



# School Support Kit



## Does your school have a student with type 1 diabetes?

The chances are there's at least 1. Whether your school has a student living with type 1 diabetes (T1D), or a parent has shared this kit to support their child's One Walk fundraiser, we're so glad you're here. With more than 11,000 school-aged children in Australia living with T1D (that's over one per school) - your support helps raise awareness, encourage empathy for those impacted, and fund life-changing research.

This kit is full of simple, fun, and educational ways for schools to get behind their students who want to make a difference for the T1D community and support everyone impacted by the condition.

## About us

### Breakthrough T1D (formerly JDRF)

Breakthrough T1D is the leading research, advocacy, and community support organisation for T1D globally. Our vision is for a world without T1D. Our mission is to accelerate life-changing breakthroughs to cure, prevent, and treat T1D and its complications.

Since our inception over 50 years ago, we've transformed the 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.

### What is 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 and removing the body's ability to produce insulin. Insulin allows the body to process glucose from food to create energy, and we need it to live.

Symptoms of T1D can include the 4Ts:



#### Thirsty

Drinking a lot more than usual.



#### Tired

Not having the usual amount of energy.



#### Thinner

Unexplained weight loss.



#### Toilet

Peeing a lot.

Other common symptoms include constant hunger, blurred vision, nausea and vomiting.





## The impact of living with T1D

With the right management, people with T1D can live long and happy lives. Advances in medication and technology have made life easier and safer, but people living with T1D can still face short- and long-term health complications. Some of these can lead to very serious illnesses or even, tragically, death.

People who live with T1D (or their parents/ carers) face an extra 180 health-related decisions a day to stay safe and healthy. Not only that, but the condition must be managed 24/7, with no breaks: blood glucose levels are checked all day and night, and every action they take must be carefully considered to make sure their glucose levels are within optimal range.

This includes (but is not limited to) exercising, eating, playing, sleeping, and most importantly, giving themselves insulin through injections or an insulin pump.

This is why Breakthrough T1D funds research that aims to find T1D cures and make lives easier, safer, and healthier until we reach that goal. You can help us get there.

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## One Walk

One Walk, Breakthrough T1D's flagship fundraiser, is the world's largest T1D fundraising event for families - and it's coming up this March 2026!

Every year, families, friends and communities around the country fundraise for life-changing research and come together at a local One Walk event to walk, connect, and unite in their mission to help create a world without T1D.

By supporting a student participating in One Walk, your school will be helping to fund cutting-edge research to find cures for T1D, improve lives, and show meaningful support for students and families impacted by the condition.



## How can your school support?

By getting behind a student participating in One Walk, your school can help raise vital funds for research that's changing lives every day. It's also a wonderful opportunity to raise awareness and understanding of T1D among students, fostering empathy and inclusion within your school community.



# Raise funds

Your school can fundraise for One Walk any way they like! Here are some popular ways schools choose to get involved:



## 1) Walkathon fundraiser

Organise a walkathon and encourage students to raise funds by collecting donations or pledges per lap. Get local businesses involved by hosting a follow-up sausage sizzle. It's a fun and active way to support T1D research.



## 2) Go Blue out-of-uniform/mufti day

Show your school's support with a blue-themed casual clothes day. Ask students to wear blue clothing and bring a donation for T1D research. It's a simple and impactful way to raise awareness and funds for a great cause.



## 3) Blue bake sale

Host a blue-themed bake sale at school. Encourage families and teachers to bake blue treats and sell them during recess or lunch. All proceeds go towards T1D research, making every sweet bite count.



## 4) Classroom challenges

Engage students with friendly classroom competitions and encourage them to bring in a gold coin donation to participate. Activities include a step challenge, a T1D trivia quiz, or a creative poster contest about T1D awareness. Keep it fun and educational - reward winners with small prizes and celebrate everyone's efforts to support the cause.



## 5) Organise a raffle

Organise a raffle at your school to raise funds for T1D research! Ask local businesses or families to donate prizes - like gift vouchers, hampers, or school privileges (think "extra recess time" or "principal for a day").



