

Clean, Crunch&Sip®

WA primary school kids are back in the swing of the classroom routine, which makes now a great time to talk about continuing Crunch&Sip® in a way that remains safe for the school community.

So take a moment to refresh yourself, and your families, on the key points for crunching and sipping in the most hygienic way, and keep up the great work in your classroom.

Crunch for one

Remind children not to share their Crunch&Sip® to minimise the transfer of germs between class members. This way Crunch&Sip® can safely continue at a time when other activities have been rescheduled, restructured or cancelled. If you are providing Crunch&Sip® for students, remember they will need their own container or plate.

Set the time

We strongly discourage students from grazing on vegetables and fruit throughout the day. Not only can this promote unhealthy snacking habits but many teachers report that it can be disruptive. Teachers should schedule time each day for Crunch&Sip® and build in the practice of hand washing before the break. Clean hands help to limit the spread of germs. We like to call this Clean, Crunch&Sip®!



Freshen up the bottle

As schools temporarily close or discourage the use of shared water fountains, it is important to remind parents to pack a refillable drink bottle so that kids can stay hydrated all day.

Because our tap water contains chlorine, a quick wash each night with the dishes should keep water bottles clean and free of any bacteria that might upset tummies.

Once a week water bottles need a thorough clean in soapy water, paying special attention to the lid as this is where food particles and dirt can become trapped.

To disinfect water bottles, once washed, leave the bottle and lid to completely air dry. Leaving a water bottle upside down on the dish rack overnight is an easy way to achieve this. If a water bottle has developed a slight smell, then rinse with

vinegar to help remove bacteria. In the summer months you can also freeze a full water bottle overnight. This not only kills most bugs that might be living in the bottle, it also provides refreshing chilled water with every sip.



Download this information in a fact sheet to share with your families at crunchandsip.com.au



School sun protection when money's tight

Skin cancer is Australia's most common and expensive cancer¹, and the leading cause of skin cancer is sun exposure². Sun exposure during childhood, particularly if it results in sunburn, damages the skin³. That's why Cancer Council developed the SunSmart Schools program. The program provides a check list of evidence-based criteria that if implemented, reduces student and staff exposure to UVR (ultraviolet radiation).

We know that money is tight for both schools and families at the moment. Fortunately sun protection doesn't have to be expensive – here are some low-cost and sustainable ways to Slip, Slop, Slap, Seek and Slide.

Hats

SunSmart recommendations:

Students and staff are required to wear a broad-brimmed, bucket or legionnaires style hat that protects the face, neck, ears and crown of the head.

Note: Baseball caps do not provide adequate protection.

Students without hats will remain protected from the sun and encouraged to play in shaded areas. Ideally, every child would have their own brimmed

hat that they could also wear out of school hours. If they don't have their own hat, spare hats are available for outdoor lessons.

Tips:

- Ask for help – the P&C/P&F, local businesses, charity organisations such as GIVIT or generous parents may be willing to donate extra school hats to give to needy families.
- Sell hats at cost price if possible.
- Remind parents to label hats with students' names as soon as purchased, or your school could use tracking technology for lost property such as RagTagd.
- Ask families, community groups or use social media (such as Buy Nothing groups) for unused hats to re-home.
- Check out your local op shop for cheap hats to use as spares.

Clothing

SunSmart recommendations:

Clothing that covers as much skin as possible is part of the school uniform or dress code. Students and staff are required to wear a rash vest or similar top for outdoor swimming activities

Tips:

- Encourage families to donate

used uniforms, hats and rashies back to the school and distribute at no cost to needy students.

- If a rashie is not available, a long sleeved t-shirt can also offer good protection when swimming.

Sunscreen

SunSmart recommendations:

Sunscreen is available and accessible to students and staff in classrooms and around the school. All students and staff apply SPF30 or higher sunscreen 20 minutes before going outdoors and reapply during the day. Sunscreen is stored in a cool place out of the sun.

Tips:

- Ask your local supermarket or chemist to donate sunscreen or provide it at a reduced cost in exchange for advertising on social media or in the newsletter.
- Ask families for donations of excess sunscreen that may not be suitable for them, but could still be used by other students. Just make sure it's in date and can be applied hygienically.
- Make sure sunscreen is stored correctly and used before it goes out of date.

- Registered SunSmart Schools receive a small amount of free sunscreen when they renew membership. Visit generationsunsmart.com.au for more information.

