

## This newsletter

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

## Contact us:

08 9212 4333  
schools@cancerwa.asn.au

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



generationsunsmart.com.au

## Crunch&Sip®



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## Why baseball caps shouldn't come to school.

Eighty-four per cent of primary schools have a legionnaire's, bucket, or broad-brimmed hat as part of the uniform. There's a reason for this – they are the best choice to protect kids from the sun and to reduce their risk of skin cancer.

However, around 16% of primary schools (and most high schools) in WA still allow their students to wear caps, even selling them in the uniform shop. If this is your school, here are the reasons why this needs to change.

### Caps do not provide adequate sun protection

Baseball caps do not protect the parts of the body that are most susceptible to skin cancer, that is, the ears, the sides of the face and the back of the neck. Research backs this up, but it's also pretty obvious if you have a look at the photos below.



A study<sup>1</sup> by the Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) tested common hat styles to determine how much UVR (ultraviolet radiation) protection was provided. It concluded:

*Broad brimmed hats and bucket hats provided the most UVR protection for the six different sites about the face and head. Legionnaire's hats also provided satisfactory UVR protection while the caps did not provide UVR protection to many of the facial sites.*

ARPANSA looked at the amount of protection provided to different areas of the face and found that it varies significantly depending on the type of hat. The table below shows the amount of protection provided to different areas of the head by four types of hats.

### Protection factors for various facial and head sites from four types of hats<sup>1</sup>.

Hat type	Forehead	Cheeks	Nose	Ears	Chin	Neck
Brimmed	15+	2-3	6-8	6-8	>1	~2
Bucket	15	2-3	6-7	6-8	>1	~2
Legionnaire's hat	13	1-6	10	4-5	>1	>4
Baseball cap	8-10	>1	4-5	>1	>1	>1

The higher the protection factor, the better the hat.

Continued overleaf

On a sunny summer day, a fair-skinned person would receive enough UV radiation in 10-15 minutes to get sunburnt. If they wore a hat with a protection factor of 7 or 8, it would take 7 or 8 times longer to get sunburnt (i.e. 70 to 120 minutes). The table on page 1 shows caps provide reasonable protection to the scalp and forehead, but virtually no protection anywhere else. That's why we recommend either broad-brimmed, bucket or legionnaire's hats they protect the sun exposed areas of the head and neck too.

### **Protect your head**

Over the course of a lifetime, the head receives a vast amount of UV radiation. Therefore, it makes sense to protect it properly when the UV is 3 and above.

Evidence shows childhood exposure to UV radiation contributes considerably to the development of skin cancer in later life. Educating school children and reducing their UV exposure (for example, by getting them to wear a decent hat) will have a major impact on the future incidence of skin cancer in Australia - using sun protective hats will save us money while saving lives.

Over-exposure to UV radiation during adulthood also increases the risk of skin cancer. It is equally important that all teachers and staff members are aware of their own occupational UV exposure and protect themselves by wearing a brimmed hat when UV levels reach 3 and above.

### **Don't wait until the horse has bolted**

Once your school changes the dress code to allow caps, they are hard to remove. Parents buy them, kids wear them, and everyone thinks that the cap is preventing skin cancer (when it's not). If the uniform shop purchases caps, there may be financial implications to consider before a new sun protective hat is introduced.

In addition, your school will not be eligible to be a member of the SunSmart Schools program if caps are allowed. There's a reason for this - the evidence says caps don't keep enough UV off your head. If your school community wants to introduce a cap or needs help removing them from the uniform, get in touch with the SunSmart team and we'll provide support.



### **Our tips**

1. Have the expectation that everyone wears a sun protective hat. That includes students, teachers, other staff, student teachers, and visiting PE or sport providers. It not only protects their skin, but it sends the right message.
2. Explain the health benefits of wearing the school hat to students. Sometimes kids think of wearing a hat as a rule to be enforced, and don't see the connection to their health.
3. Above all, keep caps out of the school uniform.

For more sun protection support for your school, visit [generationsunsmart.com](http://generationsunsmart.com) or contact us on [sunsmart@cancerwa.asn.au](mailto:sunsmart@cancerwa.asn.au) or phone **08 9212 4333**.

<sup>1</sup> Gies, P., Javorniczky, J., Roy, C., Henderson, S. Measurements of the UVR Protection Provided by Hats Used at School. *Photochemistry and Photobiology*, 2006. 82: p. 750-754.

