



KIDS WALK TO CURE DIABETES School Walk Guide



dedicated to finding a cure

KIDS WALK  TO CURE DIABETES

About Diabetes

- Diabetes afflicts 150 million people worldwide.
- About 17 million Americans have the disease; 5.9 million remain undiagnosed.
- Diabetes kills one American every three minutes.
- A new case of diabetes is diagnosed every 30 seconds.
- Diabetes attacks many organ systems. It is the leading cause of kidney failure, adult blindness, and non-traumatic amputations and the leading cause of nerve damage, stroke, and heart attack.
- There are more than one million Americans living with juvenile (type 1) diabetes.
- Every year approximately 30,000 Americans are diagnosed with juvenile (type 1) diabetes, over 13,000 of whom are children. That's 35 children every day.
- Diabetes is one of the most costly chronic diseases of childhood and one you never outgrow.
- To stay alive, people with juvenile diabetes must take multiple insulin injections daily or continually infuse insulin through a pump, and test their blood sugar by pricking their fingers six or more times a day.
- Insulin is NOT a cure! Even with insulin, the life expectancy for people with diabetes is shortened by an average of 15 years.

Our Mission

The mission of the Juvenile Diabetes Research Foundation International is to find a cure for diabetes and its complications through the support of research.

Special thanks to Coca-Cola Enterprises for underwriting the Kids Walk to Cure Diabetes materials. Coca-Cola Enterprises and your local Coca-Cola bottler are proud to support JDRF in communities across the country. Coca-Cola has been a partner with JDRF in the search for the cure for diabetes for over 30 years.

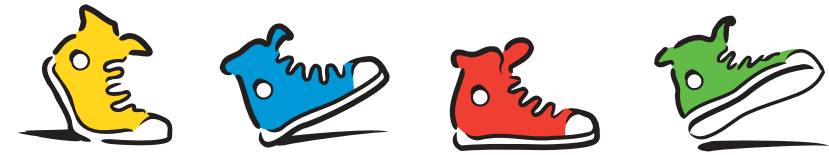


TABLE OF CONTENTS

Welcome to Kids Walk to Cure Diabetes	1
Raise Money for Diabetes Research	2
Traditional Donation Campaigns	2
Other Great Ways To Raise Money	3
Checklist for Success	4
Creating Your Walk	5
Organizational Timeline	6
Learn About Diabetes in the Classroom	8



Welcome to Kids Walk to Cure Diabetes

Thank you for participating in the Juvenile Diabetes Research Foundation (JDRF) **Kids Walk to Cure Diabetes**. Your commitment to raise awareness and funds for diabetes research will take us one step closer to finding a cure.

Included in the School Walk Kit are all the materials you will need to conduct a successful walk program. This guidebook walks you through the process of developing and conducting a fundraising drive at your school. The Classroom Tool Kit (located in the folder pocket) gives you a flexible curriculum with classroom activities that explore the biology of the disease, the role of research, and the lifelong benefits of healthy eating and exercise for all children. The Classroom Tool Kit is reproducible or you can download it from our Web site at www.jdrf.org.

Because JDRF appreciates every contribution, we have developed several fundraising options that can be modified for various situations. You may choose a fundraising program that recognizes individual achievement or choose a group fundraiser, or both. Consider the following fundraising programs as a menu of options. Most importantly, we want children to learn to help other children and to make a difference in someone else's life — whether they are made more aware of diabetes, become an advocate for a cure, or raise money. The purpose is

to give children an opportunity to help each other — Kids Helping Kids!

Juvenile (type 1) diabetes is a growing problem that affects us all. Complications from diabetes, including kidney disease, heart disease, blindness, and neurological disorders devastate the lives of people with the disease, and impose a staggeringly high cost on the entire health care system. The more your students know about diabetes, the greater the chance they will recognize it, understand it, and — if ever necessary — be able to help a friend or family member who has the disease. Equally important, they will learn that many of the lifestyle and dietary rules that help people with diabetes are the very same guidelines that will enable those without diabetes to lead healthy and active lives.

We thank our volunteers, parents of children with diabetes and who have professional experience in the education field, for developing this program and curriculum. We also thank our partners, Coca-Cola Enterprises, your Coca-Cola bottling company, for underwriting the cost of the **Kids Walk to Cure Diabetes** materials. And, we thank you for taking the time to learn about diabetes, educating your students about the disease, and raising funds to support research. Together, we will find a cure for diabetes!

The activities in the **Kids Walk to Cure Diabetes** curriculum are targeted for students in grades K-5



Raise Money for Diabetes Research

Traditional Donation Campaigns

The most effective way to raise money for the **Kids Walk to Cure Diabetes** is through traditional pledge and donation collections. Designate one or two weeks for children and teachers to collect donations from family members, friends, and neighbors. Children and teachers can send letters to family and friends asking for donations or collect them face-to-face. Encourage students to ask for a flat donation instead of pledges. It is easier to collect the money one time instead of going back after the walk. Every child and teacher should receive a Kids Walk brochure and collection envelope.

