



Go *Blue*

FOR BREAKTHROUGHS

School Fundraising Kit

Help create the blueprint for a world without type 1 diabetes



About Go Blue

Go Blue for Breakthroughs is Breakthrough T1D's national fundraising campaign that brings together schools, workplaces and sporting clubs across Australia to acknowledge World Diabetes Day (14 November).

This November, schools across the country will turn blue while fundraising to support life-changing research and accelerate breakthroughs for the more than 145,000 Australians living with type 1 diabetes (T1D).

By Going Blue for Breakthroughs, your school can raise awareness, build understanding and empathy, and help fund vital research to help create a world without T1D.

Does your school have a student with T1D?

More than 11,000 school-aged children in Australia live with T1D – on average, that's at least 1 in every school! And with around 25,000 Australians in the early stages of T1D yet to be diagnosed, knowing the signs and symptoms is more important than ever.

This kit is packed with fun, educational ways to get your students involved and make a difference for all those people.



What is World Diabetes Day?



14 November

World Diabetes Day is held every year on 14 November.



160+ countries

This global event is recognised in more than 160 countries.



1 billion+ people

It's the world's largest diabetes awareness campaign, reaching more than 1 billion people.



1922

Frederick Banting and Charles Best discovered insulin over 100 years ago – and their breakthrough changed the lives of millions of people living with diabetes. World Diabetes Day is held on Banting's birthday.



The sight of the sea of blue filled me with joy, not only because we were raising funds and awareness for T1D research, but also because I could see the happiness in my son. It was heartwarming to witness his realisation that this support, care, and understanding surrounds him – that he truly has a village behind him."

– Megan Schutte, mum to Callum (11), who has lived with T1D for 5 years

You're officially Going Blue!

You've already taken the first step by registering your school to Go Blue – welcome to the community that's creating a world without T1D!

Your host kit contains everything you need to host a successful Go Blue for Breakthroughs Day. Inside you'll find the following.



Promotional poster

Display this around your school to promote your Go Blue for Breakthroughs Day and encourage students, staff and families to get involved.

4Ts poster

Help your school community recognise the 4 signs of T1D – Toilet, Thirsty, Tired and Thinner – with this poster. Display it in prominent places and in newsletters or the school app to help spread awareness.

A5 donation label

Attach this label to your donation bucket or collection container so it's clear that donations are supporting Breakthrough T1D research.

Blue Balloons

Decorate your school and create a fun, eye-catching display that shows your support for people living with T1D.

Sticker Sheet

Use these stickers to decorate classrooms, notebooks and displays, and help show your school's support for people living with T1D.

Go Blue Schools Kit booklet

This is your step-by-step guide to planning, promoting and hosting a successful Go Blue for Breakthroughs event at your school.

Type 1 diabetes: A guide for friends & loved ones booklet

This is a helpful introduction to T1D, designed to build understanding and support for people living with T1D.

Cupcake and bunting templates

Use these printable templates to add some Go Blue fun to your event. Decorate cupcakes, classrooms and shared spaces in your Go Blue for Breakthrough colours.

Colouring-in pages

This is a fun activity for students to get creative while learning about T1D. Use these sheets as a classroom activity or run a fun colouring-in competition as part of your event.



Scan here to download
and print more
resources





Your Go Blue Action Plan

- ❑ Choose your Go Blue for Breakthroughs Day date (it can be any day in November)
- ❑ Spread the word – share the event details with parents and carers, and make sure photo permissions are collected
- ❑ Promote your event

✓ Print and display our ready-to-use posters and creative assets around your school – download via the QR code

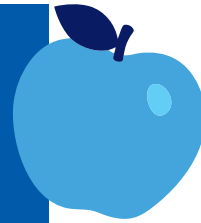
✓ Organise exciting fundraising activities



Build the blue hype

- **Request Breakthrough T1D's logo** to use in your posters and promos by reaching out to our team! Find your state contact on the final page of this guide.
- **Promote your event through newsletters, the school app, social media and assemblies.** To make it easier, we supply suggested messaging you can use in your newsletters and assembly speeches when talking about your Go Blue for Breakthroughs day!
- **Send a note home or add it to the school app** so parents and carers stay informed and involved.
- **Spark friendly colouring-in or art competitions** between classes to boost participation.
- **Say thank you!** Show appreciation for everyone helping to fund T1D research and create a brighter future.

How you can Go Blue for Breakthroughs



Going Blue is easy! Get your whole school involved by using the items in your free Go Blue for Breakthroughs kit to decorate classrooms, wear blue, create blue crafts or bake blue treats. There are so many fun ways to show your support for people living with T1D! Get inspired by what other schools have done:



Hold a Go Blue dress-up or casual clothes day

Invite students and staff to wear blue for the day and show their support for people living with T1D. Make it fun with prizes for the best blue outfit, class or year group!



