

Schools as One for Type 1 Diabetes Participant Guide

JDRF Greater New York Metro Chapter



**Providing youth and schools with the opportunity to
join the fight against type 1 diabetes**

DEAR FRIEND OF JDRF:

Thank you for your interest in supporting JDRF Greater New York Metro chapter through our **Schools as One for Type 1 Diabetes** program. We are inspired by people like you who take the initiative to involve your school in our shared vision for a world without type 1 diabetes (T1D). With more than 200,000 kids in the U.S. diagnosed with T1D, it is now more important than ever to educate your community on this disease and fundraise for better research and therapies.

Our **School as One for Type 1 Diabetes** program provides opportunities for students to raise awareness of T1D and fundraise for critical research needed to better manage this disease. The following pages provide you with ideas and best practices on how to start your JDRF school and youth fundraiser.

Whether it's through a school walk, a birthday, diaversary celebration, or an idea you thought up on your own, our team is here to provide you with guidance and support every step of the way! JDRF applauds your efforts and looks forward to working with you on your event.

Sincerely,

Jessie Klein & Rona Rosenberg

Development Managers

JDRF Greater New York Metro Chapter

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For additional information on the JDRF **Schools as One for Type 1 Diabetes** program please contact:

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SCHOOLS AS ONE FOR TYPE ONE DIABETES

Program Purpose

JDRF Greater New York Metro **Schools as One for Type One Diabetes** is an educational, youth fundraising program with two goals: to educate students, teachers, and families about type 1 diabetes (T1D) and provide them with an opportunity to have an impact in the fight against T1D through fundraising. This program will help raise awareness about T1D within your school community and can be completely customized to fit your school's specific needs. JDRF staff will support you along the way by providing educational resources, fundraising tips, and coaching to help make your school event a success.

Program Outline

1. Connect with JDRF School
 - Identify date for school walk
 - Work with JDRF staff to decide on school fundraiser and programming
 - Send save the date featuring a description of the program with school staff, teachers, students, parents, administrators, other schools in the districts, etc.
2. School Kickoff Event
 - Introduce the program
 - Use the provided **kickoff presentation** or create your own
 - Send an email or letter to parents explaining the program – **parent letter template**
3. Host School Fundraiser
 - Choose between a variety of **Fundraising Ideas** including Spirit week, selling JDRF paper sneakers, tickets to a school sporting event, talent or dance show, bake sale, change wars, student vs staff dodgeball game
 - Promote fundraiser during **morning announcements**, feature in school newspapers and newsletters, publicize on bulletin boards,
4. Implement Diabetes Education
 - Students will learn about the warning signs of type 1 diabetes, symptoms, and management
 - Students will understand the difference between type 1 and type 2 diabetes
 - Students will learn that T1D is not contagious, and it does not prevent people from leading successful lives
 - An abundance of classroom resources are available for use in the **Teacher Toolkit**, including educational videos, classroom activities, and informational readings and texts
5. School Walk Day
 - Announce fundraising total and highlight top fundraising students, class, or grade level
 - Take photos to capture the event!
 - Invite students and faculty to dress up
 - Walk around the school, field, street, gymnasium, anything!
 - Resources, fundraising tips, and coaching to help make your school event a success.

TEACHER TOOLKIT

Thank you for supporting JDRF Greater New York Metro **Schools as One for Type 1 Diabetes** program to benefit type 1 diabetes research. This program is designed to get kids and teens involved in the fight against T1D. We hope the program promotes a feeling of empowerment knowing that everyone is doing something to find a cure for this life-threatening disease.

Schools, clubs, sports teams, and youth groups are encouraged and invited to participate. JDRF will provide educational and fundraising materials in any quantity at no cost. Please review the resources below, choose a combination to implement within your classroom, coaching, or school curriculum, or design your own lessons!