Publicity

Hold a school-wide assembly to kick off the campaign and/or distribute the materials in each classroom and use the flexible five-day curriculum to teach the students about diabetes, healthy eating, and exercise. (See the Classroom Tool Kit for lesson plans and activity sheets.) Promote the campaign throughout the week(s) through PA announcements, posters, bulletin boards, etc. Make sure to notify parents on a timely basis. (See the Classroom Tool Kit for samples.)

Opportunity For Teamwork

Offer competitions between classrooms and/or grade levels. Have each grade level/classroom draw a thermometer and post it in the hallway. Let them fill in the thermometer every day as each student turns in the money they have collected -or- create one large thermometer in a central area of the school (i.e. the cafeteria). Using different colored markers for each grade, fill in the amount that each grade contributes and watch your school reach its goal!

Opportunity For Achievement

All children who participate in the walk will receive a JDRF sneaker bookmark. They will also feel a sense of accomplishment knowing they have helped others and completed a challenge — the challenge of Walking to Cure Diabetes. Other prize options are available for children who raise \$25 or more.

Opportunity For School Recognition

Schools also have an opportunity to achieve both local and national awards and recognition. All participating schools will receive recognition at the local JDRF chapter Walk to Cure Diabetes awards event, and the chapter will send press releases to the local media. In addition, a representative from top school walk teams will be recognized at JDRF's Annual Conference.

Other Great Ways to Raise Money

In addition to holding an individual walker campaign, here are a few other great ways the entire school or individual classes can raise money together! Make sure to use the sample flyers in the Classroom Tool Kit or download them from the JDRF Web site at www.jdrf.org.



Caps for a Cure

Students and teachers pay \$1 (or \$5 or any designated amount) to wear their favorite cap/hat to school for a day.

Extra Credit Idea:

Hold a hat contest and give awards for the most creative hat, the most colorful hat, the most patriotic hat, etc., or have students decorate hats with a healthy eating or healthy activity theme. A simple 1st place ribbon could serve as the prize. Students could participate by class and select a 1st place winner to represent their class. In a full assembly, 1st place winners from each class could participate in a “hat show” to display their hats and compete school-wide.

Sneaker Sales Campaign

Students and teachers sell paper sneakers for \$1. Post the colorful sneakers throughout the school in hallways, classrooms, or in the cafeteria. Sneakers can be ordered through your local chapter by calling 888.533.WALK.

Extra Credit Idea:

Consider selling sneakers for different prices. For example, \$1 for yellow, \$2 for red, \$3 for blue, and \$5 for green! Or, have a competition between grade levels and assign each grade a color (1st grade: yellow, 2nd grade: green, 3rd and 4th grade: blue, and 5th grade red). Measure their success in fundraising by the number of sneakers posted on the wall. Students turn in sold sneakers and money to the teacher every morning. Sneakers and dollars are tallied at the end of the week or at the Kids Walk.

Jeans Days

Students pay \$1 (or \$5 or other designated amount) to wear their favorite jeans to school. Let students have the opportunity all week and each student could donate as much as \$5 to \$25. Students turn in money at the beginning of each day.

Extra Credit Idea:

Teachers pay \$1 (or \$5 or other designated amount) to wear their favorite sneakers!

Dimes For Diabetes Campaign

Students collect dimes (or other spare change) from families, friends, and neighbors to help cure diabetes. Use the traditional sponsorship envelope for children to collect coins or let children decorate their own collection containers using empty coffee cans or snack cans.

Extra Credit Idea:

Hold a competition between classes for the class who turns in the most money each morning and then a grand prize winner for the whole week.



Checklist for Success!

- Recruit a School Leader** – Share this packet of information with one or more designated School Leaders and encourage them to partner with the local JDRF chapter and other community leaders to develop the walk.
- Develop a Walk Committee** – Recruit other teachers, school staff, and parents to assist in the planning of the walk. The work is much easier when it is divided among committee members.
- Publicize the Walk** – Present these materials at a PTA meeting, in your school’s newsletter, over the PA system, and on bulletin boards throughout the school. Don’t forget to alert the media!
- Create Enthusiasm** – Hold a kick-off assembly and invite a JDRF volunteer or staff person to attend. Promote incentives for achievement and develop friendly competition between grades or classes. Work with local businesses to create local incentives and provide special refreshments or giveaways the day of the walk.
- Count the Money** – Establish an internal way to collect and count the money received by students. Teachers can collect from each child and tally their classroom results. A person in administration can tally the results for the school. All checks should be made payable to JDRF.
- Celebrate Success** – Enjoy success by hosting a special picnic for the entire school. Work with local stores and vendors to assist you in getting donations.



