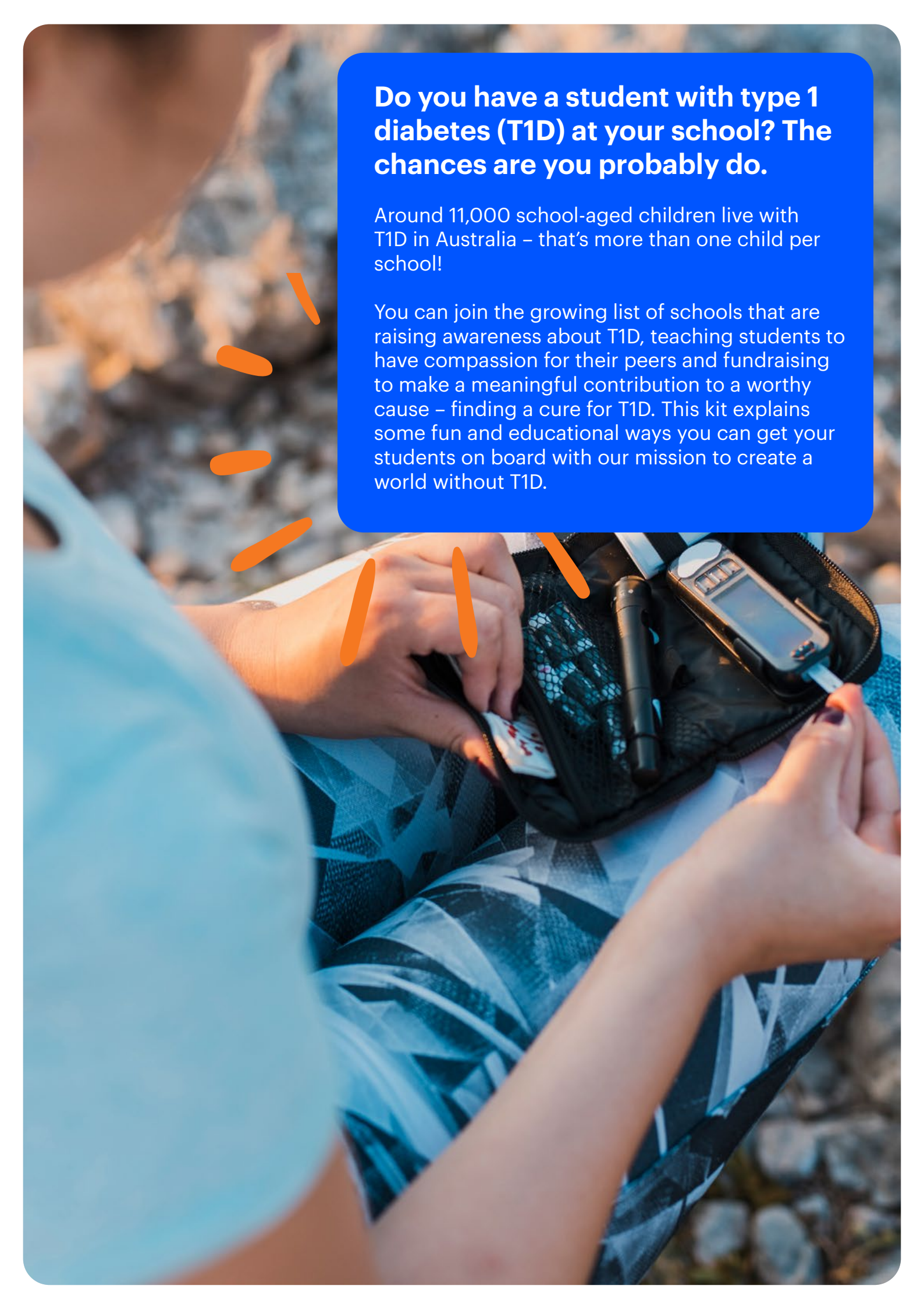


JDRF | ONE
WALK

Schools Fundraising Kit





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 cause, 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.

The Blue Army

At the heart of JDRF are the more than 130,000 people in Australia who have been diagnosed with T1D and counting, with 8 more people diagnosed every day.

Our Blue Army extends to the families, carers, teachers and friends of those with T1D. It welcomes all those who fight on their behalf and raise funds supporting research to cure, treat and prevent this chronic condition.



About One Walk

One Walk, our flagship fundraiser, is the world's biggest T1D fundraising event.

Each year, JDRF One Walks around the globe bring together around a million people to raise over money for life-changing T1D research. In 2023 we acknowledge 30 years of One Walk, which has raised over \$46 million since 1994, all thanks to the support, commitment and strength of our community.

This year, we're asking the T1D community to walk 8,000 steps a day for the 8 Australians diagnosed with type 1 diabetes each day and, as an optional extra, come along to a physical event near them. Individuals, teams and organisations can register and fundraise at walk.jdrf.org.au - that includes schools like you!

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:

- Extreme thirst
- Constant hunger
- Sudden weight loss
- Frequent urination
- Blurred vision
- Nausea
- Vomiting
- Extreme tiredness



About us

Impact

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 fight 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 you can help us create a world without type 1 diabetes

There are lots of ways your school community can fundraise and be part of a better future for people with T1D.

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.
- **Dress up or mufti day** – For a gold coin donation, students and staff can dress up with crazy socks, hats or even as Superheroes or scientists.
- **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.
- **Walk-a-thon** – Have students participate in a Walk-a-thon alongside JDRF's One Walk. Simply chose a distance, course around the local area, and theme of the walk-a-thon and ask your students to collect pledges from their personal networks.

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.

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

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