

This newsletter aims to support your school in promoting healthy lifestyle messages. Our mission is to work within the community to reduce the incidence and impact of cancer.

Contact us:

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For information and support call our Cancer Nurses on 13 11 20.

cancerwa.asn.au



generationsunsmart.com.au

Crunch&Sip®



crunchandsip.com.au

Join our community



Would you like water with that?

With approximately 47% of Australian children consuming sugary drinks every day, it's time to start putting water back on the agenda.

Water is required for the digestion and absorption of nutrients, elimination of waste products from the body and to regulate body temperature. Tap water is free and readily available, quenches your thirst and has no kilojoules.

In comparison, sugary drinks are energy dense yet nutrient poor, this includes soft drinks, cordials, fruit drinks, energy drinks, iced tea and flavoured waters. With the growing consumption of sugary drinks amongst Australian children, these drinks are contributing to a substantial amount of energy in the diet.

The impact this is having on health during a critical period of development is concerning. Consuming sugary drinks regularly can lead to excess weight gain and associated chronic disease, as well as tooth decay and erosion.

The size of sugary drinks has increased 2 to 3 times in the last 50 years making it even easier to consume excess sugar. A 600ml bottle of sports drink has become a common purchase for children to rehydrate after sport, yet it contains around 9 teaspoons of sugar and nearly 1000 kilojoules. That's roughly the same amount of energy as eating a chicken and salad sandwich. So, reaching for a sugary drink to wash down your food is the same as eating a second meal.

Whilst soft drinks are considered the worst offenders, parents should be aware of the high levels of sugar in other commonly purchased drinks such as juice, sports drinks and iced tea. Whilst these may be perceived as 'healthier' sugary drinks, they can be just as high in added sugars as the rest of them.

With school athletic carnivals just around the corner it is important to remind families that plain water is the best option for hydration and performance and should be the drink of choice for children.

Continued overleaf



Discuss the infographic below with your class and share it with your school community. You can download a PDF of this infographic from the Crunch&Sip® website crunchandsip.com.au/resources/downloads.

Encourage kids to reach for water and put their health first.



Malibu School Crunch&Sip® activity day

On May 29, Malibu School in Safety Bay celebrated its annual Crunch&Sip® and Walk to School activity day. The physical education department, in conjunction with the school's Child and Adolescent Community Health Nurses, facilitated the event.

The event focused on healthy eating and the nurses prepared a variety of freshly cut fruit platters, smoothies and vegie sticks with healthy dip alternatives for students to enjoy. The morning was spent being physically active by playing games, including tug-of-war for the staff members and a dancing session for everyone to join in.

Announcements over the loudspeaker highlighted fun facts around fruits and vegetables as the students danced and ate their vegies. It was important to the school that parents were included in the event and they were provided with healthy lunchbox ideas and tips to take home.

Jasmine Teo from the Crunch&Sip® team and our Vegie Man mascot joined in the fun and danced along to the crowd favourites 'Baby Shark', 'Fruit Salad' and 'Raw'. The students were delighted having the Crunch&Sip® mascot at the event.

"Events such as these create a sense of fun around healthy eating whilst educating students about what snacks are good for them" - Malibu School Deputy Principal, Natasha Miller



Our Vegie Man mascot joining in the fun at Malibu School's Crunch&Sip® activity day

WA kids munch on vegies

An incredible 13,600 students from 551 classrooms participated in this year's March Munch event. The event was open to all WA primary schools and challenged students to eat vegies each day during their Crunch&Sip® breaks for the entire month. The event is one of the strategies coordinated by the Crunch&Sip® team to boost vegetable intake as research shows that only 1 in 6 WA primary school children are reaching the recommended guidelines.

On average, kids ate vegies 72% of the time during March Munch, which was a fantastic result and shows just how important the school environment is in encouraging kids to eat more vegetables.

The feedback received from teachers was extremely positive, as most teachers really enjoyed introducing March Munch into their classrooms.