Educational Videos & Websites

- [Type 1 Diabetes: What You Need to Know](#)
- [T1D Does Not Define Me Video](#)
- [JDRF: What is Type 1 Diabetes - Cartoon](#)
- [JDRF Values: All About JDRF - Cartoon](#)
- [T1D & JDRF Kids Walk](#)

Reading Resources & Classroom Activities

- [JDRF T1D Dictionary](#)
- [JDRF Diabetes 101](#)
- [JDRF Recursos en Espanol \(resources in Spanish\)](#)
- [JDRF T1D FAQ](#)
- [Disney & Lilly Type 1 Diabetes Bookshelf](#)
- [Shia Learn About Insulin](#)
- [24 Hours with T1D Activity](#)
- [JDRF Kids Walk Classroom Toolkit](#)

T1D Resources for Teachers

- [How to Support Students with Type 1 Diabetes](#)
- [What I want my Teachers to Know About Type 1 Diabetes](#)
- [Hyperglycemia vs. Hypoglycemia](#)
- [School Resources – JDRF](#)
- [Downloadable Classroom Posters – Beyond Type 1](#)
- [School Resources – Beyond Type 1](#)

PARENT LETTER TEMPLATE

Your child will be participating in a special community service program benefiting JDRF, the world's largest charitable fundraiser and advocate for type 1 diabetes (T1D) research. This event will take place from _____ to _____.

Our school's goal is to raise ("*insert fundraising goal*") for research to cure T1D, a debilitating disease that affects 1.6 million Americans, including over 200,000 youths. Some of these children live right here in our own community! It is time to find a cure, and we are dedicated to making that happen.

How the program works

- ◆ During the fundraising dates listed above, we are asking your child to bring in donations. Every little bit helps, and no donation is too small.
- ◆ Family, friends, local retailers, and businesses can help your child raise donations. However, we suggest that children not go door-to-door or ask strangers for support.
- ◆ Parents, check with your employer to see if they participate in a matching program for donations made to nonprofit organizations.

Where is your money going?

Nearly 80% of donations collected from our school program will directly support JDRF's mission to progressively remove the impact of T1D from people's lives until we achieve a world without T1D – Turning Type 1 into Type NONE.

Your child will:

- ◆ Learn what it means to help friends and community members with T1D by becoming an advocate for a cure
- ◆ Know they can make a difference in the lives of others – turning research into hope
- ◆ Gain character building experience
- ◆ Get firsthand, real-world experience that cultivates caring, respect and sharing with others.
- ◆ Learn about T1D, what signs and symptoms to look for, and how they can help a T1D friend or family member if needed
- ◆ Understand the importance of goal setting and team building
- ◆ Feel good -- every dollar raised will benefit the lives of T1D people everywhere.

Should you have any questions or want additional support, please do not hesitate to reach out.

Rona Rosenberg, Development Manager

JDRF Greater New York Metro Chapter
rosenberg@jdrf.org | 631 – 464 - 0804

THANK YOU FOR YOUR SUPPORT!

MORNING ANNOUNCEMENTS TEMPLATE

Thank you for supporting your school's JDRF Schools as One for Type 1 Diabetes fundraiser! You can teach students about type 1 diabetes (T1D) and help your students fundraise through morning announcements – or whenever your school makes them. Be sure to add any special incentives, events, or fundraisers you have going on at your school. This is just a template – feel free to customize and make them your own!

1

Day 1: Our school is so excited to support JDRF. Be sure to tell your family and friends about JDRF and how our school is helping raise money for type 1 diabetes research and ask for their help! Each day leading up to the **[insert school event]**, you will learn something about diabetes. Here's today's information: Kids who have type 1 diabetes, or T1D, are just like you! T1D is NOT contagious. You cannot catch it like a cold or the flu. Doctors and scientists are studying what causes diabetes. But they know people with diabetes cannot catch it from anyone else because it is an auto immune disease, just like Celiac disease, Crohn's disease, and rheumatoid arthritis.

2

Day 2: Kids and adults who have type 1 diabetes, or T1D, are unable to make the insulin their bodies need. Insulin is responsible for getting sugar into your body's cells, so they have energy to function. We all need this energy to work, play, and do our schoolwork. T1D, the pancreas is unable to make Insulin.

[INSERT ADDITIONAL INFORMATION ABOUT YOUR SCHOOL'S FUNDRAISER SUCH AS THE TOTAL RAISED TO DATE, % TO GOAL, SPECIAL INCENTIVES AND REMINDERS!]

3

Day 3: There are two common types of diabetes—type 1 and type 2. People with diabetes must prick their fingers and test their blood sugar several times a day to make sure they have the right amount of sugar in their systems. Kids and adults with type 1 diabetes must get their insulin through shots or an insulin pump.

[INSERT ADDITIONAL INFORMATION ABOUT YOUR SCHOOL'S FUNDRAISER SUCH AS THE TOTAL RAISED TO DATE, % TO GOAL, SPECIAL INCENTIVES AND REMINDERS!]