Creating Your Walk

Here are a few tips to help make the day of the walk a success!

Location! Location! Location!

Many schools hold the **Kids Walk to Cure Diabetes** on their own school grounds. They choose to walk on an outdoor track or around a soccer field, baseball diamond, playground, or parking lot. Or, if your walk is during the winter, consider walking inside a gymnasium or cafeteria. Wherever you choose to walk, the important part about the **Kids Walk to Cure Diabetes** is giving your students an opportunity to help each other.

Set “Mile” Markers

There are several ways to challenge students to go the extra mile and walk for a good cause. One way is to break up the walk into smaller, achievable portions. Determine the approximate miles/yards/feet along the walk route. Station teachers or volunteers at regular intervals (i.e. every lap, every 100 yards, every 1,000 steps, or even 10-minute intervals) to give walkers a gold star or some type of “sticker” to show their accomplishment. They could display the stickers on their clothing, or on a card they create themselves. Set a reasonable goal for children to accomplish ... 10,000 steps is good standard to follow.

Create a Math Lesson While Walking

Track students’ number of “laps” or other distances by giving each student a Popsicle stick for each completed lap. When you return to the classroom, count the number of sticks or “laps” for each student, then add together for a grand total for the classroom ... then for every grade ... then for the whole school! Create a little excitement by marking a few sticks with a mark or a stamp that the “owner” of that stick can redeem for a door prize.

Divide and Conquer!

If you have numerous students participating, consider starting students in intervals. Students could walk according to classroom, grade, or designated team (i.e. yellow team, green team, blue team, red team). Have one group walk at 10AM, another group at 11AM, another at 1PM, and so on.

Celebrate Success!

Consider celebrating the success by holding an outdoor picnic with a bag lunch. Decorate with balloons! Contact local vendors for assistance in obtaining refreshments for students.



Organizational Timeline

Here are a few suggestions to keep your walk program running smoothly from start to finish.

Pre-Walk Planning

- Seek approval from administration and/or school board.
- Contact the local JDRF chapter.
- Set date of walk.
- Set dates of fundraising efforts (we recommend a one or two-week campaign).
- Decide on a walk format and fundraising strategies.
- Plan publicity (teachers, students, parents, administration, etc.).
- Set Kick-Off Assembly date.
- Determine distribution of kids’ fundraising materials.
- Approach local community businesses to assist in efforts.

Three Weeks Prior to Walk Kick-Off

- Conduct staff meeting.
- Set up logistics for Kick-Off Assembly.
- Set up logistics for walk day.
- Set up publicity to parents, community, etc.
- Photocopy materials for each teacher.
- Distribute materials to teachers.
- Confirm any help from parents or other volunteers needed.
- Confirm speakers for the Kick-Off Assembly.

Organizational Timeline (cont'd)

One-Two Weeks Prior to Walk

- Hold Kick-Off Assembly.
- Distribute Kids Kits (brochure and collection envelope).
- Use posters and bulletin boards to create enthusiasm.
- Use PA system to share diabetes information and build excitement.
- Encourage students with their fundraising efforts.
- Collect money from children throughout the week (if applicable).

Walk Day

- Supervise set up.
- Hold the walk event.
- Hold picnic celebration.
- Supervise clean up.

After the Walk

- Teachers collect envelopes from children and complete the classroom collection sheet.
- Administration completes the School Tracking Sheet and submits money to JDRF.
- Write Thank You notes to local businesses, volunteers, etc. who assisted.
- Work with local chapter to submit article for local newspaper.



Learn About Diabetes in the Classroom

As your school prepares for the **Kids Walk to Cure Diabetes**, we encourage you to learn about diabetes with your students by integrating the following activities into your lesson plans wherever possible. The activities are flexible. Use them all, or select the ones that fit in your existing curriculum. And use them in a sequence that works best for your students. The activities are targeted for students in grades K-5. Some of the worksheets are geared for primary students, while others are more appropriate for intermediate students. However, feel free to select those activities that would best suit the skill and reading levels of your students. The lessons and activities can be found in the Classroom Tool Kit. This tool kit is reproducible, or you can download the original copies from our Web site at www.jdrf.org.

LESSON 1 What is Diabetes?

Learn about diabetes and the human body.

- Activity 1 Diabetes — So Many Questions
- Activity 2 Fill in the Blank Mystery
- Activity 3 Topsy Turvy: Where Does the Food Go?
- Activity 4 The Truth About Juvenile Diabetes

LESSON 2 The Search for a Cure

Learn about the importance of experimenting and research. Let children try their hand at invention!

