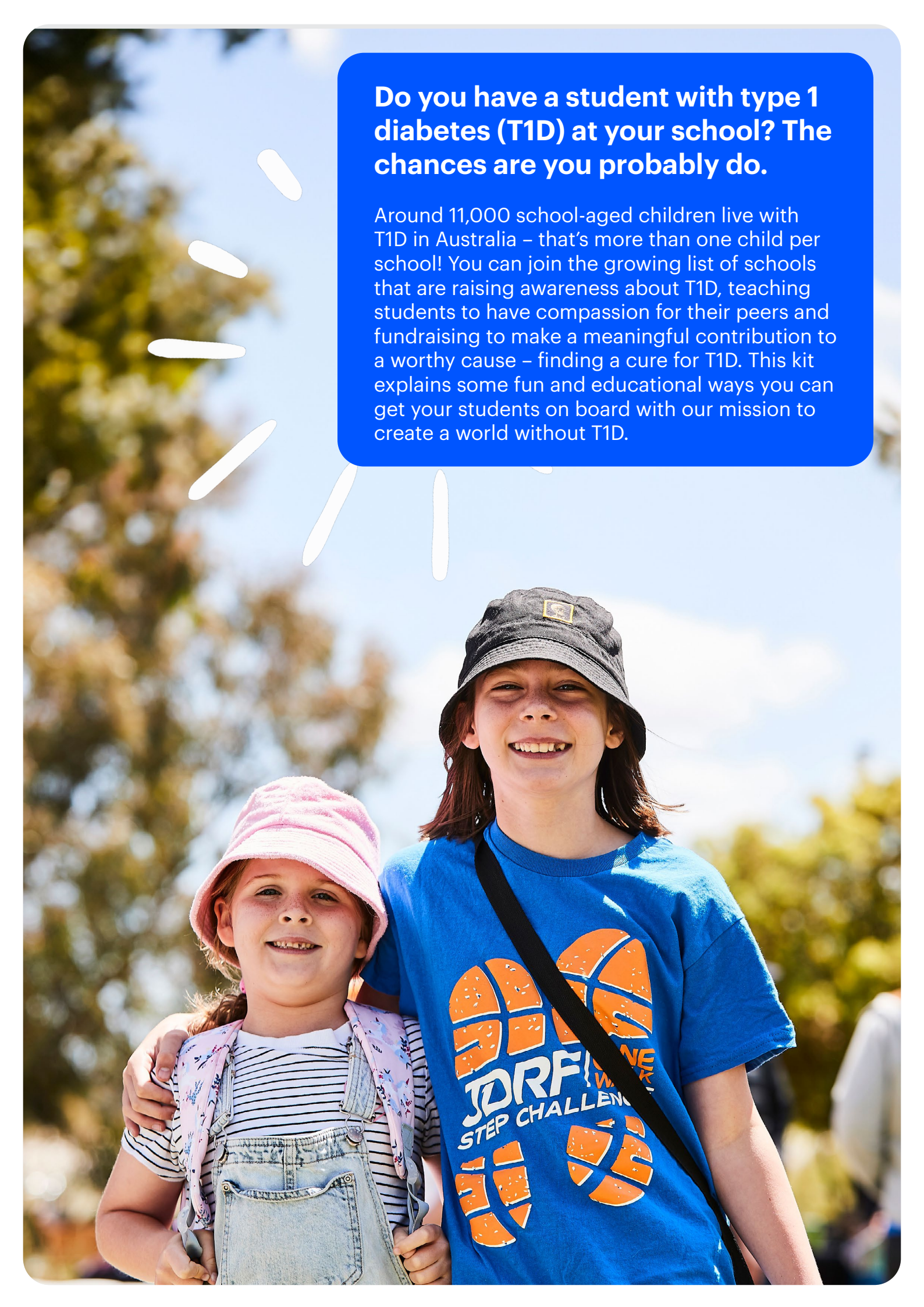




JDRF | ONE
WALK

School Fundraising Kit

walk.jdrf.org.au



Do you have a student with type 1 diabetes (T1D) at your school? The chances are you probably do.

Around 11,000 school-aged children live with T1D in Australia – that's more than one child per school! You can join the growing list of schools that are raising awareness about T1D, teaching students to have compassion for their peers and fundraising to make a meaningful contribution to a worthy cause – finding a cure for T1D. This kit explains some fun and educational ways you can get your students on board with our mission to create a world without T1D.

