

Schools are workplaces too!

Many WA schools are doing a great job at protecting children from the sun. You need to protect staff as well.



More than one in three Australian workers is exposed to direct sunlight while at work. In schools, almost all the staff need to spend time in the sun. This can be a major contributing factor to the development of skin cancer. In Australia, health and safety legislation states that employers must protect their workers from exposure to any known hazards. This includes exposure

to ultraviolet (UV) radiation which is a group 1 carcinogen* (cancer causing substance). It is not possible to remove the hazard, so employers are required to manage the risks. To minimise sun exposure, workplaces should provide and enforce the use of sun protection, implement policy and provide education and training to staff.

Teachers, education assistants, grounds staff, administration staff, school nurses, school counsellors and parent volunteers are just some of the people in a school who might be exposed to the sun during work. To ensure schools are meeting their legal obligations as employers they need to consider how they are protecting staff from exposure to the sun. Including staff in the school's existing sun protection policy is a great idea! It will ensure all staff and students are protected from the sun, as well as encouraging staff to role model the behaviors expected of children. It's no use asking students to wear a hat if the duty teacher doesn't wear one!

If you think your school could be doing more to protect you and your colleagues from the sun; then raise the issue with your principal. Staff can work together to decide what is the best approach to ensure you are not only protecting students but also everyone who works at the school as well.

Information, guidance and resources on sun protection in the school, workplace and wider community are available from our website www.cancerwa.asn.au/sunsmart or by calling the Helpline on 13 11 20.

*<http://monographs.iarc.fr/ENG/Classification/index.php>

Cancer Council WA supports schools in the promotion of sun safety, nutrition and public health programs.

Visit www.cancerwa.asn.au or phone the Cancer Council Helpline on **13 11 20**

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Please and pass on to

- Admin
- Teachers
- Health Coordinator
- Parent Committee
- Canteen Managers
- School Nurse
- Notice Board

Contact details

Crunch&Sip®

Fruit & Veg Month

Sally Blane - (08) 9388 4340

sblane@cancerwa.asn.au



Education Program

Prue Lane - (08) 9388 4351

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The truth about food additives

There seems to be a growing belief that some or all food additives are harmful, cause cancer, hyperactivity and/or ADHD and should be avoided. With the overwhelming selection of packaged and processed foods containing additives, it is difficult to know which foods are good choices for children.

What is a food additive?

Anything that is added to food during processing is considered an additive. For example, sugar and salt have been used for centuries to preserve foods and are examples of additives. Other examples of food additives are preservatives, antioxidants and emulsifiers. Many additives are given numbers so they can be easily identified on food labels, and save the space needed to print long chemical names. These numbers often sound scarier than they are. Many additives have unpronounceable or complex chemical names. It is often assumed that long chemical names indicate that an additive is either artificial or potentially harmful. This is not always true.

These are just a few of the naturally occurring chemicals that give an apple its flavour:

- acetaldehyde
- ethanol
- propan-1-ol
- ethyl pentanoate
- ethyl hexanoate
- ethyl-2-methyl butanoate
- 2 methyl butyl acetate

Many natural and commonly occurring products are used as food additives. Salt, sugar, vinegar and some vitamins are used as preservatives. Many food colourings and flavourings are obtained from foods. The food additive 300 is Vitamin C, 101 is Vitamin B2 (riboflavin) and grapeskin extract has the number 163.



Why use food additives?

The use of food additives in Australia is regulated by Food Standards Australia and New Zealand (FSANZ). According to FSANZ, additives serve three purposes:

1. Improve the taste or appearance of a processed food.
2. Improve the keeping quality or stability of a food.
3. Preserve food when this is the most practical way of extending its storage life.

Additives serve a wide variety of uses. For example, preservatives protect foods against deterioration and prevent growth of fungi and bacteria. Other additives help improve the texture and consistency of foods, keep them flowing freely when poured, or prevent them from drying out. Flavourings restore taste or can enhance the flavour or aroma of food. Emulsifiers ensure that oil and water in foods do not separate.

