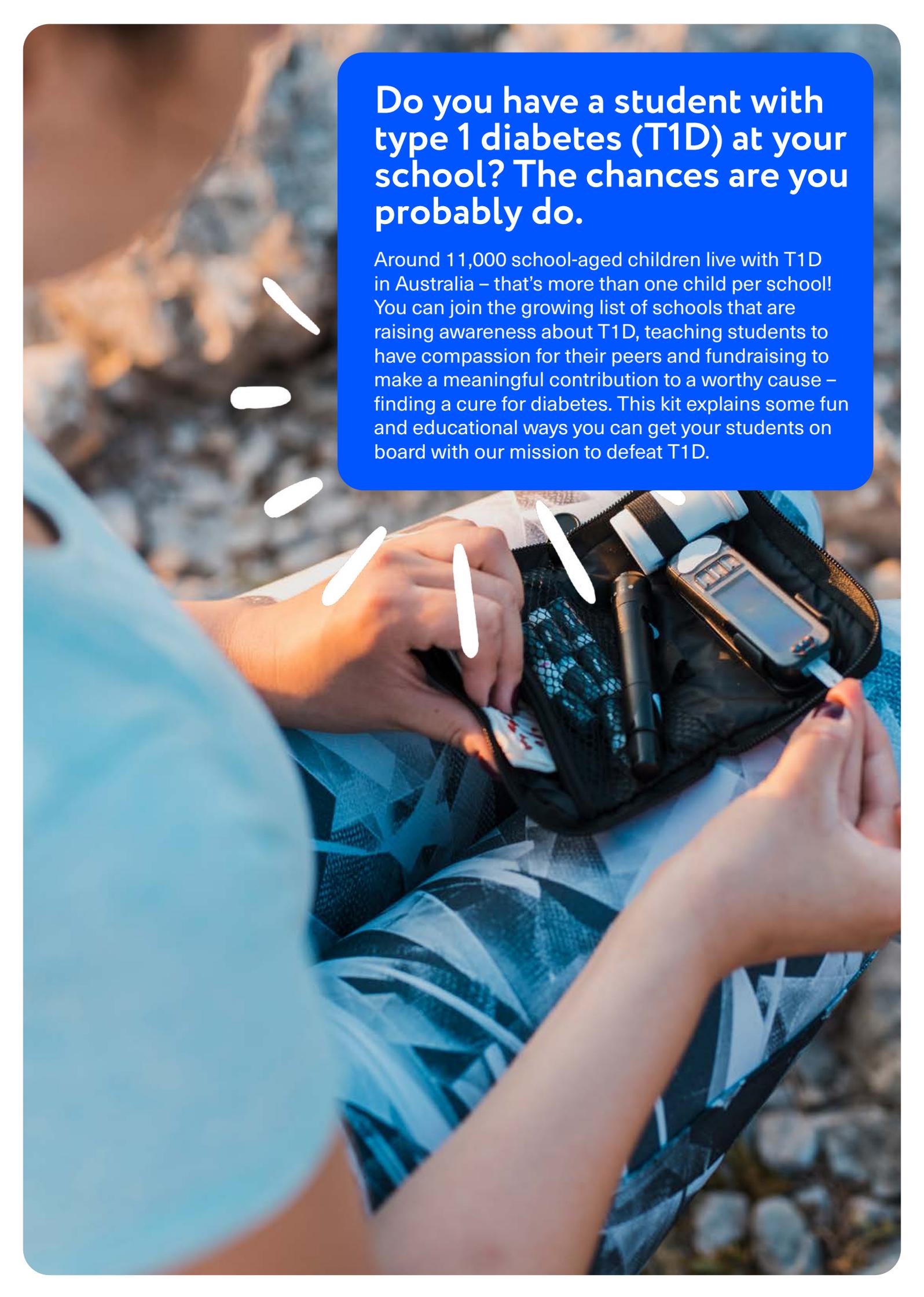




# SCHOOLS FUNDRAISING KIT



## 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 diabetes. This kit explains some fun and educational ways you can get your students on board with our mission to defeat T1D.

# ABOUT US

## JDRF Australia

JDRF is the leading supporter of T1D research globally, investing USD\$2.25B since 1970 with \$191M invested in Australia.

JDRF Australia evaluates the Australian and global research landscape and supports the most promising programs from learning, to lab, to life-changing breakthroughs. We mobilise a vast network of people who work together in pursuit of a world without T1D. In 2019 alone, research breakthroughs in our mission to cure, treat and prevent T1D have included huge advances in beta cell replacement, new targets for complication treatments, and the first ever therapy to delay the onset of T1D.

## The Blue Army

At the heart of JDRF are the 120,000 people in Australia who have been diagnosed with T1D and counting, with 7 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 disease.

## Type 1 diabetes

T1D is a life-long autoimmune disease that usually occurs in childhood but can be diagnosed at any age. T1D affects over 120,000 people in Australia alone. 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 helps the body to process sugar to create energy – without insulin, sugar levels can build up to dangerous amounts.

Symptoms of T1D can include:

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



## Impact

People with T1D can live long and happy lives with the right management. Advances in medication and technology make life easier, safer and better. But, T1D does have many impacts on the health and well-being of those who live with it. 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 some people living with T1D must prick their fingers 6-8 times per day and inject themselves or use an insulin pump to keep their blood glucose levels in check. 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 complications for people living with it, especially if it isn't well managed. These can include:**

- A higher risk of cardiovascular disease
- The possibility of developing kidney disease
- Potential nervous system damage
- Various mental health impacts, including diabetes distress and depression
- Developing another autoimmune disease

Diabetes (including type 1 and type 2 diabetes) is the number one cause of blindness in working age Australians.

Three hundred and twenty-eight people needed help to remain conscious today as a result of hypoglycaemia.

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 DEFEAT T1D

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 Sam Reid, 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.

## Primary age (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.

## Middle School (Year 7 – Year 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 Step Challenge. 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.

## Senior School (Year 10 – Year 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.

# TEACHING YOUR STUDENTS ABOUT T1D

## What is diabetes?

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There are two main kinds of diabetes. Type 1 diabetes (T1D) develops in people of all ages— children, teenagers, and adults. Type 2 diabetes mostly affects adults but can also be diagnosed in children. Once a person develops T1D, it lasts a lifetime. T1D will never turn into type 2 diabetes.

## Type 1 diabetes (T1D)

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T1D is an autoimmune disease. For reasons not fully understood, the body's immune system destroys the insulin-producing beta cells within the pancreas. Without insulin, sugar (glucose) cannot move from the bloodstream into the cells of the body to provide them with the energy they need to function. People with T1D must take insulin manually, either through daily injections or from an insulin pump.

## Type 2 diabetes

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In type 2 diabetes, the pancreas makes some insulin, but either there's not enough of it or the cells don't use it well. Children and adults with type 2 diabetes don't always need to take insulin, as people with T1D do. Type 2 diabetes is often treated with other medication and by eating healthy foods and exercising regularly.

## The role of insulin

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We all need insulin to live. Insulin delivers 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 T1D, the pancreas no longer makes insulin. Without insulin, the cells cannot receive the "fuel" they need, and in time, the cells can no longer function. Furthermore, the extra glucose in the bloodstream can cause serious medical conditions over time.



## A balancing act

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Most people don't think about their pancreas and what it does, but people with T1D must be mindful of their blood-sugar levels 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. Figuring out how much insulin to take at any one time can be challenging for a person with T1D - it requires a lot of knowledge, care, and mathematical calculations. But it is very important.

## Resources

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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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