4

Day 4: Everyone—adults and kids, with or without diabetes—can benefit from a nutritious and balanced diet. In general, high sugar snacks and junk food are not healthy for people with or without diabetes. We want you to know how to make good choices and pick the right snacks to stay healthy!

[INSERT ADDITIONAL INFORMATION ABOUT YOUR SCHOOL'S FUNDRAISER SUCH AS THE TOTAL RAISED TO DATE, % TO GOAL, SPECIAL INCENTIVES AND REMINDERS!]

5

Day 5: EVERYONE with OR without diabetes can benefit from 30-60 minutes of daily exercise. When you go outside for recess, join the fun and be active! Exercise also gets you ready to learn when you go back to your classroom. Exercise is something we should all do every day!

[INSERT ADDITIONAL INFORMATION ABOUT YOUR SCHOOL'S FUNDRAISER SUCH AS THE TOTAL RAISED TO DATE, % TO GOAL, SPECIAL INCENTIVES AND REMINDERS!]

6

Day 6: Some children asked how a person would know if he or she has diabetes? One warning sign is that you are suddenly SUPER thirsty and have to go to the bathroom very often. Everyone gets thirsty and everyone needs to use the bathroom, but a person with undiagnosed diabetes would do this several times in an hour.
[INSERT ADDITIONAL INFORMATION ABOUT YOUR SCHOOL'S FUNDRAISER SUCH AS THE TOTAL RAISED TO DATE, % TO GOAL, SPECIAL INCENTIVES AND REMINDERS!]

7

Day 7: Having diabetes is like a balancing and juggling act. People with type 1 diabetes must balance the food they eat with exercise and insulin. Food causes blood sugars to rise; exercise and insulin causes sugar levels to drop. Balancing all of this is tricky. It requires a lot of knowledge, care, math calculations, and problem solving. Let's keep on raising money by reminding friends and family members that they can help! Only [INSERT NUMBER] days until our JDRF event!
[INSERT ADDITIONAL INFORMATION ABOUT YOUR SCHOOL'S FUNDRAISER SUCH AS THE TOTAL RAISED TO DATE, % TO GOAL, SPECIAL INCENTIVES AND REMINDERS!]

8

Day 8: You cannot get type 1 diabetes, or T1D, from eating too much candy or sugar. People with T1D did not do anything wrong. It just happened. So, if you know someone with diabetes, be a friend. It is nobody's fault.
[INSERT ADDITIONAL INFORMATION ABOUT YOUR SCHOOL'S FUNDRAISER SUCH AS THE TOTAL RAISED TO DATE, % TO GOAL, SPECIAL INCENTIVES AND REMINDERS!]

9

Day 9: You cannot tell if a person has diabetes just by looking at them. People with diabetes are just like everyone else. They look and act perfectly "normal." It's only their pancreas that does not work right. But, hey, nobody's perfect. So, don't treat them differently just because they have diabetes.
[INSERT ADDITIONAL INFORMATION ABOUT YOUR SCHOOL'S FUNDRAISER SUCH AS THE TOTAL RAISED TO DATE, % TO GOAL, SPECIAL INCENTIVES AND REMINDERS! BE SURE TO INCLUDE INFORMATION ABOUT HOW FUNDS WILL BE COLLECTED.]

10

Day 10: Currently there is no cure for diabetes. The money that our school raises will help scientists find better treatments and a cure for diabetes. Together, we're making a difference! [INSERT DAY] is our event, so there are a few things to remember:
[INSERT ADDITIONAL INFORMATION ABOUT YOUR SCHOOL'S FUNDRAISER SUCH AS THE TOTAL RAISED TO DATE, % TO GOAL, SPECIAL INCENTIVES AND REMINDERS! ALSO INCLUDE PLAN FOR WALK DAY, WHERE TO MEET, ETC.]