## 6) Host a sausage sizzle

Hold a sausage sizzle at a school event or at lunchtime. Ask your local baker and butcher to support your fundraising effort by donating the bread and sausages.

# Raise awareness

At Breakthrough T1D, we recognise the importance of helping students gain an understanding of T1D from an early age.

Alongside raising funds, it's just as important to help students learn about T1D and understand why supporting this cause matters. It also helps those in your school community impacted by T1D feel seen, supported, and understood.

Here are some ways you can educate and raise awareness about this often-misunderstood condition:



## All year groups:

1

### Teach students about T1D

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

2

### Spread the word about common signs and symptoms

Spread the word about the 4 common symptoms of T1D - the 4Ts: thirst, toilet, thinner, and tired. You can find helpful visuals which you can hang up around classrooms [here](#).

3

### Invite speakers to share their experiences

Spread awareness of T1D by inviting a guest speaker - such as a local diabetes educator, health professional, or someone living with T1D, to share their experiences and insights with your students. You could also invite your student with T1D to share their story if they feel comfortable. Hearing real experiences helps foster understanding, empathy, and support within your school community.

## Pre-kindy – kindergarten:

1

### Read Rufus Comes Home in class

This is a children's book about a young boy named Brian who learns 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 condition in a kid-friendly way and could be read in class to raise awareness.

2

### An engaging story time video

Mark Fitzsimmons shares a fun and educational story that helps children learn about T1D in an easy to understand way. Through his heartwarming book, Della the Duckling's Diabetes Diaries, Mark introduces the 4Ts of T1D and helps kids understand what life with diabetes can look like. [Find the video here.](#)

**If you need further support or resources, just ask us what we have that can help! Our contact details are on the last page.**

# Ready for your school to get involved? Here's your One Walk action plan:

## 1. Connect with the student or family

Find out how your student is participating in Breakthrough T1D's One Walk and learn about their fundraising goals. This helps your school understand the best ways to support and cheer them on.

## 2. Request the Breakthrough T1D logo and design some materials

Add an official touch to your promotional materials such as posters, by including Breakthrough T1D's blue logo. Request it by contacting your local Breakthrough T1D contact (found on the last page) to feature on your posters, newsletters, and digital assets.

## 3. Spread the word

Share your student's One Walk fundraiser with the wider school community through newsletters, social media, parent communication channels, and assemblies to help promote their efforts.

## 4. Start fundraising your way

Choose your favourite activities from the previous page (or come up with your own!) and start fundraising to support your student.

## 5. Celebrate your impact

Recognise your school community's efforts and celebrate your student's achievements. Thank everyone who supported their fundraiser and helped move us closer to turning type 1 to type none.



## Get in touch

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# Learn about type 1 diabetes

## Type 1 diabetes (T1D)

T1D is an autoimmune condition. It occurs when 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 have to 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 can't respond to it properly (this is called 'insulin resistance'). They then need to take medication to allow their cells to use the insulin. Over time, some people with T2D also lose the capacity to make insulin, and, like those with T1D, will require insulin treatment. This is why children and adults with T2D don't always need to give themselves insulin, like people with T1D do. Many people with T2D can control their diabetes with other medication and by eating healthy foods and exercising regularly.

## The role of insulin

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

In people without diabetes, the pancreas makes the right amount of insulin at the right time. But for people with long-standing T1D, the pancreas no longer makes insulin. Without insulin, the cells can't get the fuel they need, and in time, the cells starve. As well as that, the extra glucose that can't be absorbed in the bloodstream is toxic and can cause serious medical complications.

## 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 glucose at a healthy level, they have to balance their food and drink intake with exercise and insulin. Food tends to make glucose levels rise; exercise and insulin tend to make glucose levels fall.

Glucose levels can be affected by lots of factors, such as the type of food being eaten, the time of the day, being sick, hormonal changes and growth spurts. Figuring out how much insulin to take at any one time can be really challenging for a person with T1D, as it requires a lot of knowledge, care and mathematical calculations. But it is very important.

## Resources

There are lots of resources that 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 T1D, check out Diabetes in Schools.

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





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