Shade

SunSmart recommendations:

Ensure there is adequate provision of shade within the school grounds for students and staff, particularly in high use areas such as popular play spaces, where children eat lunch and outdoor lesson areas. Ensure that adequate shade is provided at sporting carnivals and outdoor events. Consider shade provision in plans for future development.

Tips:

- Plan for shade in all new construction. Include the cost of shade in any grants or funding applications for playgrounds. Students often don't use expensive playground equipment because they are not shaded, meaning it's not value for money.
- Marquees can be used for more than just sports carnivals! When the UV is high, they may fit perfectly over a sand pit or play area.
- For sports carnivals, share marquees between schools or ask to borrow from groups such as Lions or Rotary.
- Ask your governing body or local politician for help. If there is demand from lots of schools, they may try to meet it with funding.

Staff

SunSmart recommendations:

Staff are required to wear sun protective hats when supervising students.

Tips:

- Remember that wearing a hat, sunscreen and sun protective clothing yourself is one of the most effective ways to encourage students to do the same.
- Claim sun protective items for personal use as a tax deduction.



Curriculum and communication

SunSmart recommendations:

Programs on sun protection are included in the curriculum. Sun protection is communicated to staff, families and visitors via newsletters, social media, assemblies, daily messages, whole school activities, and parent and staff meetings. Families and visitors are encouraged to role model sun protection measures when attending outdoor activities.

Tips:

- Visit generationsunsmart.com.au for free curriculum materials, parent communication tools and more.

Need more help or have other ideas to share?
Get in touch by email sunsmart@cancerwa.asn.au
or phone **08 9212 4333**.



¹ Fransen, M., et al., *Non-melanoma skin cancer in Australia*. Medical Journal of Australia, 2012. 197(10): p. 566-568.

² Armstrong, B.K., *How sun exposure causes skin cancer: An epidemiological perspective in Prevention of skin cancer*, D. Hill, M. Elwood, and D. English, Editors. 2004, Kluwer Academic Publishers: Dordrecht.

³ Green, A.C., S.C. Wallingford, and P. McBride, *Childhood exposure to ultraviolet radiation and harmful skin effects: epidemiological evidence*. Progress in Biophysics and Molecular Biology, 2011. 107(3): p. 349-55.

Health and wellbeing at school

Caring for children takes loads of energy, focus and resilience so prioritising your own health and looking out for your colleagues is an important part of keeping healthy and happy. To achieve this we've put together some tips for looking after yourself at school.



Crunch&Sip®

Crunch&Sip® is designed to help WA school children eat more vegetables and fruit each day, and is the ideal time for you to get an extra serve into your day too. Vegetables and fruit contain essential vitamins and minerals so they are perfect for keeping your energy levels up, your gut healthy and your mind happy and focused. They can also help to boost your immune system.

Water is essential and has many benefits. It helps regulate our temperature, aids digestion and improves concentration. We sometimes mistake our thirst for hunger so remember to sip on plenty of water throughout the day as this will help you differentiate between being thirsty or needing a snack. Aim for 8-10 cups (2.1-2.6 litres) of water each day, or more if you are sweating a lot, unwell or moving more.

Socialise for health

Try active socialising. It's fun and helps people feel involved and connected. Walking groups, backyard cricket and lawn bowls are all great ways to put a healthy spin on work do's.

Traditional staff morning teas can be full of temptations with lots of food on offer that's high in unwanted fats, salts and sugars. Instead, try a platter with veggie sticks and a healthy dip such as hummus, tzatziki or guacamole. Or set up a grazing station filled with roasted chickpeas, low fat cheeses and dried fruit.

Fruit platters are always a winner and healthy homemade banana bread or raw bliss balls should satisfy those with a sweet tooth. See our healthy snacks page at crunchandsip.com.au/healthy-lunchboxes/healthy-snacks for some yummy and healthy morning tea ideas.