FUNDRAISING IDEA LIBRARY

General Fundraising Ideas

- Event ticket sales: donate profits from sporting events, theater productions, chess tournaments, etc.
- Spare change or classroom penny wars – **see page 15**
- Paper sneaker sales (create a sneaker wall or write T1D notes on the sneaker) – **see page 14**
- Stuck for a Buck: sell pieces duct tape & work together to tape a teacher to the wall
- Host teacher vs. student dodge ball or kick ball games
- Host a school dance or talent show
- School concession stands, school wide bake sale, or sell candy grams (especially on holidays!)
- Pie in the Face: sell plates of whip cream during lunch to throw at a teacher
- Host a homerun derby: determine a donation amount to enter the competition and admission to watch the event
- Spirit days: students make a small donation (\$1 - \$5) to participate or dress down

Rewards & Incentives

These can be awarded to the top fundraising classes, individual student fundraisers, or to the whole school for reaching the fundraising goal or celebrating the achievement

- Pizza party, popcorn and a movie, or ice cream social
- Field day, field trip or extra recess time
- JDRF School Walk Day – celebrate your success and walk around your school together; top fundraisers can lead the walk or cut the ribbon
- JDRF gear – you can purchase branded merchandise at shop.jdrf.org

Spirit Days Ideas

JDRF Themed Spirit Days

- “Hat” enough of T1D - hat day
- “Tired of T1D” - pajama day
- “Team Up” to cure T1D - sports day
- “Our school wants a cure for T1D”- school colors day
- JDRF “Walk” day - sneaker day
- Be a T1D hero - superhero day
- “Sock” it to T1D - crazy sock day
- Blue out T1D”- dress in JDRF blue from head to toe
- Dress down day if you wear uniforms

Non-JDRF Spirit Day Themes

Show your school spirit and raise funds! Students and staff donate \$1, \$3, or \$5 (or any amount you decide) and participate in dress up days like:

- Pajama Day
- Storybook character day
- Dress in the blue day (blue symbolizes Diabetes Awareness)
- Crazy hat day
- Dress down day

- Sports day
- School colors day
- Dress up day. Wear your fancy gowns and tuxedos
- Celebrity Day

EXTRA CREDIT: Show your school spirit by having a different theme each day for a week or even once a week for a month depending on your school campaign.

Thons

Have some fun or reach a fitness or academic goal! Select your “thon” and set your goal (e.g. number of hours danced, number of books read, number of laps, etc.) Students ask for pledges for each hour they dance, each book they read, each lap they complete, etc.

- Dance-a-thon
- Zumba-thon
- Bike-a-thon or trike-a-thon
- Read-a-thon

EXTRA CREDIT: In addition to asking students to participate individually, create a little friendly competition between classrooms, student groups or teams and offer a special reward!

Ticket Sales

Donate your school’s ticket sales from:

- School play
- Choir or band concert
- Talent show
- Dance
- Winter/spring carnival
- Family moving night
- Family game night
- Student art auction (also donate proceeds from art sales!)

EXTRA CREDIT: Sell popcorn, drinks and more and donate the proceeds.

Sports Tournament

Charge an entry fee for teams to compete in a basketball, volleyball, kickball, dodgeball, pickleball, or another team sport. Get coaches, teachers, and parents to participate or compete against students!

- Students vs. students
- Staff vs. parents
- Students vs. teachers

EXTRA CREDIT: Sell popcorn, drinks and more and donate the proceeds.

Pass the Can

It would be so fun to pass the can at football games or other sporting events where you will have adults and students seated. Pass the can around the stands and make an announcement that the funds are going to JDRF and have students make posters to hang in the entry way.

EXTRA CREDIT: Ask the competing team to pass the can at the same time to see who raises the most at the event.

Create your Own

Show your school's originality by creating your very own unique event! Looking for even more ideas? Check this out to help get you even more inspired.

EXTRA CREDIT: Ask students to come up with fundraising ideas and vote for the type of fundraiser they would like to host. Engage student organizations to lead the effort.

WACKY WAYS TO MOTIVATE STUDENTS

Pucker Up!

For some reason, students love to see adults kiss an animal...especially one you don't see every day. So, find a pig, cow, goat, donkey, or even a fish (yes, a fish!), put on some lip balm, and say, "smooch"! Put the word out to staff, parents, and local farms to find the creature that is just right for the job!

Up on the Roof!

Prepare yourself to spend a night or day on the school roof. Your students won't believe their eyes when they get off the school bus and see you emerge from your rooftop sleeping quarters! If a day on the roof sounds better, set up your office high above the school and invite the kids to watch you work during recess. Have fun playing this one up—wear footie pajamas and let students think they woke you up in the morning or send office papers down to them via paper airplanes! Day or night, the sight of you holding court on the roof will surely be one to remember!

Hair, Hair Everywhere!

