



Go Blue

FOR BREAKTHROUGHS

School Fundraising Kit





Does your school have a student with type 1 diabetes?

There are over 11,000 school-aged children living with type 1 diabetes (T1D) in Australia. That's more than 1 per school! By Going Blue for Breakthroughs, your school can help raise awareness, foster empathy among students, and fund vital research to help find a cure. This kit is full of fun, educational ways to get your students behind our mission: a world without T1D.

Schools that have Gone Blue for T1D breakthroughs

Geraldton Christian College | Avenel Primary School | Melbourne Montessori College | Ngunnawal Primary School | Warragamba Public School | Mayfield East Public School | Sprout ELC | Telopea Park School | Portland Primary School | Marysville Preschool and Kindergarten | Taree High School | Eurongilly Public School | Estella Public School | Mount Crosby State School | Cedar Avenue Early Learning | West Leederville Primary School | Dunsborough Christian College | The Beach Early Learning Centre Kincumber | Barramurra Public School

Monto State School | Newington Primary School | Morningside State School | Immaculate Heart Of Mary School | Gold Creek School | Beldon Primary School | St Brendan's Catholic School Lake Munmorah | St Peter Chanel Catholic School Smithton | Gilmore Primary School | St. Joseph's School Moora | Yankalilla Area School | Mt Gravatt East State School | Kairi State School | Mooloolah State School | St. Martin de Porres School | Mother Teresa Primary | Alberton Primary School | St Paul's Catholic School Monbulk

About us

Breakthrough T1D

Breakthrough T1D (formerly JDRF) is the leading research, advocacy, and community support organisation for T1D globally.

Our vision is for a world without T1D. Since our inception over 50 years ago, we've transformed our understanding of T1D and have been a part of every breakthrough in T1D care.

Everything we achieve is made possible thanks to the support of our dedicated community fundraisers (including schools!), philanthropists, partners, and Governments.

The Blue Army

At the heart of Breakthrough T1D are the 135,000+ Australians living with T1D – and the number grows by 8 more every day.

Our Blue Army includes the families, carers, teachers and friends who stand beside them, raising awareness and vital funds for research to cure, prevent and treat T1D and its complications.

Over the past 2 years, we've had over 120 schools join the Blue Army by Going Blue and donating to support T1D breakthroughs!

How you can Go Blue for Breakthroughs

This World Diabetes Day, Friday 14 November, join us and **Go Blue for Breakthroughs** in support of children living with T1D.

There are 4 main ways to Go Blue while spreading awareness about T1D and raising funds for life changing T1D research:



1. Wear it



2. Colour it



3. Make it



4. Bake it



What is World Diabetes Day?

World Diabetes Day is the largest diabetes awareness campaign in the world. It's recognised in over 160 countries and reaches more than 1 billion people. The day is held every year on 14 November – the birthday of Sir Frederick Banting, who, along with Charles Best, discovered insulin in 1922.



About 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. Left untreated, T1D can be very dangerous, and even fatal.

Symptoms of T1D can include:



Thirsty

Drinking a lot more than usual.



Tired

Not having the usual amount of energy.



Thinner

Unexplained weight loss.



Toilet

Peeing a lot.



The impact of living with T1D

With the right care, people living with T1D can lead long, happy lives – but it takes constant effort. Managing T1D is a 24/7 job, involving up to 180 extra decisions every day just to stay safe and well.

Every meal, activity, or even a good night's sleep requires careful planning to keep blood glucose levels (BGLs) in range. People with T1D must monitor their BGLs around the clock and be ready to respond to both high and low BGLs, which can be dangerous if not treated.

T1D also increases the risk of serious long-term health complications, including:

- heart and kidney disease
- nerve damage
- vision loss and blindness
- mental health challenges like diabetes distress, anxiety and depression.



Did you know?

Almost half of all adults with T1D live with at least one complication.

At Breakthrough T1D we're funding research to prevent these complications and end T1D for good.

You can be part of the solution.



How you can Go Blue for Breakthroughs



Wear it

From hoodies to hats, and socks to wigs: whatever your style, your splash of blue helps fund life-changing T1D research. Don't forget your gold coin donation!



Colour it

Try blue hair chalk, spray, beads or tinsel – then brighten up your school with blue balloons, banners, chalk art or student-made displays.



Make it

Make and share something blue to show your support for T1D research, like awareness bracelets, custom t-shirts, jewellery, ribbon pins or artwork!



Bake it

Whip up blue cupcakes, slices or cookies for your next school fete, disco, assembly or staff meeting – and raise awareness for T1D at the same time.

Raise awareness

Help your school community learn the 4 common signs of T1D: thirst, toilet, thinner, tired.

You'll find helpful visuals and lesson resources [here](#) to support classroom learning.

Another powerful way to spread awareness is by inviting a guest speaker – someone with T1D or a medical expert – to share their story at assembly or in class.



Raise funds

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](#) and sell them to your school community to raise funds.

4



Plan a Crazy Colour Fun Day ([check out some great ideas](#)).

5



[Create a Blue Army fundraising page](#) 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 action plan.



Request Breakthrough T1D's logo to use in your posters and promos by reaching out to our team!

Find your state contact [here](#).



Promote your event through newsletters, social media, and assemblies.

We have some suggested messaging you can use in your [newsletters](#) and [assembly speeches](#) when talking about your Go Blue day!



Send a note home or add it to the school app so parents and carers stay informed and involved.



Spark friendly competition between classes to boost participation.



Say thank you! Show appreciation for everyone helping to fund T1D research and create a brighter future.

Teaching your students about type 1 diabetes

What is diabetes?

There are 2 main kinds of 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. They are separate conditions, with different origins, but often share similar features.

Type 1 diabetes

T1D is an autoimmune condition where the immune system attacks the insulin-producing cells in the pancreas. Over time, this means the body can no longer make its own insulin.

Insulin is essential. It allows glucose (sugar) to move from the bloodstream into the body's cells to provide energy. Without it, the body can't function properly.

People with T1D have to replace this lost insulin with human-made insulin, delivered through multiple daily injections or an insulin pump – every day, for life. (Until a cure is found!)



Type 2 diabetes

In type 2 diabetes, the body still makes insulin, but the cells don't respond to it properly. This is called insulin resistance. Medication helps the body use insulin effectively, and healthy eating and regular exercise are also key to managing the condition.

Over time, people with type 2 diabetes may stop producing enough insulin and might need insulin therapy. However, unlike T1D, many children and adults with type 2 diabetes can manage their condition without daily insulin injections.





A balancing act

To stay healthy, people with T1D must carefully balance their insulin doses with what they eat and how active they are. Food makes blood glucose levels rise. Exercise and insulin tend to make them fall. But that's not all – glucose levels can also be affected by things like:

- the type of food being eaten
- the time of day
- being unwell
- hormonal changes
- growth spurts.

Deciding how much insulin to take isn't simple – it takes knowledge, careful thinking and some maths. But getting it right is essential to staying safe and well.

Why insulin matters

We all need insulin to live. It's a hormone that helps move glucose from the food we eat into our body's cells, where it's used for energy.

In people without diabetes, the pancreas produces just the right amount of insulin as needed. But for people with T1D, the pancreas eventually stops making insulin altogether. Without insulin:

- cells can't get the energy they need
- glucose builds up in the bloodstream, which can become toxic and lead to serious health complications.

Resources

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

For lesson resources and support to plan fundraising initiatives, get in touch with your local Breakthrough T1D team via the contact details on the next page.

Get in touch

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