Eat well

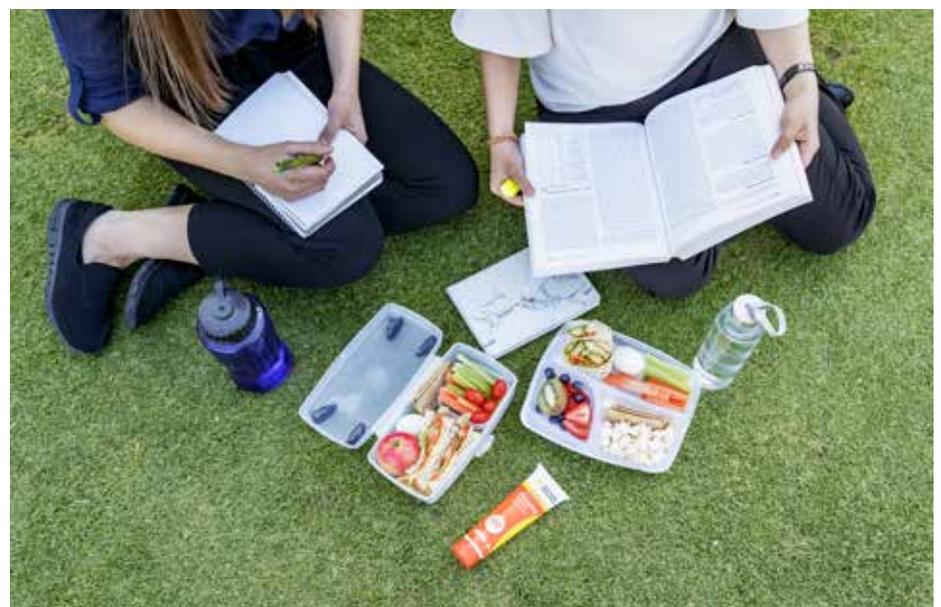
It is important to fuel yourself with a nutritious lunch and snacks to help you through the day. Make time to pack a healthy lunch and try to avoid

foods high in saturated fat, sugar and salt as these will leave you feeling sluggish, lacking in concentration and hungry again before long. Planning and preparation is key to ensuring you have healthy food at the ready so think about lunches when planning your weekly shop and where possible, prepare your lunch ahead of time. Soups, casseroles and rice dishes are fabulous to make in bulk and freeze in small portions ready to grab and go.

Aim for 2 serves of vegetables and 1 serve of fruit in your lunchbox each day and go for protein foods and whole grains to help you stay full for longer and assist with concentration and energy. Visit our healthy lunchbox page crunchandsip.com.au/healthy-lunchboxes for some lunchbox inspiration.

Move more

Aim to embed movement breaks in your classroom and throughout your day such as a quick 5 minute stretch with your students, an active 'Simon Says', a short workout in your





DOTT period (we recommend LiveLighter's 3-minute workout) or joining in with morning fitness. Including regular movement helps to increase blood flow and improve fitness, remember that it all adds up across the day.

Protect your skin

Did you know the sun can see through your skin to the cells beneath the surface? In fact, each time the sun sees your cells when the UV is 3 or above, it's doing damage that continues to build up over time, and could potentially cause a mutation in your DNA which can turn to skin cancer.

While a lot of Australians know about the link between high UV (ultraviolet) radiation and skin cancer, many of us are unaware of the cumulative effect of UV and therefore don't always think about sun protection in everyday activities, like gardening, walking to the shops or school activities such as playground duty.

For those working in schools, using decent sun protection serves two purposes – role modelling for children and reducing your own risk of skin cancer. So don't forget to protect your skin whenever the UV is 3

and above. To defend yourself properly, make sunscreen a part of your morning routine each day, switch your cap for a hat with a broad brim, wear long sleeves and sunglasses, and always stay in shade when you can. To find out the UV Index, download the free SunSmart app on your phone.

It's simple, just don't let the sun see your DNA.

Make time to unwind

Schedule time to do things that you enjoy and will help you unwind. This could include meditation, going for a walk, calling a friend or listening to

music. Allowing time to unwind helps to reduce stress, improve your focus, improve sleep and ultimately help you to feel more energised. This will also make it easier to practice the healthy habits listed above.

By putting some of these healthy tips in place, you are not only looking after yourself, you are also setting a positive example for your students. As studies show, students are more likely to practice healthy behaviours for themselves if they see adults in their life (such as teachers and parents) setting a positive example.^{1,2}

If you are interested in creating a healthier workplace and adopting some of these ideas at your school, head to Cancer Council WA's Healthier Workplace website hwwa.com.au. Healthier Workplace WA offers free services to help workplaces implement a successful health and wellbeing program.