"March Munch was great to motivate and excite students about vegetables. They loved seeing what everyone was bringing in and it also helped students concentrate on their work as they were fuller for longer." - Year 3/4 teacher

To find out more about our Crunch&Sip® events visit crunchandsip.com.au/events.



Here are some of our March Munch crunchers from Jigalong Remote Community School.

New plan to upskill pre-service teachers in sun protection

New research from Cancer Council WA and Edith Cowan University suggests that pre-service teachers may be lacking the vital knowledge they need to help keep primary school students properly protected from ultraviolet (UV) radiation.

Dr Joseph Scott, lecturer at Edith Cowan University, surveyed over 260 pre-service primary teachers at Edith Cowan University. Results indicated that almost 60% did not feel they had sufficient knowledge and skills to properly teach sun safety. Only 55.6% reported that they understand the UV index, with 29.9% reporting they never check it.

Dr Scott says it's encouraging that teachers in training understood the importance of sun safety and being able to understand UV in order to explain it to their future students.



Doubleview Primary School teacher Samantha Bradock knows how to keep her students SunSmart

"98% of participants reported that they feel it is important that teachers understand UV to protect children while they are at school," Dr Scott said.

"So it's unfortunate that they currently don't feel they have the knowledge and skills to properly teach children about sun protection. Our findings indicate there is an urgent need to strengthen teachers' knowledge and understandings of UV and proper sun protective measures."

Cancer Council WA will use the results of the survey to inform a new intervention which would aim to get teachers up to speed on the evidence behind **slip, slop, slap, seek** and **slide** before they embark on their teaching career.

The intervention will involve pre-service teachers participating in a workshop on UV and sun protection, aiming to increase this knowledge. We know that teachers play a vital part in both role-modelling to children and teaching them how to be SunSmart.

SunSmart currently offers free online professional learning modules for teachers, student teachers, Community Health Nurses and school staff. Topics include UV radiation, how to be SunSmart and developing a sun protection policy. To complete the modules, visit generationsunsmart.com.au.

Daffodil Day – St Helena’s Catholic Primary School

Daffodil Day has been an important part of St Helena’s Catholic Primary School’s community for 8 years.

“Sadly cancer has affected a number of families at our school, however, we see Daffodil Day as a happy day and a day to celebrate all the breakthroughs that have been made in research to fight cancer,” said year one teacher Simone Bannatee.

The Ellenbrook school raises funds for cancer research each Daffodil Day by hosting a free-dress day where students can wear yellow or orange.

“The school always looks like a sea of sunshine,” Mrs Bannatee said.

Staff and parents also volunteer their time to sell Daffodil Day merchandise and fresh daffodils on the day, a tradition all the students look forward to.

“Students also love buying the fresh daffodils to take home to their mum and you often see daffodils being kept in glasses of water around the school, ready to be taken home at the end of the day.”

With such supportive students, families and staff, the school has made an incredible contribution raising over \$9500 and they are very proud of their efforts.

Daffodil Day also gives families, staff and students time to share their own stories and talk about the impact of cancer and how they can support each other.

“Although it’s a time when tears are often shed, it’s also a time when people realise they’re not alone.”

“Daffodil Day will continue to be one of the most important dates in our school calendar and we hope that other schools can come on board and help fight cancer with us.”

If your school is interested in getting involved this Daffodil Day, visit daffodilday.com.au/schools-wa to register. You’ll even be in the running to win some fantastic prizes in our schools competition!



St Helena’s Catholic Primary School students dressed in yellow for Daffodil Day

Regional support for your school

Cancer Council WA’s Regional Education Officers (REOs) deliver healthy lifestyle messages in these regions:

Regional Office	REO Name and Phone
Kimberley - Broome	Liz Bakowski - 9194 1668
Pilbara - Karratha	Anne Johnston - 0427 503 620
Midwest - Geraldton	Kate Raston - 9956 2406
Goldfields - Kalgoorlie	Rachel Jolly - 0419 044 233
Wheatbelt - Northam	Melissa Pickering - 0427 876 946
Perth Hills - Midland	Alycia Simmonds - 9382 9360
South West - Bunbury	Shenae Norris - 9382 9371
Great Southern - Albany	Bruce Beamish - 9842 7513

These healthy lifestyle messages include being physically active every day, being SunSmart and eating a healthy diet with plenty of fruit and vegetables.

