

Thank you for supporting your school's JDRF One Walk Team! You can teach students about type 1 diabetes and help your students fundraise with these morning announcements! Be sure to add any special incentives or fundraisers you have going on at your school!

DAY 1

Our school is so excited to support JDRF and participate in our local JDRF One Walk which will take place on **[INSERT DATE]**. Be sure to tell your parents about JDRF and how our school is helping by raising money for type 1 diabetes research and ask for their help!

Each day leading up to the Walk, 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 can't catch it like a cold or flu! Doctors don't know exactly what causes diabetes. But they know people with diabetes cannot catch it from anyone else. Neither can you!

Kids and adults who have type 1 diabetes, or T1D, are unable to make the insulin that they need. Insulin is normally made in the body by an organ called the pancreas, but for people with T1D, the pancreas no longer makes insulin. Insulin is necessary to get sugar into cells in your body, so that you have energy. We all need this energy to work, play, and even do our school work!

DAY 2

Did you know that your parents can help too? Ask them to register for our school's team, the **[INSERT TEAM NAME]** and tell others why we're walking and ask family and friends for their support!

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

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!]

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!]

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!]

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!]

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 makes blood sugars rise; exercise and insulin make sugar levels fall. We have all tried juggling in PE class, and we know it is pretty tricky and challenging. Balancing food, exercise, and insulin is even trickier. It requires a lot of knowledge, care, math calculations, and problem solving!

DAY
7

Let's keep on raising money by reminding friends and family members that they can help! Only **[INSERT NUMBER]** days until our JDRF One Walk! **[INSERT ADDITIONAL INFORMATION ABOUT YOUR SCHOOL'S FUNDRAISER SUCH AS THE TOTAL RAISED TO DATE, % TO GOAL, SPECIAL INCENTIVES AND REMINDERS!]**

You can't get type 1 diabetes, or T1D, from eating too much candy or sugar. People with T1D didn't do anything wrong. It just happened. So if you know someone with diabetes, be a friend. It's nobody's fault.

DAY
8

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

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.

DAY
9

[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.]

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!

DAY
10

[INSERT DAY] is our Walk, 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.]