

## How to address food security at your school

With the increased cost of living impacting families across the state, many are feeling the pinch. Affordable living costs and food security often go hand in hand, which means the food budget might not stretch to fill Crunch&Sip® or lunchboxes with enough food to see students through the day. If your school is looking for ways to support families who may be doing it tough, here are some ideas.

### Develop partnerships

Partnerships can help address food affordability and accessibility for families who may be feeling the pinch from ongoing price increases.

To ensure all students can access fruit and veg your school might like to approach the local community store or a local grower to seek regular donations for Crunch&Sip®.

You can approach organisations that have a food bank and enquire about donations or support for families in need. Some food banks that are widely available across WA include *Foodbank WA*, *Second Bite* and *OzHarvest*. There are also plenty of other local groups that work to address food security. You can find out more here [tinyurl.com/food-community](https://www.tinyurl.com/food-community).

### Offer food literacy education for parents and students

Educating parents and students on food literacy can help address food security. Various courses available can teach parents and students

how to be resourceful with food (use all parts), how to budget for the weekly shop, and how to store food effectively.



### Programs that focus on food literacy:

- **Packed with Goodness (Cancer Council WA)** – a FREE nutrition education program for parents of primary school-aged children at all Western Australian schools. *\*We have just launched our regional version making the information more accessible and relevant to regional communities across WA. Find out more or book here [tinyurl.com/4882ee2j](https://www.tinyurl.com/4882ee2j).*
- **Food Sensations (Foodbank)** – an interactive cooking and nutrition session available for adults as well as children. To find out more visit [tinyurl.com/4u5acmez](https://www.tinyurl.com/4u5acmez).
- **EON Foundation** – a nutrition and garden education program working with remote Aboriginal communities and schools in Western Australia and the Northern Territory.
- **Fair Game** – a health education program for rural and remote communities across Western Australia.

### School vegie garden

Starting a vegie garden is a great way to get around supply issues when it comes to fresh produce. Fresh food that is grown can be shared for Crunch&Sip® or given out to families who belong to the school community.

Getting students involved in a school vegie garden is also a great learning and development opportunity. Not to mention growing vegetables and fruit can help encourage healthy eating, develop fine and gross motor skills, and teach students about patience and responsibility. Win, win!



### Programs that can help your school get started:

- **Stephanie Alexander Kitchen Garden Foundation** – this kitchen garden program is available to all schools in Australia.
- **EON Foundation** – the nutrition and garden education program tailored to remote Aboriginal communities and schools in Western Australia and the Northern Territory.





## Crunch&Sip® in the regions

Whilst Western Australia's vastness and space offer many beautiful places to call home, the geographical spread paired with unforeseen weather circumstances can add a degree of uncertainty to the supply and quality of fresh produce to regional towns across the state. This potential for limited supply and poor quality of fresh produce can be a barrier to students in regional WA participating in Crunch&Sip®. To overcome some of these barriers, encourage families to use food from tins, jars or even frozen veg as alternative options for the classroom break when fresh is not available.

### Why we love long-life veg

- Tinned and frozen veg is ideal to keep in the pantry or freezer and reach for when fresh is not accessible. Often, long-life veg will provide more variety and be readily available when the fresh food supply is limited.
- Tinned and frozen veg can be an affordable way to pack your child's favourite vegetable when it is out of season or expensive to buy fresh.

Encourage students or parents to drain tinned veg and place in an easy to open reusable container. Pack a spoon or fork if needed.



# The Great Vegie Crunch!

September 2023

The Great Vegie Crunch aims to get WA kids eating more vegetables whilst having fun! Whether a small group, a class or the whole school, gather as many students as you can to CRUNCH on vegetables this September. Simply choose any day during the month and join us as we celebrate The Great Vegie Crunch, 2023.

**REGISTER NOW - [crunchandsip.com.au/events](https://crunchandsip.com.au/events)**

## Department of Education WA strengthens sun protection requirements for schools

Cancer Council WA welcomes changes to policy for the sun protection behaviours and environments in government schools. Effective from 17 July 2023, West Australian school principals will be required to comply with the updated *Department of Education's Student Health in Public Schools Policy & Procedures* as outlined below:

### Sun Protection Appendix C

*Schools are uniquely placed to promote sun-protection behaviours and environments given students attend school when daily ultraviolet (UV) radiation levels are at their peak.*

*The principal implements a whole school approach to promote sun protection including:*

- *evidence-based procedures and practices, developed in consultation with the school community for:*
  - » *monitoring UV*
  - » *effective protection from overexposure to UV radiation when the UV Index is 3 or above*
- *modified teaching and learning programs to protect students and staff from high UV radiation levels*



The policy update arrives as SunSmart WA celebrates 25 years of the SunSmart Schools Program. The amendments are a positive step forward to protect students and staff from the associated risks of overexposure to UV radiation. SunSmart Manager Sally Blane said: "Most WA primary schools will already be meeting these requirements, especially if they are a SunSmart School. The improved policy gives our high schools an incentive to also enact whole school approaches to sun protection."