FSANZ does not approve an additive for use unless extensive testing has been undertaken and it has been shown that no harmful effects are expected from consumption. FSANZ also sets the Acceptable Daily Intake (ADI) for each additive - the amount that can be eaten safely every day over a lifetime without risk of harm. Further information is available at

www.foodstandards.gov.au/consumerinformation/additives

Absolute safety is impossible to prove. Although rigorous tests have been conducted to assess the safety of additives approved for use in Australia, there is always a possibility that in the future, studies will demonstrate that a particular additive is in fact harmful in the doses taken by the general population.

If food additives are safe, why should we avoid them?

The foods containing lots of additives are usually the foods that we should not be eating lots of anyway. They are usually highly processed and contain lots of fat, sugar and/or salt. These foods contribute to overweight and obesity.

Some children are sensitive to food additives, but this is rare and medical diagnosis is important. Parents should seek medical advice if they are concerned.

Remember:

Foods containing lots of additives are foods children shouldn't be eating lots of anyway.

Although evidence suggests that most additives and preservatives themselves are not cancer causing, it is important to remember that obesity is a major cause of cancer and many other diseases. Processed foods tend to contain more additives, are often less healthy and should be eaten less often. The best recipe for health is to maximise intake of unprocessed, fresh foods. These foods are free from additives and reduce the risk of cancer and other lifestyle diseases.

Teachers – make your classroom Crunch&Sip® in 2012

The start of the school year is the perfect time to introduce Crunch&Sip® to your students. Here's how:

- Discuss the idea of eating fruit and vegetables and drinking water in the classroom with students. Most children love the idea of being able to eat and drink in the classroom and understand that rules need to be established. Include these rules and norms in your start-of-year classroom behaviour discussions.
- Ask parents to supply a clean water bottle and put an extra serve of fruit or vegetables in the lunch box every day for Crunch&Sip®. Use established communication channels such as parent meetings and letters or contact Cancer Council WA for Crunch&Sip® resources. Don't forget to generate excitement in the classroom by encouraging students to bring their Crunch&Sip® everyday and model correct behaviours.
- If students are unable to bring fruit and vegetables for Crunch&Sip®, contact Cancer Council WA for ideas on how to provide access for all students.



Becoming a registered Crunch&Sip® Classroom

Do your students have a daily fruit and vegetable break in the classroom?

Do they drink water throughout the day?

Is your school not a certified Crunch&Sip® school?

If you answered yes, apply to become a registered Crunch&Sip® classroom. Registration as a Crunch&Sip® classroom acknowledges teachers' efforts and commitment in promoting healthy eating to students. To apply, go to www.crunchandsip.com.au or contact Sally Blane on (08) 9388 4340 or sblane@cancerwa.asn.au



Crunch&Sip® was funded by the Australian Government

Holding an Australia's Biggest Morning Tea

is a fantastic opportunity to get the whole school community together for a fun and fuss free event. What's more is that the money you raise will help improve the lives of those touched by cancer.



Kate Sinfield from West Perth has held a Morning Tea at her local primary school for the last two years. Kate explains how simple it is to hold a successful and fun filled event, "The event runs from 2.30pm to 3.30pm. Parents come for a cuppa before pick-up and the kids come when the school bell goes!"

So get together on Thursday 24th May 2012, bake some tasty treats, pour out the drinks and fill your school hall for Cancer Council WA! www.biggestmorningtea.com.au

SunSmart competition winners!

1st Prize

St Munchin's Primary School, Gosnells

2nd Prize

Living Waters Lutheran College, Halls Head

3rd Prize

Winthrop Primary School

Highly commended awards to students at the following schools

Avonvale Education Support Centre, Northam
East Beechboro Primary School
Katanning Primary School
Narrogin Primary School
Parkfield Primary School, Australind



Your SunSmart questions answered

This is a selection of questions we have been asked by teachers this year.



It's 'no hat, no play'....right?