Transform classrooms and school spaces with blue decorations

Turn your school blue with balloons, bunting, streamers, posters and student-made decorations. Get each class involved by decorating their classroom door, noticeboard or learning space.



Bake and sell blue treats to fundraise

Get students involved in baking and decorating blue-themed cupcakes, cookies, slices or other treats. Set up a blue bake sale at recess or lunchtime and donate the proceeds to Breakthrough T1D.



Create blue crafts and artwork

Get creative with blue-themed art projects, from paintings and posters to paper crafts and displays. Showcase students' creations around the school or host a colouring-in competition with a fun prize that brings the whole school community together.

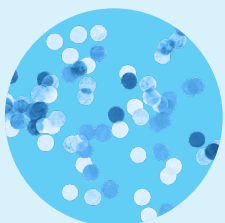


Here are a few ways staff can Go Blue for Breakthroughs:



Host a Go Blue morning tea

Bring your team together for a blue-themed morning tea and ask staff to make a small donation for their treats. Get creative with blue cakes, cupcakes, biscuits and snacks!



Turn your workplace blue

Decorate your office, desks or shared spaces in blue to show your support for people living with T1D. Make it a team challenge and award a prize for the most creative blue workspace!

- ✓ Hold your Go Blue Day – bring your school community together, get everyone involved and have fun Going Blue for Breakthroughs
- ✓ Submit funds



How to submit your fundraising

Once your Go Blue for Breakthroughs event is finished, it's time to send the money you raised to Breakthrough T1D!

1. Add up your fundraising

Total the funds raised through donations, bake sales, raffles and other activities.

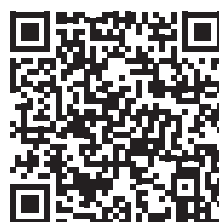
2. Send your funds

Choose one of the options below:

Bank transfer: Transfer your fundraising proceeds using the bank details provided
BSB 032 090
Account 533885

Be sure to include your Supporter ID/
reference number.

Your Supporter ID is: _____



Online: Submit your fundraising proceeds through the link or QR code.

✓ **Share your photos and videos:** Show us how your school is Going Blue for Breakthroughs! Share your favourite moments on social media and tag @breakthrough1dau so we can celebrate your Go Blue for Breakthroughs Day with you.

Raise T1D awareness

1. **Showcase the 4Ts** – Help students and family members recognise the common early signs of T1D: Thirst, Toilet, Tired and Thinner.
2. **Bring T1D into the classroom** – Use our fun visuals and lesson resources to help students learn more about T1D.
3. **Invite a guest speaker** – Hear from someone living with T1D or a medical expert who can share their story at assembly or in the classroom.



Raise funds

1



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

2

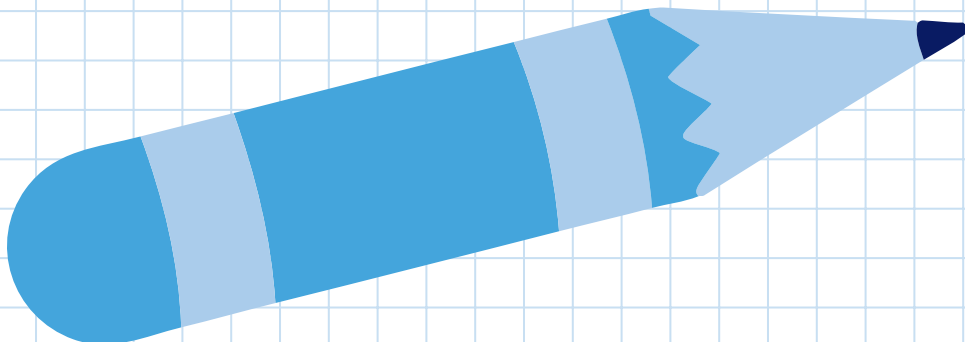


Run a blue-themed bake sale, sell blue treats or set up a fun fundraising stall.

3



Plan a Crazy Colour Fun Day (Get creative with colourful activities and fundraising ideas. Check out Australian Fundraising for inspiration!)



About T1D

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, which removes the body's ability to produce insulin. Insulin allows the body to process glucose from food to create energy.

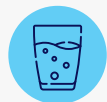
Left untreated, T1D can be very dangerous, and even fatal.

There are many resources available to help you support students living with T1D and educate your class about the condition. For additional lesson plans and support, visit [Diabetes in Schools](#).



Scan the QR code to learn more.

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.

Other symptoms can include:

- constant hunger
- nausea
- vomiting
- blurred vision.



