



GLOW UP  
— AND —  
SHOW UP  
FOR RARE DISORDERS

@rareordersnz  
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Rare Disorders Month | School Guide



# Rare Disorders Month | School Guide

Rare Disorders Month is an advocacy and support period kicking off on Rare Disease Day - 28 February - and running through the month of March. The rare community needs your support to Glow up and Show up during this month.

Glow up and Show up for Rare is all about shining a light on the urgent need for action to improve healthcare and wellbeing for people and their whānau living with a rare disorder and showing support for the rare disorder community. Together we can bring rare disorders out of the darkness, and into the light.

It's not rare to have a rare disorder. In Aotearoa, more than 300,000 people live with one of the more than 6,000 rare disorders - that's similar to the population of a big city like Wellington. More than half of those affected are children. That's the equivalent of 1-2 students in every classroom.

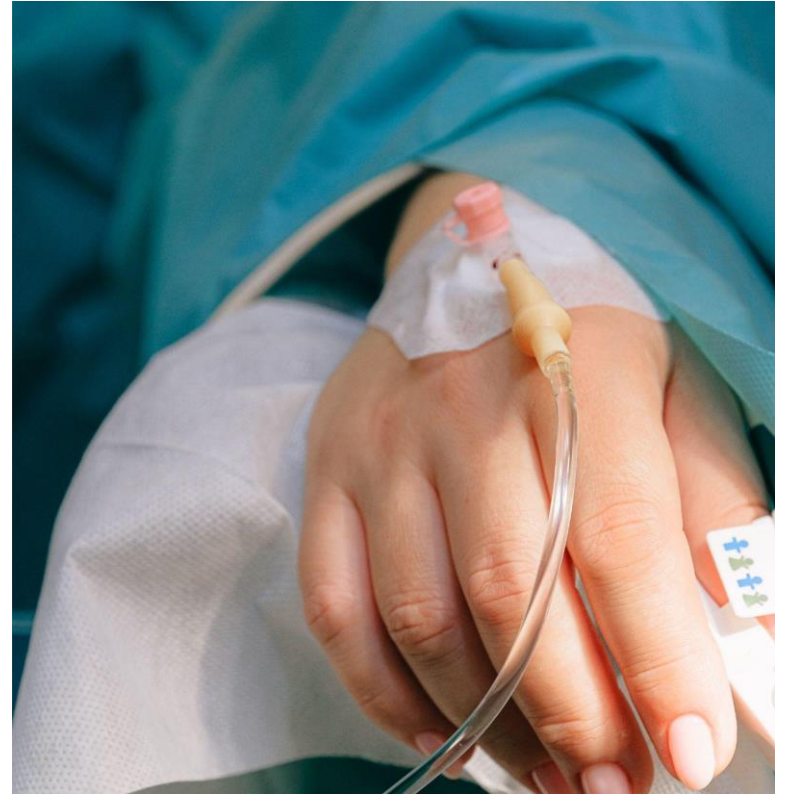
With so many tamariki affected, we are reaching out to schools to help us drive awareness and raise funds to continue to advocate for them.

Nau mai, haere mai. Together, let's glow up and show up for rare disorders.

# So why do we need to #GlowUpShowUp?

As it stands in New Zealand, people living with a rare disorder are invisible in our healthcare system. Unlike most OECD countries, we don't have a rare disorder strategy.

It's time to #GlowUpShowUp for the hundreds of thousands of New Zealanders who are being left in the dark.



# How can your school or kura get involved?

See the following slides for a list of ways you can get involved in Rare Disorders Month. Each option includes a link to a detailed guide.

By organising any of these activities, or taking part via social media, you're giving hope to the rare disorder community within your school and showing that they matter and they deserve adequate treatment. You're also teaching students about the importance of diversity and inclusion.

Your support helps raise awareness and money for Rare Disorders NZ, and the 300,000 NZers living with a rare condition. You're showing support for the issue and increasing the urgency for the Government to get started on a dedicated rare disorder strategy.

# ACTIVITY OPTIONS

Do one or do them all, every bit of support helps!

We can't wait to see how you  
#GlowUpShowUp

## Glow Up Clothing/Accessory Day

View the Rare Disorders Month Glow Up clothing/accessory day guide [here](#).

Run a Glow Up clothing/accessory day on International Rare Disorders Day, Feb 28, or sometime during Rare Disorders Month (March) that works for your school calendar. This is a great option to get all students involved from year 1-13.

## School Disco

View the Rare Disorders Month School Disco guide [here](#).

Host a disco during Rare Disorders Month where students can dress in bright or neon coloured clothes and accessories. Best for students year 1-8.