Each of the REOs work hard in the community by delivering education sessions to schools, early childhood education and care, as well as workplaces and community groups. The REOs also promote and support the SunSmart schools and Crunch&Sip® programs.

As well as providing resources to raise awareness, the REOs each work closely with the local media in their region to share stories with the wider community.

For more information, get in touch with your local Regional Education Officer and find out how they can help you or your organisation become healthier and reduce the risk of cancer.

Geraldton Grammar School

Leading the way in teenage sun protection

Geraldton Grammar School has made sun protection for all students a normal part of their school day, bucking the trend of many other WA high schools.

The kindergarten to year 12 school has made long-term health and wellbeing a priority by ensuring all students wear a broad-brimmed hat, reducing their risk of developing skin cancer.

Despite excessive ultraviolet (UV) radiation exposure in childhood and adolescence increasing the risk of skin cancer later in life, and adolescents receiving greater UV exposure than adults as school and recreational activities tend to coincide with peak UV levels, many WA high schools do not require students to wear hats while outside.

Cancer Council WA's Midwest Regional Education Officer, Kate Raston, reported that melanoma is the most common cancer in young Australians aged 15 to 29 years, despite being almost entirely preventable.

"Our skin is like a memory bank and remembers all the damage it has received over the years. Once the damage is done, it can't be undone and much of the sun damage to our skin that causes skin cancers later in life occurs during our teenage years," Ms Raston said.

"We encourage high schools to ensure that students are adequately protected from UV while at school."

Derek Lange, Deputy Principal at Geraldton Grammar, reported that all primary and secondary students have been required to wear a broad-brimmed hat at all times year-round for over 10 years.

"It's an expectation that students wear their sun protective hats and our school community is supportive of this. We've made our hats as affordable as we can, and ensure that teachers role model the expected behaviour," Mr Lange said.



Students from Geraldton Grammar School

"In a world where we are cognisant of the issues and aware of the severity of skin cancer it is easy to be proactive."

Our figures indicate that 38% of young Australians (aged 12 to 17 years) are likely to get a suntan and nearly two-thirds of Australian teenagers are out in the open during peak UV times, putting themselves at risk of harmful excess sun exposure.

"We know that primary schools do a great job at ensuring students have appropriate uniforms. It would be wonderful if high schools across WA could follow the example set by Geraldton Grammar," Ms Raston said.

Sun protection is needed throughout the year in the Midwest as the UV is regularly recorded at damaging levels.

"Our SunSmart message is to use sun protection when the UV is 3 or above," said Ms Raston.

For your daily UV forecast, visit myuv.com.au. More information on sun protection in schools and the SunSmart program is available at generationsunsmart.com.au.

Talking to someone with cancer

When anyone in a school community is diagnosed with cancer, people usually want to help but may not be sure where to start. People often say they don't know how to talk to someone with cancer, and they feel lost for words.

"Simply knowing that people are thinking of you helps to ease the isolation and anxiety"

- Genevieve, mother of a primary school student with cancer.

Cancer Council has developed a comprehensive resource titled **Cancer in the School Community**. It is a guide for school staff who would like to support students, families and colleagues affected by cancer. The content is relevant for all primary and secondary school staff throughout Australia and may also be useful for parents, students and family members. Here is a short section from the publication that might be relevant and useful for teachers and their students.

Like some adults, students sometimes worry about saying the wrong thing, so they might start to avoid a classmate who has cancer. Teachers can help by discussing the following tips with their students;

Try to talk about day-to-day things

Their classmate is probably tired of talking about cancer all the time. But the students also need to understand that their classmate might not be interested in trivial topics such as the latest celebrity gossip.