About us

JDRF Australia

JDRF is the leading supporter of type 1 diabetes (T1D) research in the world. Our vision? A world without type 1 diabetes.

For the past five decades, JDRF Australia has been working tirelessly towards this vision, with every single dollar raised committed to taking a cure from hope to reality – while making the lives of people with T1D easier, safer, and healthier until that happens.

JDRF has transformed the understanding of this condition and been a part of every breakthrough in T1D care in the last 50 years. We drive innovation, demand action and stand with everyone facing life with T1D.

2025 One Walk locations:

ACT

- Canberra – 2 March

NSW

- Penrith – 2 March
- Newcastle – 9 March
- Illawarra – 16 March
- Blue Mountains – 22 March
- Sydney – 23 March
- Port Macquarie – 23 March
- Central Coast – 6 April
- Albury – 6 April

NT

- Alice Springs – 5 April
- Darwin – 13 April

QLD

- Redlands – 2 March
- Moreton Bay – 9 March
- Brisbane – 16 March
- Toowoomba – 16 March
- Gold Coast – 23 March
- Cairns – 23 March
- Hervey Bay – 23 March
- Townsville – 30 March
- Sunshine Coast – 30 March
- Mackay – 30 March

SA

- Riverland – 2 March
- Barossa – 2 March
- Cummins – 16 March
- Adelaide – 30 March

TAS

- Hobart – 15 March

VIC

- Melbourne – 2 March
- Lilydale – 16 March
- Bendigo – 16 March
- Mornington – 16 March
- Shepparton – 23 March
- Mildura – 23 March
- Bairnsdale – 30 March

WA

- Perth – 9 March
- Busselton – 16 March
- Geraldton – 30 March

About One Walk

One Walk is the world's largest walk towards a future without type 1 diabetes – and it's coming up in March 2025!

During One Walk, you can connect with the T1D community at family-friendly events across Australia, featuring loads of fun, food, and entertainment. By participating, you're helping to find cures for T1D and improve the lives of your special someone.

It's the perfect time to celebrate your school's support of JDRF Australia and help us turn type one into type none.



Find a nearby location



Scan here

walk.jdrf.org.au/find-a-walk



Can't find a nearby One Walk location? Sign up for the One Walk Step Challenge

If you can't join us for an in-person walk, you might like to sign up for a virtual walking challenge instead. This year, we're encouraging people to walk 8,000 steps a day, in support of the 8 Australians diagnosed with T1D each day.



Scan here

walk.jdrf.org.au/virtual-challenge



The Blue Army

JDRF's initiatives are made possible thanks to the invaluable support of the community who help drive its vision of a world without T1D – including during One Walk.

Our Blue Army includes individuals diagnosed with T1D, as well as their families, caregivers, colleagues, and friends, who wholeheartedly advocate for awareness of this condition and contribute to the vital fundraising efforts that drive JDRF's life-changing research forward.

Organisations like yours play a crucial role in the Blue Army, helping advance the journey of a world without T1D.



Type 1 diabetes (T1D)

Type 1 diabetes T1D is a chronic autoimmune condition that can develop at any age. There is nothing anyone can do to prevent T1D, and right now there is no known cure.

T1D is caused by the immune system mistakenly turning on itself, destroying beta cells within the pancreas and removing the body's ability to produce insulin. Insulin allows the body to process glucose from food to create energy - without insulin, the body literally starves as it cannot process food.

Symptoms of T1D can include the 4Ts:



Tired
Extreme fatigue



Thirsty
Extreme thirst



Toilet
Frequent urination



Thinner
Sudden weight loss

Other common symptoms include constant hunger, blurred vision, nausea and vomiting.



The impact of living with T1D

People living with T1D can live long and happy lives with the right management. Advances in medication and technology make life easier, safer and better. Despite this, people living with T1D may face a reduced life expectancy and an increased likelihood of encountering long-term health challenges. Managing T1D means a 24/7 battle with no break and facing an extra 180 decisions a day to remain safe and healthy.

Not only that, but people living with T1D must constantly monitor their blood glucose levels (BGLs) all day and night, and every action they take must be carefully considered to make sure their BGLs are within optimal range. This includes (but is not limited to) exercising, eating, playing, sleeping and taking medication. People with T1D must also be prepared for potential hypoglycaemic (low blood sugar) and hyperglycaemic (high blood sugar) incidents, which can be life threatening.