This one is easy...all you need is someone who is willing to shave or dye a beloved mustache, beard, or head of hair for a good cause! Invite all students to come watch the hair removal or hair dyeing live or broadcast it via television on the morning announcements. A fun twist is to allow the top fundraising student to shave or dye their hair in any style or pattern he or she wants to. Who knows...your school could be responsible for creating the next big hair trend with this stunt!

You're Suspended!

No, this one won't get you a day off, but it will get you suspended in midair for all to see! Here's how it works: stand on a chair or crate in front of a concrete wall in the school and allow students to place strips of duct tape across your arms, legs, and torso to secure you to the wall. Once enough strips of tape have been used, the chair or crate can be removed—leaving you "suspended"! Allow the top 25 fundraising students to be responsible for applying the tape, names from a hat, or come up with your own way to include students in this stunt. Don't believe it will work? Head over to YouTube and search "JDRF Suspend the Principal" for proof

Play Dress Up

Time to dig through that old costume trunk and find something that the kids will go crazy for! Dress like a robot and do the robot dance during gym classes, deck out an avid sports fan in the gear of a rival team, make someone who really hates pink (or another color) dress in the color from head to toe or wear another sort of costume that students will be psyched to see! There are many options for this stunt, so be creative and have fun with it!

Sing It Loud!

You are about to deliver the performance of a lifetime! Pick a song, recruit some willing colleagues, and prepare a karaoke routine to perform for students. You'll get tons of bonus points for choosing a song that the kids love, wearing creative costumes, and stepping to the beat with perfectly choreographed dance moves. Make the most out of it by renting a karaoke machine for the day and inviting students to join the fun. Rehearsal starts...now!

I Scream, You Scream!

Your students will love this opportunity to “play with their food” without consequence. Invite a group of students to cover you with ice cream, sprinkles, chocolate sauce, cherries, etc. as the rest of the school cheers them on! Reach out to the local ice cream parlor for donations to help pull this stunt off and consider offering an ice cream party to top students, classrooms, or grades as a nice tie in. If the idea of getting covered in ice cream leaves you feeling cold, how about renting a hot dog costume, and allowing students to add ketchup, mustard, and all the fixings? Or, come up with your own fun way to reward students with a school-approved “food fight”!

PAPER SNEAKER CAMPAIGN



The JDRF Paper Sneaker Campaign is our most tried and true way to raise funds for JDRF and T1D research! Our interactive program teaches students about type 1 diabetes and the importance of giving back to your community. It's fun, easy, and educational!

HOW IT WORKS – FOUR EASY STEPS!

1. Choose two dates, about two weeks apart, during the school year to participate.
2. On the first date, kick off your school's fundraising! JDRF provides a video and tools to teach students about type 1 diabetes, as well as safe and fun ways to raise money for a great cause.
3. After the kick-off, students will have until the second date to fundraise by collecting contributions and "selling" JDRF paper sneakers to friends and family for donations.
4. On the second date, students submit the funds they've raised at a celebratory walk or event held on your school's grounds.

RESOURCES AVAILABLE FOR ALL SCHOOLS INCLUDE:

- Envelopes and paper sneakers for each student
 - Each envelope includes a letter detailing the fundraiser, 10 JDRF paper sneakers, and information about JDRF and T1D!
- Educational video
- Educational power point
- Speaking points/tips for assembly
- Website for registration and online donations
 - You can register your school through the JDRF Your Way Platform (jdrfyourway.org) or through the JDRF One Walk program (walk.jdrf.org)!

PENNY WARS

Penny wars (also known as coin wars, coin drives, and penny drives) build spirit and promote friendly competition while encouraging lots of student participation!

HOW IT WORKS

1. Set up a container to collect coins for each participating grade/classroom in a busy area in the school (the hallway or school cafeteria for example). While any large container will do, empty water (bubbler) bottles work best.
2. Pennies are added to the students' class jar for points. Each penny is worth +1 point. Silver coins or paper bills are worth negative points according to their value. Therefore, you want to put PENNIES in YOUR TEAM'S jar (positive points) and nickels, dimes, quarters, and dollar bills (negative points) in the jars of OTHER TEAMS. The goal is for your team to have the most POSITIVE points by the date for **the end of the fundraiser**.
 - **For example:**
 - 1 penny = one point
 - 1 nickel = negative 5 points
 - 1 dime = negative 10 points
 - 1 quarter = negative 25 points
 - 1 dollar = negative 100 points
3. At the end of the collection period, the class that netted the most is rewarded by the school or the fundraisers organizer!