- Activity 1 Role Play: Researchers Wanted
- Activity 2 Research Maze

LESSON 3 You Can Make A Difference!

Learn about the importance of befriending a classmate with diabetes and about writing letters to Congress.

- Activity 1 Be a Friend
- Activity 2 Be an Advocate
- Activity 3 What Would You Do?

LESSON 4 You Are What You Eat

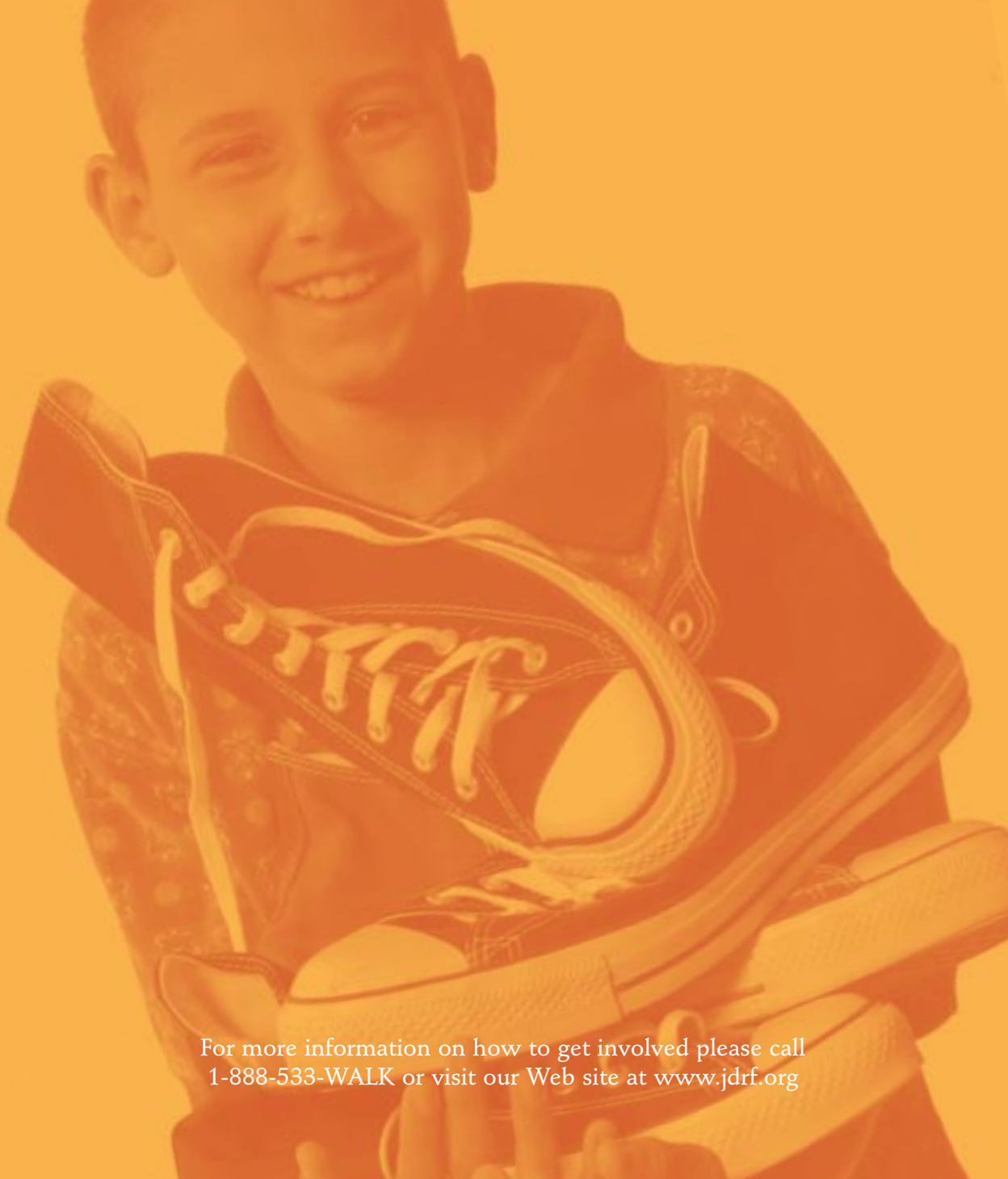
Learn how to develop healthy eating habits.

- Activity 1 Fruit and Vegetable Survey
- Activity 2 See More, Eat More!

LESSON 5 Get Moving!

Learn how healthy activities are more than just exercise!

- Activity 1 Activity List
- Activity 2 Activity Journal



For more information on how to get involved please call
1-888-533-WALK or visit our Web site at www.jdrf.org



dedicated to finding a cure

KIDS WALK  TO CURE DIABETES