



## JDRF Kids Walk to Cure Diabetes – Morning Announcements

***Teachers: Thank you for supporting your school's Kids Walk to Cure Diabetes! You can emphasize what was learned at the kickoff and help your students fundraise with these morning announcements! Be sure to add any special incentives or fundraisers you have going on during these two weeks of fundraising!***

### **Day 1:**

Yesterday after Kick-Off, we learned about diabetes and kicked off our Kids Walk to Cure Diabetes that will take place on \_\_\_\_\_. Be sure to tell your parents about JDRF and how our school is helping by raising money for type 1 diabetes research! Show your mom and dad your collection envelopes and ask them to help! Remember to bring all the sneakers that you sell to your teacher each day so we can hang them up around the school and show everyone how we are making a difference!

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, flu, or chicken pox! Doctors don't know exactly what causes diabetes. But they know people with diabetes cannot catch it from anyone else. Neither can you!

### **Day 2:**

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!

Have you registered online? You can create your very own web page to tell others why you're supporting JDRF! ALWAYS ask a parent for help! \_\_\_\_ days until our Walk!

### **Day 3:**

There are two 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.

Remember to ask your mom or dad to help you register online so that you can get the word out and ask friends and family members for their support! \_\_\_\_ days until our Walk!

**REGISTER TODAY**  
**KIDSWALK.JDRF.ORG**

**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!

Remember to turn in your sneakers! You are doing great so far!! Look at all the sneakers hung around our hall/gym! \_\_\_\_ days until our Walk!

**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!

Remember to turn your sneakers in to your teacher! We are already on our way to reaching our school's goal of raising \$\_\_\_\_! \_\_\_\_ more days until our Walk!

**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 diabetes would do this several times in an hour.

Did you turn in your sneakers?

Only \_\_\_\_ more school days until our Walk.

**Day 7:**

Having diabetes is like a balancing and juggling act. People with type 1 diabetes must balance food intake 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!

Let's keep on raising money by reminding friends and family members that they can help! Always ask a parent first! Our Walk is coming up on \_\_\_\_\_!

**Day 8:**

You can't get type 1 diabetes, or T1D, from eating too much candy. 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.

Do you have any sneakers to turn in? Our Walk is THIS \_\_\_\_\_!

**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.

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REMEMBER to turn in your sneakers, as our Walk is this \_\_\_\_\_! Also, plan to bring your collection envelope to school with you on \_\_\_\_\_. Make sure you have all your information filled out on the envelope so that you can receive your Difference Maker Awards for all your hard work in fundraising! We'll be turning in all the money that we collected at the Walk.

**Day 10:**

Currently there is no cure for diabetes. The money that our school raises will help scientists to find better treatments and a cure for diabetes.

Tomorrow is our Walk, so there are a few things to remember:

Bring your collection envelope with you to school tomorrow. Make sure that you've filled it out completely so that we can get you the correct Difference Maker Awards!

Be sure to wear tennis shoes and bring a jacket so that you are comfortable when we are outside!

**Day 11:**

Today is our Kids Walk! We will meet in the gym/on the field at \_\_\_\_\_. After the Walk, students will be receiving/doing \_\_\_\_\_. Remember that together we can all make a difference. Thanks for being a kid helping kids!

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