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 understandings 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 145,000+ Australians living with T1D – and that number grows by 8 more every day.

Our Blue Army includes the families, carers, teachers, colleagues, teammates 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 3 years, we've had over 250+ organisations join the Blue Army by Going Blue for Breakthroughs and donating to support T1D research breakthroughs!

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You're in good company...



Thanks for Going Blue this November!

Schools across Australia are coming together to raise awareness, show their support for people living with T1D, and help fund vital research.

Here are the schools that have already gone blue:

Alberton Primary School
Allenby Gardens Primary School
Alkimos Beach Primary School
Amity College Illawarra
Anzac Terrace Primary School
Avenel Primary School
Ballarat North Primary School
Banksia Park R_6
Barramurra Public School
Beldon Primary School
Belmont Cubby OOSH
Bilpin Public School
Broadwater Public School
Bundoora Secondary College
Busy Bees
Busy Bees at Panania
Catherine Campbell Centre
Cedar Avenue Early Learning
Charnwood-Dunlop School
Cheltenham Girls High
Clapham Primary School
Coolum State School
Craigieburn Primary School
Cundletown Public School
Dawson Park Primary School
Delacombe Primary School
Deniliquin Early Learning Centre
Double Bay Public School
Duffy Primary School
Dunsborough Christian College
East Devonport Primary School, Tasmania
Eltham Public School
Estella Public School
Eudunda Area School
Euston Public School
Eurongilly Public School
First Steps Early Learning Centre
Geraldton Christian College
Gilmore Primary School
Gold Creek School
Gosford Cubbyhouse Long Daycare
Goodstart Early Learning Bennett Court
Goodstart Early Learning Montrose
Goodstart Early Learning Plympton
Goodstart The Boulevard Albany Creek Early Learning Centre
Grand Avenue State School
Greenleaves Early Learning Pelican Waters
Glendenning Public School
Haileybury
Happy Hippo Childcare Lovely Banks

Immaculate Heart Of Mary School
Jannali Public School
Journey Early Learning Knoxfield
Kairi State School
Kesser Torah College
Kingston Primary School
Kosciuszko Street Primary School
Laurieton Public School
Leeton Early Learning Centre
Leongatha Primary School
Life schooling
Lindisfarne Anglican Grammar School
Logan Village State School
Lyneham High School
Marysville Preschool and Kindergarten
Matong Public School
Mayfield East Public School
Mayflower Preschool
McLaren Flat Primary School
Melbourne Montessori College
Milestones Early Learning The Lakes
Milton State School
Minto Public School
Mona Vale Public School
Monbulk Primary School
Monto State School
Mooloolah State School
Morningside State School
Mother Teresa Primary
Mount Crosby State School
Mt Gravatt East State School
Nana Glen Public School
Newington Primary School
Ngunnawal Primary School
North Goulburn Public School
North Perth Primary School
Northmead Childcare and Early Learning Centre
Notre Dame College Shepparton
Nulsen Primary School
Oak on Erin
Oakwood Primary School
P-12laverton school
Parklands Christian College
Peg's Creek Primary School
Peregrine Springs State School
Phil Hoffmann Travel
Port Pirie West Primary School
Portland Primary School
Queenwood
Red Hill Public School

Richmond Public School
Sandy Beach Public School
Scenic Shores State School
Seymour College
Sprout ELC
St Aloysius Catholic Primary School
St Alipius Primary School
St Andrew's Grammar
St Bernards Village Child Care
St Brendan's Catholic School Lake Munmorah
St James Anglican School
St John the Baptist Primary School Maitland
St Joseph's Primary School Merriwa
St Josephs Primary Como
St Martin de Porres School
St Michael's College
St Michael's Primary School
St Paul's Catholic Primary Camden
St Paul's Catholic School Monbulk
St Peter Chanel Catholic Primary School
St Peter Chanel Catholic School Smithton
St Peter's Primary School - Bentleigh East
St Thomas More Primary School Alfreton
St Xaviers Gunnedah
Summerdale Primary School
Surfers Paradise State School
Taree High School
Telopea Park School
The Beach Early Learning Centre Kincumber
The Lake Primary School
Thirlmere Public School
Tieri State School
Tivoli State School
Toogoolawah State High School
Toowoomba East State School
Two Wells Primary School
Valley View Kindergarten
Wanguri Primary School
Wangi Wangi Public School
Warragamba Public School
Wallaroo Mines Primary School
West Beach Primary School
West Leederville Primary School
Wimba Primary School
Williamstown Primary School
Windsor Park Public School
Woorinen District Primary School
Yankalilla Area School
Young Public School
Yubup Primary School

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