To support this policy, schools are encouraged to use Cancer Council's *Sun Protection Best Practice Guidelines*. The guidelines outline why evidence-based sun protection should be included in the policy and practice of all Western Australian schools. It also provides key recommendations on how to reduce exposure to harmful ultraviolet radiation to students and staff.

Visit [generationsunsmart.com.au](https://generationsunsmart.com.au) or email [sunsmart@cancerwa.asn.au](mailto:sunsmart@cancerwa.asn.au) for a copy.

## Sun Protection - Best practice guidelines for Western Australian Schools

### Policy

It is recommended that all schools have a comprehensive sun protection policy that is implemented when the UV level is 3 and above and that the policy covers the areas of:

- curriculum
- the environment (e.g. shade)
- skin protection (e.g. clothing, broad-brimmed, bucket or legionnaire hats, sunscreen)
- scheduling of outdoor activities to minimise exposure during peak UV radiation times

### The UV Index

The UV forecast (not the temperature) should be used as the guide when assessing whether sun protection is required for outdoor activities. Your local UV forecast will give you the day's maximum UV strength and sun protection times (the period when UV will be 3 or higher). The UV forecast is available through the *SunSmart Global UV app*, the *Bureau of Meteorology website*, or at [myuv.com.au](https://myuv.com.au).

### 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 the preferred approach.





## Crunch&Sip® sustainably

The Crunch&Sip® program aims to help children find more opportunities to snack on vegies and sip on water across the day. Whilst this is our main aim, we also want to encourage families to pack with sustainability in mind.

This means limiting the use of single use plastics such as disposable water bottles and plastic zip lock bags. We encourage families to stock up on a few leakproof, reusable water bottles that can be washed and reused across the week as well as a handful of small to medium containers that seal well and are easy for little hands to open. Alternatively, there are a range of reusable soft pouch options that also work well.

Encourage your parents to invest in a few of these Crunch&Sip® essentials to make the classroom break easy and less likely to end in mess or spills. If you notice a family are doing it tough or don't have the best equipment to make Crunch&Sip® a smooth experience, then drop us a line and let us know. We are always happy to send out a handful of containers or a water bottle to help those in need.

## 25 Years of SunSmart Schools – let's maintain momentum

Since it began in WA in 1998, the SunSmart Schools Program has been a proud advocate for sun safety in the primary years. When the program began, few schools required students to wear a brimmed hat and sunscreen use was less than ideal. Over 400 schools are now registered as SunSmart Schools, ensuring minimum standards are met for sun safe behaviours and environments.

We know that effective sun protection is important, and that it makes a difference. As many as 95 per cent of skin cancers are caused by overexposure to ultraviolet (UV) radiation, with childhood and adolescence the most critical time to protect the skin. While skin cancers remain largely preventable, two out of three Australians will develop skin cancer in their lifetime.

For people aged under 40, the rates of the deadliest form of skin cancer, melanoma, has more than halved since 2000. However, melanoma remains the most common form of cancer diagnosed in young Australians aged 15 to 29 years (AIHW, 2022).

The SunSmart team recognises there is work still to be done and it is pleasing to see the SunSmart strategies – Slip, Slop, Slap, Seek and Slide are a part of the day in most schools. Baseball caps are now rarely seen in the primary school playground as schools recognise the superior UV protection that broad-brimmed hats provide. Uniform alternatives such as collared shirts with long sleeves are more common and rashies feature in water activities. However, sunscreen application at school is still not ideal, and we know that many schools struggle to ensure they can fund adequate shade. Evidence shows that a combination of these strategies will protect students and staff from harmful UV radiation and future skin cancers.

SunSmart Schools is a FREE national program assisting schools that have a commitment to sun protection. When your school joins SunSmart Schools, we provide you with the following:

- 'We are SunSmart' fence sign
- membership certificate
- links to resources and learning modules
- advice on health promotion strategies and policy development
- access to exclusive competitions

Being a registered SunSmart School means your sun protection policy and practice meet minimum standards, ensuring that the school community has effective and evidence-based measures in place to reduce future skin cancer risk.