T1D can cause several long-term health complications for people living with it, especially if it isn't well managed. Almost half of all adults with T1D have at least one long-term health complication.

These can include:

- Cardiovascular disease
- Kidney disease
- Nervous system damage
- Vision loss and blindness
- Various mental health impacts, including diabetes distress, anxiety and depression

Whilst there can be short- and long-term complications from T1D, JDRF Australia is funding research which will help reduce the number of people who experience these impacts – and one day hopes to defeat T1D once and for all! You can help us.



How your school can help create a world without T1D



1 Walkathon Fundraiser

Organise a walkathon and encourage students to raise funds by collecting donations or pledges per lap. Get local businesses involved by hosting a follow-up sausage sizzle. It's a fun and active way to support T1D research.



2 Go Blue Mufti Day or Casual Clothes Day

Show your support with a blue-themed mufti day. Ask students to wear blue clothing and bring a donation for T1D research. It's a simple and impactful way to raise awareness and funds for a great cause.



3 Blue Bake Sale

Host a blue-themed bake sale at school. Encourage students, teachers, and parents to bake blue treats and sell them during recess or lunch. All proceeds go towards T1D research, making every sweet bite count.



4 Classroom Challenges

Engage students with friendly classroom competitions. Whether it's a step challenge, a T1D trivia quiz, or a creative poster contest about T1D awareness, make it fun and educational. Reward winners with small prizes and celebrate everyone's efforts to support the cause.

More ways your school community can make an impact

At JDRF we recognise the importance of holistic engagement/partnerships to ensure students gain an understanding of T1D from an early age. By partnering with us, your school can build a culture of philanthropy with a few easy modules. You will be supported all the way by your local JDRF team.

Activities can be partnered with T1D awareness and lesson resources – just ask us what we have that can help!

For all year groups

- **Speakers at assembly** – There are many successful, well-known members of the T1D community all over Australia. These range from vocalist, actress and TV personality Marcia Hines to AFL player Paddy McCartin, to race car driver April Welsh. Why not have someone local come along to inspire your students?
- **National Diabetes Week** – This initiative runs in July each year and is a fantastic opportunity to shine a spotlight on T1D and its impacts, as well as fundraise for a good cause.
- **Host a sausage sizzle** – Hold a sausage sizzle at a school event or at lunchtime. Get your local baker and butcher to support your fundraising effort by donating the bread and sausages.

Pre-Kindy/Kindy

- **Rufus' Teddy Bears Picnic** – Rufus is a cuddly friend given to children newly diagnosed with T1D while they're learning to take insulin and check their blood sugar. You could organise a teddy bears picnic hosted by Rufus, charging a fixed donation to attend!
- **Read 'Rufus comes home' in class** – 'Rufus comes home' is a children's book about a young boy named Brian who discovers that he has T1D. After feeling lonely while adjusting to his new lifestyle his mum gives him a bear named Rufus to help him feel better. The book goes into detail about the disease in a kid-friendly way and could be read in class to raise awareness.

Pre-Primary – Year 6

- **Disco Night** – Hold a disco and have a gold coin donation as the entry fee.
- **Cut Out Character** – How far can you make our T1D scientist walk around the school? For a gold coin donation, a student can purchase a scientist character; that's how the line grows! Then use the characters as lucky tickets at the end of your fundraising event by getting the students to write their name on every character they purchase.
- **Colouring Competition** – Each year has a competition. Approach local businesses to donate a prize. Use our science themed picture on the website.
- **Guess the teacher** – Hold a "Guess the Teacher" competition. Ask the students to guess who the teachers are in childhood photos.

Years 7 – 9

- **House Charity** – Blue house captains could choose to support the JDRF Blue Army during school swimming and athletics carnivals and using other initiatives – for example, a bake sale.

Years 10 – 12

- **Duke of Edinburgh Voluntary Service** – As part of the Duke of Edinburgh program, participants are required to volunteer over a set period that enables them to experience the benefits that their service provides to others. You could put JDRF Australia forward as a worthy cause for students to participate for the program.
- **Service and Learning** – If some student hours are expected to be dedicated to volunteering, fundraising and meaningful "personal projects", working with a charity like JDRF Australia is a great way for them to address a real need in the community and raise awareness of T1D in the process.

For more ideas, please contact your local JDRF office. See back page for details.