## Parent nutrition education sessions.

National and state data tells us the consumption of vegetables is far below recommended levels with 5 out of 6 WA kids (84%) aged 4-11 years not getting their daily recommended amount. Eeek! Aussie kids are also falling short with fruit consumption whilst at the same time eating an excess of energy-dense, nutrient poor foods. The high intake of sugary drinks is of particular concern, with an estimated 44% of 4-8 year olds and 49% of 9-13 year olds in Australia drinking sugary drinks everyday .



Poor dietary habits in childhood have been linked to negative health outcomes such as tooth decay and overweight and obesity. Children who carry excess weight are at higher risk of breathing difficulties, fractures, high blood pressure, early markers of cardiovascular disease, and psychological effects. These children are also more likely to continue to be overweight or obese in adulthood, increasing their risk of developing chronic diseases such as type 2 diabetes, cardiovascular disease, and 13 types of cancer.

The Crunch&Sip® program works in the health promoting schools framework that recognises the intersecting roles of the school environment (e.g. school policies, the school's physical environment, and staff support for nutrition promotion), curriculum (e.g. nutrition topics taught through the formal school curriculum), and partnerships (e.g. the broader community of individuals and organisations that impact on children's health such as parents, community members, and health promotion agencies) in encouraging children to adopt healthy behaviours.

Funded by Healthway, we are extending the Crunch&Sip program to focus on parents as the leading influence in promoting healthy dietary behaviours to their children. The new parent nutrition education program will provide FREE face-to-face sessions, hard copy resources and online education tools that will include; Australian Guide to Healthy Eating, traffic light food system, serve sizes of fruits and vegetables, packing a healthy lunchbox, healthy alternatives to pre-packaged snacks, label reading, and water as the drink of choice rather than sugary drinks.

Crunch&Sip staff are busy developing program content and resources but aim to take bookings for Perth metro schools during Term 3, 2019. The sessions are FREE and will run for 1 hour in your school setting. Regional sessions will be advertised later in the year.

To register your interest email [schools@cancerwa.asn.au](mailto:schools@cancerwa.asn.au) or call the Crunch&Sip team on **08 9212 4333**.

<sup>1</sup>Epidemiology Branch. 2016. Prevalence of sufficient fruit and vegetable consumption, children 4 to 15 years, Western Australia, 2015. Perth: WA Department of Health.

<sup>2</sup>Australian Bureau of Statistics. 2014. Australian Health Survey: Nutrition First Results – Foods and Nutrients, 2011-12. Table 18 Consumption of Sweetened beverages.



## 'I need you to say no' – a powerful, new campaign by Alcohol Think Again.

We are shining a spotlight on a campaign that empowers parents to say no to giving teenagers alcohol. The campaign is an initiative of the Mental Health Commission (MHC) and the Alcohol Programs Team at the Public Health Advocacy Institute of WA (PHAIWA). We work closely with the Alcohol Programs Team to reduce young peoples' exposure to alcohol advertising, and to reduce alcohol-related harms. Alcohol is a cause of 8 different types of cancer and is responsible for more than 3,000 cancers in Australian adults each year.

Current guidelines are that for young people under 18, not drinking alcohol is the safest option. The campaign aims to bust two common myths around teen drinking:

1. Most parents give their teens alcohol: in fact, two out of three parents choose not to supply alcohol to their children.
2. Early, small tastes or sips will teach responsible drinking: although parents often have good intentions, evidence suggests that earlier initiation of drinking is related to more frequent and higher quantity alcohol consumption in adolescence.

While underage drinking has decreased significantly in WA over the past decade, many of those who drink are doing so at harmful levels. As adolescence is such a critical period of development, teenagers are vulnerable to the harmful effects of alcohol, including risky sexual behaviour, academic failure, poor mental health and physical injury. Parents play an important role in delaying and reducing alcohol use by:

- choosing not to supply alcohol to children
- setting clear expectations and rules
- talking early and often about ways to resist peer pressure to drink
- modelling responsible use of alcohol

For more information, please visit [alcoholthinkagain.com.au](http://alcoholthinkagain.com.au).

## Woodland Grove Primary School get savvy about UV.

Woodland Grove PS in Byford recently purchased a real-time UV meter, with students now having an easy way to tell when the UV is 3 and above and they need to cover up.