Become a SunSmart School by visiting [www.GenerationSunSmart.com.au](http://www.GenerationSunSmart.com.au)



## Is your school doing enough to protect staff from UV?

Teachers, education assistants, grounds staff, relief teachers, administration and volunteers are just some of the people in schools who could be exposed to the sun when ultraviolet (UV) radiation is at its most damaging. The Work Health and Safety Act (2020) states that employers must ensure workers undertake their duties safely and eliminate or minimise risks and exposure to any known hazards. This includes exposure to UV radiation which is classified as a group 1 carcinogen by the World Health Organization.

It is not possible to remove UV as a hazard, so employers should aim to minimise the risks to staff and implement procedures to maintain a safe workplace. Workers also have a duty to take care of their own health and safety and must cooperate with employers' efforts to improve health and safety in the workplace.

### Supporting staff to work safely in the sun

Raising awareness and providing education and training to health and safety representatives, supervisors, outdoor workers, and new staff is essential to the success of a workplace sun protection program. If you think your school could be doing more to protect your colleagues from the sun, then share our free online professional learning modules on the new look Generation SunSmart website or access our *Skin Cancer and Outdoor Work guide* here [tinyurl.com/mrty7adf](http://tinyurl.com/mrty7adf).

*"The risk of exposure to solar UV radiation may not be obvious for some workers, for example vehicle drivers like taxi, bus, delivery, and courier services. Certain workers like physical education teachers may be in and out of the sun during the day so exposure may be intermittent. The accumulated exposure creates a risk to their health and safety."*

**Stephanie Creagh,**  
Director, Safe Work Australia  
2018



Generation **SunSmart**

Free online professional learning  
for primary and high school staff

[GenerationSunSmart.com.au](http://GenerationSunSmart.com.au)



## Daffodil Day

Thursday 31 August 2023

The theme of Daffodil Day 2023 is hope. For all that cancer takes, Daffodil Day gives us hope.

This August, we're asking you to give all you can to help fund our brightest and best cancer researchers through a Daffodil Day activation at your school. Wear a splash of yellow and collect gold coin donations for Daffodil Day.

Please register your interest at [daffodilday.com.au](http://daffodilday.com.au)



## Crunch&Sip® doesn't always have to involve a crunch!

Whilst crunchy and juicy veg is often a favourite for Crunch&Sip®, it doesn't mean it has to be crunchy to qualify. Crunch&Sip® can be packed in a range of ways to cater for children who have a sensitivity or dislike certain textures, or children who have difficulties chewing or swallowing.



### Veg prepared in different ways

Some children prefer their vegetables served differently. As a teacher, you can encourage your students to participate in Crunch&Sip® by promoting various ways they can prepare and enjoy vegetables.

### How to change the way veg is be packed for Crunch&Sip®:

- **Cook it.** When we cook veg it changes the taste and texture, often making it softer and sweeter. This may be more appealing to some children and could make it easier to eat.
- **Chop it differently.** Children may prefer their veg chopped in a certain way, for example younger children might prefer smaller pieces as they are easier to chew.
- **Mince, mash, or puree it.** This is an accessible option for children who cannot bite or have reduced tongue control.
- **Use tinned veg.** Tinned is often softer than fresh, making it easier to chew and swallow.

### Different options for Crunch&Sip®

- Steamed (*small cubes or pieces*)
- Minced (*roughly processed*)
- Pureed (*smooth paste*)
- Blanched (*florets or sticks*)
- Roasted (*chunks*)
- Mashed (*smooth or chunky*)
- Frozen (*defrosted or cooked*)
- Cubed (*using soft produce such as avocado*)
- Tinned (*using beans or suitable veg or fruit*)

Don't forget to encourage students to bring a fork or spoon with some of these options.



**You first  
then cancer**



We tailor individual support to you, to help you face the challenges of cancer.

**Call us now 13 11 20.**



# Protect your skin year-round with our UV meters for schools.

Our UV meters are solar powered and easy to use, displaying changing UV levels throughout the day. This makes it easy for students and staff to take appropriate protective measures in response to the real time UV index reading, reducing their exposure to dangerous levels of radiation.



## Want to know more?

A UV meter offers an ideal opportunity to prioritise the health and safety of students, staff and parents, while fulfilling a duty of care and work health and safety requirements.

Complete the expression of interest form here [myuv.com.au/uvmeter](https://myuv.com.au/uvmeter) or contact us:

T: 08 9212 4333 | E: [uvmeter@cancerwa.asn.au](mailto:uvmeter@cancerwa.asn.au)