No, it's not. As we launch into another summer, it's worth reiterating that SunSmart strongly recommends a 'no hat – play in the shade' rule. It's an important nod to the fact that we want to encourage active play as often as possible to help kids maintain a healthy weight.

Do students and staff need to wear hats in Terms 2 and 3?

Generally yes. Our advice to wear hats is based on the guidance from the World Health Organization and from Australian experts in the fields of skin cancer, vitamin D and bone density. They agree that sun protection is required when the UV index rises to 3 or more. For areas north of Perth, winter days will on average exceed 3 at midday.

Perth and all areas to the south can experience average midday UV readings of less than 3 in June and July. For these two months only, it is acceptable to go without sun protection for periods of around 30 minutes per day while outside. It will be up to individual schools to implement this change to the normal routine as they see fit.

Our students want to wear caps. How can we move them to bucket, broad-brim or legionnaire hats?

Consider giving the senior year at school the privilege of wearing a non-uniform sun protective hat to school. Earlier year groups must earn this privilege by wearing their uniform school hat consistently as they move up through the school.

Involve the students in the choice of a school sun smart hat. Consider colours and reversible styles that can double as faction hats on sports days and for class phys-ed sessions.

Can we have a SunSmart newsletter? A regular newsletter to SunSmart schools with latest news, resources and how to order would be useful and appreciated by busy teachers!

Yes! We send an electronic newsletter to SunSmart Schools twice a year. SunSmart Schools also get teacher resources, free sunscreen, policy advice, access to talks and ongoing support from the SunSmart team.



Does the Cancer Council offer cheaper sunscreen (bulk) to schools, or offer subsidised hats/sunglasses to school children?

SunSmart Schools get between \$150 and \$300 worth of free sunscreen from Cancer Council when they renew their membership every 2 years. In addition, we do our best to support SunSmart Schools with requests for prizes for special events.

SunSmart schools also qualify for a 20% discount on purchases made through the Cancer Council shop in Subiaco.

Consider holding a sunscreen fundraiser, visit www.australianfundraising.com.au or having sunglasses available through the uniform shop, visit www.eyewareco.com.au

Does SunSmart provide grants for shade?

No, but SunSmart is offering \$10,000 to one school for shade right now! You need to be a registered SunSmart School by 1st March 2012 and you need to tell us that you want the money! Email mstrickland@cancerwa.asn.au telling us how your school would spend the money (50 words or fewer is adequate). This does not need to be creative, it just helps us to direct the money to a school in genuine need.

Do you have guest speakers who are willing to come out at speak to class groups?

Yes we will resume these talks and gauge the demand for them. SunSmart offers one talk per year to SunSmart member schools. Contact our resource officers Meagan (08) 9388 4363 or Michelle (08) 9388 4362 to book yours.

I am having trouble accessing resources, eg posters, stickers etc.

A few options here...

- Contact Prue Lane at Cancer Council on (08) 9388 4351 for information on latest resources available as some may not be published on the website.
- Do the professional development modules at www.GenerationSunSmart.com for free resources.
- Visit the publications web page at www.cancerwa.asn.au/resources/publications/prevention

We always appreciate your feedback on our resources particularly areas of improvement or ideas for resources we can create to assist your teaching about sun protection.

Win \$10,000 for shade at your school!

Become a SunSmart School or renew your membership by 1 March 2012 to be entered into the draw!

Cancer Council WA wants to see more SunSmart schools in WA, so we are providing this great incentive! All you need to do is join the SunSmart Schools Program by 1 March 2012 and tell us in 50 words or less how you would spend \$10,000 on shade in your school. Send your 50 word entries to mstrickland@cancerwa.asn.au. Full terms and conditions at www.GenerationSunSmart.com

To join the SunSmart Schools Program visit www.cancerwa.asn.au/sunsmart or contact plane@cancerwa.asn.au
Competition closes 5pm, 1 March 2012.
Winners will be announced 2 March 2012.