We have produced 45 of these meters, most of which are in WA, but with a handful in other states and New Zealand. It's hoped that more will be available to purchase later in the year. To register your interest, email [sunsmart@cancerwa.asn.au](mailto:sunsmart@cancerwa.asn.au).

There are several other ways to access the daily UV forecast:

- download the free SunSmart app for smart devices
- check the Bureau of Meteorology website
- install the SunSmart widget on your school website
- visit [myuv.com.au](http://myuv.com.au)

Remember to Slip, Slop, Slap, Seek and Slide when the UV is 3 and above!



## Amelia's warning – there's nothing healthy about a tan.

When Amelia Davies-Waddell was 12, her mum Jenny noticed an odd spot on her arm.

"I had this quite benign looking spot on my left arm - it was sort of a pink raised nodule," Amelia explained. "Something in her gut just said something really wasn't right so eventually we went to the GP who referred us on to a dermatologist - more as just a piece of mind sort of thing.

"The dermatologist said it was probably nothing but we should just do a biopsy to be sure."

Two days before Christmas, Jenny received a call from Amelia's doctors confirming the worst - it was a rare form of melanoma named spitzoid melanoma - and likely had a poor prognosis. Four years of painful surgeries, scans and appointments followed.

"It was actually really scary. I'll never forget my first oncology appointment - walking into the waiting room and seeing all these other children facing cancer, you know, lost limbs and undergoing chemo. It was a horrifying feeling but my mum always taught me to try and find the silver lining.

"I had most of my lymph nodes taken out at the end of March last year. Unfortunately, that left me with chronic neuropathic pain and lymphedema in my left arm - I take strong pain killers because of that and continue to just have scans and regular oncology appointments.

"I'm coming up to five years at the end of the year but I'll continue to have regular monitoring and I continue to have regular skin checks every two months as well, for the rest of my life."

Despite everything, Amelia completed high school two years ahead of schedule last year, achieved the highest TER score ever achieved by someone her age, and at the age of 16 is now in her first year of medicine at The University of Western Australia and plans to eventually specialise in oncology.

Amelia is determined to change the perception among young people around what's considered healthy.

"Obviously with melanoma it's important to acknowledge that sun exposure accrued over a lifetime plays a big role. So I'm really passionate about spreading awareness," Amelia said.

"It's a lot more powerful coming from someone who is also young so it helps younger people to relate.

"I went to an all-girls school so you get a lot of talk about 'oh you look very tanned' and I used to sort of cringe because I'd think 'No! You don't know what you're doing to yourselves. It's that sort of peer influence where you hear about one girl getting her tan from spending the whole weekend at the beach and equating being tanned with being beautiful. I think that's a really dangerous message - it's not good for your health and you shouldn't be doing it.

"I'm very diligent and I always wear sunscreen on my arms and on my face when I'm going out and I try to cover up as much as possible in the sun."

If you think Amelia's story will inspire your students, get in touch with us on **08 9212 4333** to arrange a visit.



## Free Wig Service.

Did you know we offer a free Wig Service with an extensive range of wigs, turbans, beanies and scarves in a range of styles and colours? These products can be borrowed by cancer patients, at no cost, for as long as required while undergoing treatment.



There are eight wig services in different locations across WA, run with the help of trained volunteers who assist with selection, fitting and management of the products. They will also assist if you are unable to attend a wig library due to your location or being unwell, by posting suitable products.

There are many ways you can help us provide our vital Wig Service to West Australians affected by cancer. These include:

- volunteering to fit cancer patients with wigs
- sewing turbans, beanies and scarves to help us increase our wig library collection
- donating; good quality wigs made with synthetic hair, beanies, scarves, turbans and shampoo/conditioner

You can search for wig library locations and services at [cancerwa.asn.au/patients/support-and-services/wig-service/](http://cancerwa.asn.au/patients/support-and-services/wig-service/) or call our Cancer Nurses on **13 11 20** for more information.

## Include Cancer Council WA in your calendar for 2019.

Fundraisers can be as big or small, as simple or as creative as you want them to be.



### Australia's Biggest Morning Tea - May and June

Host a morning tea your way in May. Invite parents and teachers to a morning tea hosted by your students. To receive your Australia's Biggest Morning tea kit, full of everything you need to host a successful event, register online at [biggestmorningtea.com.au](http://biggestmorningtea.com.au).



### Daffodil Day - Friday 23 August

Support Cancer Council's most iconic event by selling fresh daffodils, hosting a yellow free dress day, or getting students together to attend the street appeal and shake a tin. For more information please visit [daffodilday.com.au](http://daffodilday.com.au).



