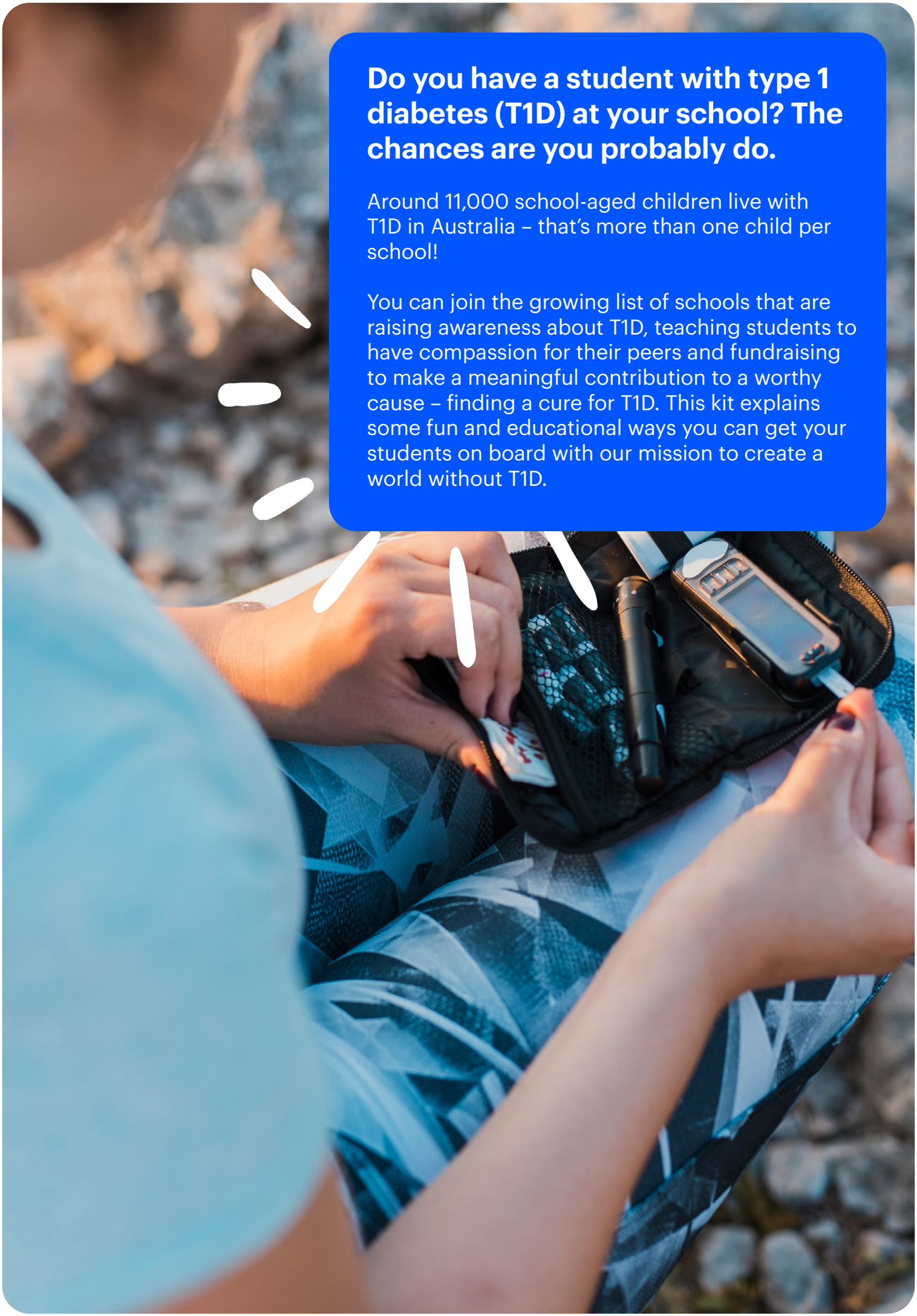
GO BLUE DAY

SCHOOLS

FUNDRAISING KIT

bluearmy.jdrf.org.au/goblue



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 Go Blue Day

We invite you to GO BLUE with us in 2024 to support children living with T1D and our vision of a world where T1D no longer exists. There are four main ways to Go Blue while spreading awareness about T1D and raising funds for life changing T1D research:

1. Wear It Blue
2. Colour It Blue
3. Make It Blue
4. Bake It Blue

When your school can Go Blue

Your school can Go Blue any day of the year – but there are some dates that hold the most importance for the T1D community. Here are our top ideas:

- National Diabetes Week: July*
- World Diabetes Day: November 14
- Your student's Diaversary: Anytime

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

*This year, National Diabetes Week coincides with school holidays in many states - but that doesn't mean you can't join in! Why not recognise this important observance with a Go Blue Day during the last week of term instead?

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 CREATE THE BLUEPRINT FOR A WORLD WITHOUT T1D

1

WEAR IT BLUE

Show your support by wearing blue on your Go Blue Day. Whether it's a blue hoodie, socks, shoelaces, or even a blue wig, beanie, or cap, your fashion statement can make a difference. Don't forget to make a gold coin donation to support T1D research.

2

COLOUR IT BLUE

Get creative with blue hair chalk, food coloring gel, temporary hair spray, hair beads, or tinsel. Add a splash of blue to your school by hanging blue banners or balloons, using blue chalk for murals in common areas or displaying blue artwork by your students.

3

MAKE IT BLUE

Unleash your creative skills by crafting something blue and sharing it with others. Some ideas include blue awareness bracelets, custom t-shirts, blue-themed jewellery, blue paintings, or making blue ribbon pins.

4

BAKE IT BLUE

Whip up some delicious blue cupcakes, slices, and cakes to tantalise taste buds while raising awareness. These could be shared with your school community at a fete, disco, presentation or staff meeting.

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 creating a blueprint for a world without T1D is raising funds for research to improve lives and cure the condition. There are many ways you can fundraise to support your Go Blue Day 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 Blue Army fundraising page here to reach a wider audience, including parents, friends, and extended family members who might want to support the cause.

BUILD THE BLUE HYPE

Now that you know how to Go Blue, it's time to spread the word and build excitement. Here's your Go Blue Day action plan.

1 JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

REQUEST JDRF'S BLUE LOGO TO BE INCLUDED IN YOUR PROMOTIONAL MATERIALS.

2

TELL YOUR SCHOOL COMMUNITY ABOUT GO BLUE DAY THROUGH NEWSLETTERS, SOCIAL MEDIA, AND SCHOOL ASSEMBLIES.

3

SEND A NOTE HOME WITH STUDENTS TO KEEP PARENTS INFORMED AND ENGAGED.

4

FOSTER FRIENDLY COMPETITION AMONG CLASSES TO AMPLIFY PARTICIPATION.

5

THANK EVERYONE FOR THEIR INVALUABLE SUPPORT IN FUNDING RESEARCH TO IMPROVE LIVES AND CURE T1D.

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 mean 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 @jdrfoz @jdrfaus

NSW
Nicola Evans
Level 4, 80 84 Chandos St
St Leonards NSW 2065
P: 02 8364 0219
E: nevans@jdrf.org.au

VIC/TAS
Jayde Edwards
The Commons, 80 Market St
South Melbourne
VIC 3052
P: 02 8364 0258
E: jedwards@jdrf.org.au

SA/NT
Lauren Hoysted
Unit 3, 497 Marion Road
South Plympton SA 5038
P: 02 8364 0273
E: lhoysted@jdrf.org.au

ACT
Nicola Evans
Wotso, 490 Northbourne Ave
Dickson , ACT, 2602
P: 02 8364 0219
E: nevans@jdrf.org.au

QLD
Kristyn Ranson
Suite 2 Level 4
49 Sherwood Road
Toowong QLD 4066
P: 02 8364 0260
E: kranson@jdrf.org.au

WA
Teena Liddle
The Park Business Centre
45 Ventnor Ave West Perth,
WA, 6005
P: 02 8364 0282
E: tliddle@jdrf.org.au