Acknowledge the situation

Students can say: "I don't know what to say, but I want you to know I care", "we missed you", "it's good to see you", "how are you going?" or "is there any way I can help in class?".

Understand that their classmate might look different

Their classmate may be self-conscious about any appearance changes caused by cancer treatment. They may want to talk about these changes or they may just want to fit back in. By following the lead of their classmate, students can work out whether it's okay to talk about the changes.

Understand that their classmate might act a little differently

Their classmate may be more tired or less social than before. Students can show their support by being patient and accepting that it may take time to adjust.

Take cues from their classmate with cancer

People who have had cancer react in different ways. By observing how their classmate behaves, students might figure out how to respond.

To download this resource or to access other cancer-related information call **13 11 20** and speak to our Cancer Nurses or visit cancerwa.asn.au/resources.

Recommended sun protection strategies for WA schools

Cancer Council WA recommends that schools employ as many of the measures below as possible whenever students and staff are outside while the UV Index is 3 or higher.



SLIP



SLOP



SLAP



SEEK



SLIDE



Uniforms, clothing and hats

- All staff and students wear a broad-brimmed, legionnaire or bucket hat that protects the face, neck, ears and crown of the head when outside. Caps are not sun protective and should not be permitted.
- Spare hats should be available for students to ensure their play time is not restricted if they forget their hat, or students without hats should be encouraged to play in the shade.
- Sun protective clothing is required in the school uniform/dress code (i.e. collared shirts, elbow or full length sleeves, longer shorts, skirts or long pants), including sports uniforms. Fabric with a UPF rating of 50+ is chosen where possible.
- Staff and students wear a rashie or similar top for swimming/water activities (may not be appropriate for competitive swimming).
- Adults wear appropriate sunglasses and students have the option to wear them.

Shade

- The school has sufficient shade or is working towards increasing shade (natural or built) in the school grounds, especially in areas where students congregate at break time.
- The use of shade (including temporary shade) is maximised during outdoor activities and indoor facilities are used wherever possible.

Scheduling

- When outdoor activities are scheduled at times when the UV Index is 3 or higher, maximum use is made of shade, sunscreen, hats and long clothing to protect students and staff.
- Where possible, outdoor activities are scheduled out of peak UV times.

Sunscreen

- Sunscreen is available and accessible to all staff and students.
- The use of SPF30 or higher broad spectrum, water resistant sunscreen is required before outdoor activities, recess and lunch. Time is given to apply sunscreen and reapplication after 2 hours is encouraged during extended outdoor periods.

Other recommendations

- Positive role modelling of sun protection behaviour is demonstrated by all school staff, parents and visitors.
- Include lessons on skin cancer prevention in the curriculum.
- Physical activity and play in conjunction with sun protection policies is promoted. 'No hat, no play' policies are counter-productive for physical activity. 'No hat, play in the shade' is a preferable approach.

More information

These recommendations are an excerpt from Cancer Council WA's Sun Protection Best Practice Guidelines for Western Australian Schools. For more information or to receive a copy of these guidelines, contact Cancer Council WA on **08 9212 4333** or email sunsmart@cancerwa.asn.au.

Information and educational resources specifically designed for teachers, school health nurses and school administrators can be found at generationsunsmart.com.au.

WIN \$10,000 FOR SHADE AT YOUR SCHOOL.



Thanks to the support of the West Coast Eagles, one lucky school can win \$10,000 to spend on shade.

Open to SunSmart Schools.
Entries close 8 November 2019.

GenerationSunSmart.com.au

Supported by



The Great Veggie Crunch!

9 - 13 September 2019

The Great Veggie Crunch aims to get WA kids eating more vegetables and having fun! Gather as many students as you can - a small group, a class, a block or the whole school, and choose a time that suits during The Great Veggie Crunch week to CRUNCH on vegetables.

REGISTER NOW - crunchandsip.com.au/events

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