### Pink Ribbon Month - Throughout October

Host a fundraiser in the month of October to support women's cancers. Plan a pink morning tea, sell merchandise or dress in pink for the day. For more ideas and registration info head to [doitforcancer.com.au/ways-to-do-it/host-a-pink-fundraiser](http://doitforcancer.com.au/ways-to-do-it/host-a-pink-fundraiser).



### Do It For Cancer - Anytime

Do you have your own creative idea on how to fundraise for Cancer Council WA? Whether it is a group head shave, bake sale or class challenge you can Do It For Cancer. For more information please visit [doitforcancer.com.au](http://doitforcancer.com.au).



### Relay For Life - Various dates and locations

Relay For Life brings communities together to celebrate cancer survivors, remember loved ones lost and to fight back against cancer. Teams participate in a continuous relay-style walk for a period of time. Support the event by wearing yellow and purple, host a 1 hour continuous walk or register for a relay near you at [relayforlife.org.au](http://relayforlife.org.au).

## Perth Glory encourage WA kids to Crunch&Sip®

Crunch&Sip is excited to announce a new partnership with Healthway and Perth Glory. Funding from Healthway will provide the opportunity to promote the Crunch&Sip and Go for 2&5® health messages as part of the Perth Glory Community Program which reaches over 175,000 children and young people.

Perth Glory's Community Team are committed to engaging with participants of all ages and abilities while assisting in the progression of football in Australia. Perth Glory staff run many programs throughout the school term for children at metropolitan and regional primary schools including Sporting Schools and Let's Play Primary School clinics.

Coaches and players integrate fruit and veg messaging into their school and holiday clinics, while some lucky participants will even get to meet Vegie Man and challenge him to a game of football during the next school holidays!

The partnership was launched at Lake Monger Primary School by Glory player Dino Djulbic.

"I'm delighted to be supporting this partnership between Crunch&Sip and Perth Glory. As an athlete and a parent, a healthy diet is hugely important to me," Mr Djulbic said.

"I need to ensure that I'm eating the right things to enable me to perform and that my family are also getting the nutrition they need to support a healthy, active lifestyle."

Keep your eye out for your favourite Glory athletes crunching on fresh vegies and fruit. Why not invite them to visit your school soon?

For more details contact Michael Garcia, Community & Development Manager Perth Glory Football Club on **08 9492 6000** or email **Michael.garcia@perthglory.com.au**.

## Is your council blocking your temporary shade?

In 2018 we were approached by a group of primary school principals whose local council required them to apply for building permits to erect temporary 6x3m shade marquees at sports carnivals held at their local council reserves. These marquees are common at carnivals – used to shade and congregate kids for the couple of hours of the event. Along with the principals, we thought that requiring a building permit was costly, inconvenient and unnecessary.

While this matter was resolved in the school's favour, we'd like to hear from any other schools or sporting clubs that have similarly been asked to apply for building permits to put up a temporary shade structure. Just email **sunsmart@cancerwa.asn.au** or phone **08 9388 4351**.



## Are you a registered Crunch&Sip® School?

Are you sure? Many schools think they are registered with Crunch&Sip when in fact they aren't. You could be missing out on exclusive resources, funding opportunities, event invitations, curriculum materials and more.

It's easy! If you have a fence sign like the one pictured then you are registered. If not, get in touch and we can assist you to sign up. The registration process is super easy, especially if you already follow the program guidelines. For more information, please visit [crunchandsip.com.au/sign-up](http://crunchandsip.com.au/sign-up).



If your fence sign is looking a bit worse for wear, please ask the Crunch&Sip team to send a replacement. Call **08 9212 4333** or email [schools@cancerwa.asn.au](mailto:schools@cancerwa.asn.au).

## Crunch&Sip® goes Social.

Crunch&Sip has recently launched social media pages on both Facebook and Instagram. Aimed at teachers and parents, the pages are filled with fun facts and top tips on healthy eating as well as advertising the latest Crunch&Sip events and promotions.

If your school or classroom would like to share stories or photos of their Crunch&Sip experiences, be sure to tag 'Crunchandsip' on both Facebook and Instagram and we can share your stories through our own social media channels.

To visit our Facebook page, head to [www.facebook.com/crunchandsipbreak](http://www.facebook.com/crunchandsipbreak) or simply search for Crunch&Sip on Instagram.