Ballidu Primary School – a Health Promoting School



Located in the Central Wheatbelt, Ballidu Primary School is committed to helping students achieve a healthy lifestyle. The school's initiatives are featured in the WA Health Promoting Schools Association's new and exciting resource *'What is a Health Promoting School?'*

Cancer Council's school programs Crunch&Sip® and SunSmart form part of Ballidu's Healthy Action Plan. Principal Michelle O'Brien said that the school was keen to adopt such programs because they help build students' knowledge and positive attitudes towards healthy eating, physical activity and sun protection.

"We successfully implemented these programs using the Health Promoting Schools approach. This includes incorporating concepts into school activities, ensuring our school environment is supportive and inclusive and utilising partnerships with agencies such as Cancer Council WA," said Michelle. Michelle confirmed that it is crucial to keep parents informed of programs and activities.

Ballidu Primary School is to be congratulated on nurturing a sense of pride and commitment in the school community by creating and maintaining a healthy school environment.

The *'What is a Health Promoting School?'* resource was posted to all WA schools in Term 4, 2011. Electronic copies can be downloaded at www.wahpsa.org.au

The resource showcases 10 Western Australian schools who have adopted a successful Health Promoting Schools framework. These schools understand that using a Health Promoting School framework is widely recognised as best practice and promotes a positive approach to students' health and wellbeing. Reading about the experiences of these schools through their case studies will outline the steps that guided them in their efforts to become a genuine Health Promoting School.



2012 fundraising calendar



Relay for Life

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|-------------------|--------------------|-----------------|----------------|
| Narrogin | 24-25 March | Albany | 13-14 October |
| Katanning | 31 March – 1 April | UWA | 13-14 October |
| Curtin University | 14-15 April | Arena Joondalup | 20-21 October |
| Perth | 5-6 May | Peel-Mandurah | 3-4 November |
| Port Hedland | 18-19 August | Goldfields | 10-11 November |

Please call 1300 65 65 85 for further dates and venues for 2012 including Northam, Bunbury and Midwest.

Relay is a fun 24-hour team event to raise funds to further the fight against cancer. The highlights of this event are the Survivor's Walk and the Candlelight Ceremony. The team members fundraise prior to the event and the public are welcome to participate in the moving ceremonies and support team members.

www.relayforlife.org.au



Australia's Biggest Morning Tea – Thursday 24 May

Every year people all over Australia raise funds by hosting a morning tea in their home, office, social club, playgroup – just about anywhere you can think of! Hosts invite their friends and colleagues to join them for a morning tea in return for a donation. The most important thing is that you take a break and get together with friends, family and colleagues and have fun while making an important contribution to cancer research.

www.biggestmorningtea.com.au



Daffodil Day – Friday 24 August

Daffodil Day is our largest fundraising event. Volunteers in the city, shopping centres, schools, businesses, community groups as well retail outlets sell Daffodil Day merchandise throughout WA to make this event such an enormous success. The daffodil is the international symbol of hope.

www.daffodilday.com.au



Pink Ribbon Day – Monday 22 October 2011

You can sell a box of pink ribbon merchandise, hold a Wear Pink Day or volunteer to sell pink ribbons during the month of October. All money raised goes towards funding research, prevention, early detection and treatment of breast cancer.

www.pinkribbonday.com.au



Girls Night In – throughout October

A Girls Night In is a great way to celebrate valued friendships and have fun raising money for women's cancers. Simply invite your girlfriends to join you for a night in and encourage them to donate the money you would have spent going out.

www.girlsnightin.com.au



Hold your own event

Holding your own event is a fun, easy and rewarding way to raise funds for Cancer Council WA. You can turn anything you love doing into a fundraiser, shave or colour your hair, ride your bike across WA or hold a dinner party for friends. The possibilities are limited only by your imagination and enthusiasm!! We've created an online fundraising tool so registering and fundraising online is super easy!

www.cancerwa.asn.au/holdyourownevent

 Call the Supporter Hotline on 1300 65 65 85 for more information