## Morning Tea

View the Rare Disorders Month morning tea guide [here](#).

Organise a morning tea for students or staff as a simple way to raise money and awareness for Rare Disorders Month.



## Colour Run

View the Rare Disorders Month colour run guide [here](#).

Organise a colour run during Rare Disorders Month to help students glow up and show up for the rare disorder community. It's also a fun outdoor activity before summer draws to a close. A great option to get all students involved year 1-13.

## Speech Competition

View the Rare Disorders Month speech competition guide [here](#).

Hold a speech competition as a way for students to engage in self-directed learning to become knowledgeable and interested in learning about rare disorders, while encouraging the audience to do the same. Best for students year 8-13.

## Lesson Plan

View the Rare Disorders Month lesson plans [here](#).

Teachers who are keen to weave this cause into the class can access these templated lesson plans as a way to raise awareness during Rare Disorders Month and give context and relevance to other activities during Rare Disorders Month your school is engaging in. Lesson plans are available for primary and intermediate aged students.







## Social Media Posts

We would love it if you and your members can like, comment and share our posts on Facebook, LinkedIn and Instagram throughout the month.

To spread awareness to your school community, you can post about Rare Disorders Month on your social media accounts.

We would love it if you could create a short video, raising your hands to #GlowUpShowUp, talking about what Rare Disorders Month means for you and/or how you're getting involved. Post this on your social media and tag @RareDisordersNZ, or send it to [tilly@maiastudio.co](mailto:tilly@maiastudio.co) so we can celebrate your involvement on our channels.

Feel free to use these social media **tiles** and **captions** or create your own. Be sure to tag us @RareDisordersNZ so we can continue the movement/conversation.

We'd also love to send you some of our temporary tattoos and see posts of you and those around you raising your hands to #GlowUpShowUp for rare. This is a great, easy way to get involved, if time and resources are tight. Order 100 tattoos by emailing [RDNZadmin@raredisorders.org.nz](mailto:RDNZadmin@raredisorders.org.nz)

## Newsletter

To spread awareness to your school community, you could include information about Rare Disorders Month in your next newsletter.

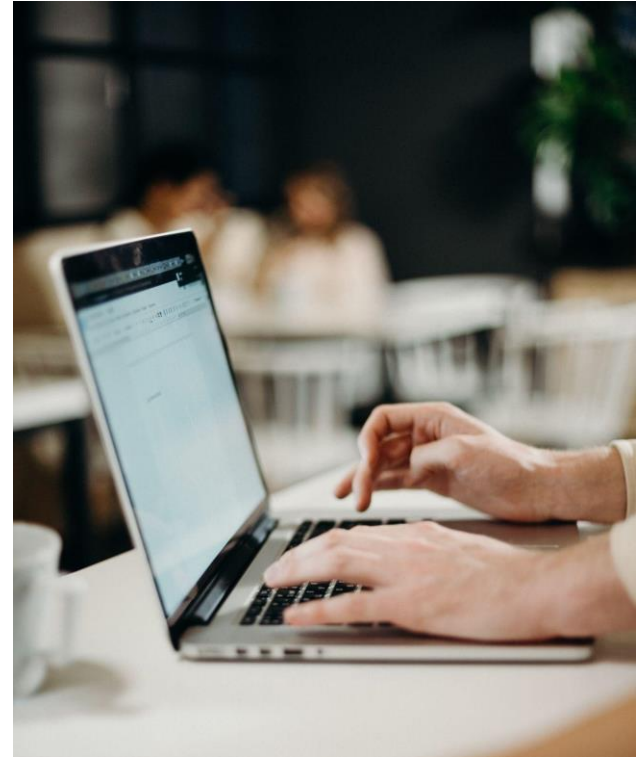
You could incorporate quotes or stories from your students who live with rare disorders. Write your own, or use our [newsletter template](#) as a guide.

## Additional Resources

For more information on rare disorders, view our additional resources [here](#).

If you're interested in ordering Rare Disorder Month t-shirts for your events, contact [RDNZadmin@raredisorders.org.nz](mailto:RDNZadmin@raredisorders.org.nz). Please note we have a limited number of t-shirts and sizing options.

Download posters, logos, and banners [here](#).



After your involvement is complete, contact [RDNZadmin@raredisorders.org.nz](mailto:RDNZadmin@raredisorders.org.nz) to send in your photos. To arrange transfer of donations head to our Givealittle page [here](#).

**Ngā mihi nui! We are so grateful for your support!**



#GlowUpShowUp  
#RareDisordersMonth  
#DoRightByRare

@RareDisordersNZ