¹ Scaglioni Silvia., Salvioni Michela, & Galimberti Cinzia (2008). Influence of parental attitudes in the development of children eating behaviour. *British Journal of Nutrition*, 99(1), 22-25. Doi:10.1017/S0007114508892471

² Boddy, Lynne M., Knowles, Zoe R., Davies, Ian G., Warburton, Genevieve L., Mackintosh, Kelly A., et al. (2012). *Using formative research to develop the healthy eating component of the CHANGE! school-based curriculum intervention*. BMC Public Health; London, 12. doi:10.1186/1471-2458-12-710

Is fresh always best?

When it comes to packing Crunch&Sip®, 'fresh' may not always be available or may be too expensive depending on where you live.

So what are the alternatives?

How does frozen compare?

While freshly picked, seasonal produce is hard to beat; frozen vegetables and fruits may be a more accessible and affordable option for some. Throwing frozen fruit straight from the freezer into a fruit smoothie or using a frozen veggie mix through a stir-fry means you can enjoy a variety of vegetables and fruits all year round.

Frozen vegetables and fruits can sometimes be more nutritious than fresh produce sold in supermarkets. This is because vegetables and fruits chosen for freezing tend to be at peak ripeness, which means they are most nutrient-packed. Packaging these products involves a quick heat treatment to kill bacteria and neutralise the action of food-degrading enzymes, followed by a flash freeze to lock in all of the nutrients. It's that simple!

When cooking frozen vegetables, it's best to steam or microwave them from frozen so you retain their nutrients. Boiling them unfortunately means tipping

their water-soluble vitamins down the drain. So fill your freezer with frozen fruit and vegetables for affordable and nutritious variety.

Does canned cut it?

Canned or tinned fruit and vegetables are another great option. They're portable, conveniently packed, don't need refrigeration until opened and are available all year round. Canned varieties are often cheaper than fresh and ready to eat without additional cooking. As with frozen varieties, canned vegetables and fruits are still packed full of the good stuff and may sometimes offer more nutrients than fresh produce. To minimise additional salt and sugar that can come with canned foods, choose "no-added-salt" or "salt-reduced" vegetables and legumes, and choose fruits canned in juice over those canned in syrup. Rinsing and draining also rids excess salt leaving you ready-to-use and delicious, nutritious vegies.

The verdict

So what is the verdict? Do frozen and canned vegetables stack up nutritionally against their fresh counterparts?

The good news is - they do! Whether it's frozen peas or corn spears from the can, just because you don't have access to a variety of fresh produce doesn't mean you have to go without.

Where fresh is not affordable or available, frozen and canned can provide a nutritious alternative to pack for Crunch&Sip® or to throw in a main meal, which will help boost our serves of vegetables and fruits across the day. The price and convenience offered by frozen and canned produce means we can't go past stacking the pantry or filling the freezer as a great supplement to the fridge crisper.

Promote frozen and canned fruits and vegetables in your classroom as suitable Crunch&Sip® options by encouraging your students to include drained canned vegies such as corn spears, champignons, chickpeas or butterbeans. These offer great alternatives when raw vegetables are unavailable.

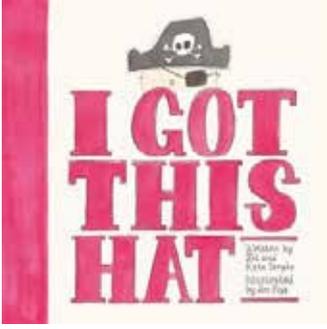
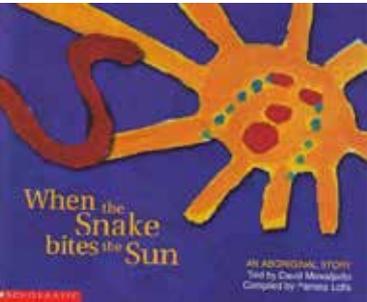
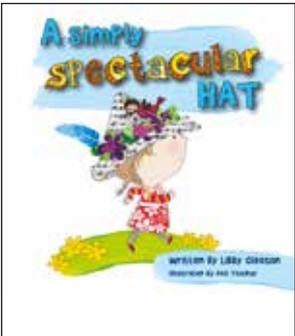
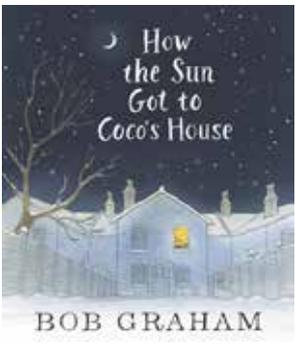
Showcase frozen and canned produce by holding a cooking demonstration in the classroom using simple vegetable-based recipes such as Mexibean Tortilla Melt, Mexican Salad, Rainbow Pasta Salad or Quick Tuna Couscous.