Raise awareness

Spread the word about T1D by learning and sharing the four T signs: thirst, toilet, thinner, and tired. You can find helpful visuals [here](#).

We've also created various lesson resources to support educating students about T1D. Download them on the Blue Army website [here](#).

Another amazing way to spread awareness is inviting experts or individuals with T1D to share their experiences and knowledge with the school community at your assembly or in another special way during class.



Raise funds

An important part of turning type one into type none is raising funds so that research to improve lives and cure the condition continues and doesn't stop. There are many ways you can fundraise to support your One Walk initiative...



1 Encourage students to bring a gold coin donation to participate in activities.



2 Organise a raffle, hold a fete or host a garage sale.



3 Order Jolly Soles Socks [here](#) and sell them to your school community to raise funds.



4 Plan a School Crazy Colour Fun Day using some ideas [here](#).



5 Collaborate with JDRF to sell merchandise and raise additional funds.



6 Create a One Walk fundraising page [here](#) to reach a wider audience, including parents, friends, and extended family members who might want to support the cause.

Your One Walk action plan

Now that you know how to participate in One Walk, it's time to spread the word and build excitement. Here's your One Walk action plan.



Request JDRF's blue logo to be included in your promotional materials.



Tell your school community about One Walk through newsletters, social media, and school assemblies.



Download our editable poster [here](#).



Send a note home with students to keep parents informed and engaged.



Foster friendly competition among classes to amplify participation.



Thank everyone for their invaluable support in helping turn type one into type none.

Teaching your students about T1D

What is diabetes?

There are two main kinds of diabetes. Type 1 diabetes (T1D) develops in people of all ages— children, teenagers, and adults. Type 2 diabetes (T2D) mostly affects adults but can also be diagnosed in children. Once a person develops T1D, it lasts a lifetime. T1D and T2D are two separate conditions, with different origins, but which often share similar features.

Type 1 diabetes (T1D)

T1D is an autoimmune disease. For reasons not fully understood, the body's immune system destroys the insulin-producing beta cells within the pancreas. This means that over time, someone with T1D cannot produce their own insulin. Without insulin, glucose cannot move from the bloodstream into the cells of the body to provide them with the energy they need to function. Because someone with T1D cannot produce insulin, they must inject themselves with human-made insulin either through daily injections or from an insulin pump to survive. They must do this for the rest of their lives.

Type 2 diabetes

In type 2 diabetes (T2D), initially the person can make their own insulin but their cells are not able to respond to it adequately (called 'insulin resistance'). Therefore, they need to take medication to allow their cells to use insulin properly. Over time, some people with T2D also lose the capacity to make insulin and like those with T1D, require insulin treatment. Therefore, children and adults with T2D don't always need insulin shots, as people with T1D do. Most of them control their diabetes with other medication and by eating healthy foods and exercising regularly.

The role of insulin

We all need insulin to live. Insulin enables the delivery of glucose from the food we eat to the cells in our bodies, which then use the glucose for energy. In people without diabetes, the pancreas makes the right amount of insulin at the right time. For people with long-standing T1D, the pancreas no longer makes insulin. Without insulin, the cells cannot receive the "fuel" they need, and in time, the cells starve. Furthermore, the extra glucose that floats unabsorbed in the bloodstream is toxic and can cause serious medical complications over time.



A balancing act

Most people don't think about their pancreas and what it does, but people with T1D must be mindful of their blood glucose control all the time. To maintain their blood sugar at a healthy level, they must balance food intake with exercise and insulin. Food tends to make glucose levels rise; exercise and insulin tend to make glucose levels fall.

Glucose levels can also be affected by a suite of reasons such as the type of food being eaten, the time of the day, being sick, hormonal changes, growth spurts, among others. Figuring out how much insulin to take at any one time can be challenging and burdensome for a person with T1D - it requires a lot of knowledge, care, and mathematical calculations. But it is very important.

Resources

There are many resources out there which can help you support students living with T1D and teach your class about the condition.

For an information and training program designed to support students with type 1 diabetes, get in touch with [Diabetes in Schools](#).

For lesson resources and support planning fundraising initiatives, get in touch with your local JDRF team via the contact details on the next page.



Get in touch

 jdrf.org.au

 [@jdrfaus](https://www.instagram.com/jdrfaus)

 [@jdrfoz](https://www.facebook.com/jdrfoz)

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