For more great recipe ideas visit crunchandsip.com.au/healthy-lunchboxes



SunSmart literature

Here are just a few of the many wonderful picture books available which can be used to promote awareness and discussion about the sun, weather, seasons, sun protection and skin. Most should be available from your local library, bookstore, online or directly from the publisher, or as read alouds on YouTube.

	<p>I Got This Hat by Jol and Kate Temple</p> <p>'I got this hat from a deep-sea diver I got this hat from a racing-car driver.' Hats. Only the headless dislike them. Everyone else loves wearing them! Take a peek at the world around us through the playful medium of hats.</p>	<p>Activity:</p> <p>Brainstorm a list of types of hats. Why do we wear hats? Create a list of uses for hats. Use a graphic organiser to record and organise your ideas. For example, what sorts of jobs require hats? (cultural uses for hats, sport, fashion etc.)</p>
	<p>When the Snake Bites the Sun by David Mowaljarlai and Pamela Lofts</p> <p>This book is based on a story told by David Mowaljarlai of the Ngarinyin people to Aboriginal children living in the Kimberly.</p>	<p>Activity:</p> <p>Create a K-W-L chart around the topic of the sun. Record ideas around what you know (K), want to know (W) and have learned (L) about a topic.</p>
	<p>A Simply Spectacular Hat by Libby Gleeson</p> <p>Miss Fabulous Fay teaches her cute "marvellous monkeys" the key things to remember before they go outside to play.</p>	<p>Activity:</p> <p>Create your own Spectacular Hat! Discuss the things you need to do before you go outside to play and how these actions protect the skin.</p>
	<p>How the Sun Got to Coco's House by Bob Graham</p> <p>The journey of the sun is captured as it travels from the far side of the world, across countries, chasing the night before arriving at little Coco's house.</p>	<p>Activity:</p> <p>In what direction does the sun rise and in what direction does it set? How does the sun change in different locations and seasons?</p>

For more great book titles, curriculum resources and resource downloads, visit generationsunsmart.com.au

To **WIN** a class set of each of these titles, email your name, school and favourite classroom SunSmart activity to sunsmart@cancerwa.asn.au by Friday 28 August 2020. There are three book sets on offer.

Daffodil Day at Malibu School



The Daffodil Day Appeal is Cancer Council's most iconic fundraising event and one that holds a special place in the heart of Malibu School, an education support school located in Safety Bay.

Malibu School's Deputy Principal, Natasha Miller, says it's an extremely worthwhile cause that touches so many people.

Malibu School has supported the Daffodil Day Appeal in the past by holding free dress days where students have worn yellow, blue or bright colours for a gold coin donation, to raise funds for life-saving cancer research.

"Our morning tea is decorated with fresh daffodils, a daffodil affirmations message tree and donations box," Ms Miller said.

"Students and staff take part

in an afternoon parade that includes prizes for best dressed. This is followed by a mini disco, daffodil craft table, treats and sensory activities.

"It is a valued day at Malibu School and we look forward to coming together each year to support Cancer Council WA."

Last year, Malibu School was one of the lucky winners of the first Daffodil Day Appeal school competition. Their name was drawn out of a hat by John Burgess and the school received 12 months worth of sunscreen.

Your school's Daffodil Day Appeal fundraiser can be as big or as small as you like!

Some ideas include:

- Host a yellow dress day.
- Create a field of hope using

paper daffodils for a gold coin donation.

- Sell fresh daffodils or merchandise.
- Run a BBQ breakfast or bake sale.
- Incorporate a fundraising challenge into Book Week with a fun run or talent contest.

Every dollar you raise will be invested in life-saving cancer research.

If your school is interested in getting involved in the Daffodil Day Appeal this year, visit daffodilday.com.au to register.

Once registered, your school will go in the running to win the hire of an ATCO Outdoor Cinema Package! See the enclosed flyer for more details.

Register your school today!

The Great Vegie Crunch!

September 2020

REGISTER NOW

crunchandsip.com.au/events



Crunch&Sip®