

Please circulate to:

- Principal
- Science Coordinator
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- Year Level Coordinators

Introduction

Welcome to the Spring issue of the LiveSmart Cancer Prevention news bulletin for secondary schools. No doubt preparation for 2007 is beginning to occur at your school, so I would encourage you to consider planning, implementing or evaluating your sun protection policy. If you need support with planning your policy, please don't hesitate to call me. For those schools that have implemented their policy and would be willing to share their ideas or strategies with others, please contact me so I can write up your story as a case study.

Just a reminder that if you would like to receive this newsletter electronically, please email me at the address below, so I can include you on my distribution list.

Have a great 4th term and happy holiday.

Regards
Betty Lipparelli, Project Officer – Young People's Programs
t 8291 4144, blipparelli@cancersa.org.au

Latest update - Sunglasses and sun protection

One important sun protection safety measure is the wearing of eye protection such as sunglasses. Exposure to ultraviolet radiation (UVR) is associated with both skin cancer on the eyelids and the development of degenerative changes in the eye.

Sunglasses sold in Australia must conform to the Australian Standard AS1067. Some sunglasses include an eye protection factor (EPF) rating, which relates to the sun protection offered. EPF is similar to SPF rating on sunscreens, except that it ranges from 1 to 10, with the highest rating being EPF10.

The style of a pair of sunglasses is also important. A close fitting, wrap around style is best as it will reduce the amount of UVR entering the eye from around the frame. Sunglasses with side lenses also offer good protection.

For more information contact **The Cancer Council Helpline 13 11 20**.

News watch – nutrition

Call to beef up new junk food ad code

Australian children are eating what they watch, rather than watching what they eat. New research shows youngsters who watch a lot of TV also eat more junk food than other children.

The results are contained in an analysis of data from a Roy Morgan Research poll of 3649 youngsters aged between 14 and 17. The poll measured their TV viewing habits, attitudes to advertising and junk food consumption. "Junk food consumption is directly related to the amount of television advertising seen by children," the report concluded.

The Australian Consumers' Association has repeated its call for the Federal Government to step in and legislate on the marketing of junk food. A new code, which covers television, print, radio, online and mobile phone marketing of food to adults and children, is due to come into effect in a few weeks. In a written submission to health ministers, the Consumers' Association said only government intervention could combat childhood obesity.

One in five Australian children is now classified as overweight or obese – double the number of 20 years ago. If current trends continue, more than half the country's children will be overweight by 2025.

Sunday Mail, 16/7, p. 39; Sydney Morning Herald, 17/7, p.3

UV radiation danger – facts and fiction

False statement	True statement
A suntan is healthy.	A tan results from your body defending itself against further damage from UV radiation.
A tan protects you from the sun.	A dark tan on white skin offers only limited protection equivalent to an SPF of about 4.
You can't get sunburnt on a cloudy day.	Up to 80% of solar UV radiation can penetrate light cloud cover. Haze in the atmosphere can even increase UV radiation exposures.
You can't get sunburnt while in the water.	Water offers only minimal protection from UV radiation, and reflections from water can enhance your UV radiation exposure.
UV radiation during the winter is not dangerous.	UV radiation is generally lower during the winter months, but snow reflection can double your overall exposure, especially at high altitude. Pay particular attention in early spring when temperatures are low but the sun's rays are unexpectedly strong.
Sunscreens protect me so I can sunbathe much longer.	Sunscreens should not be used to increase sun exposure time but to increase protection during unavoidable exposure. The protection they afford depends critically on their correct application.
If you take regular breaks during sunbathing you won't get sunburnt.	UV radiation exposure is cumulative during the day.
If you don't feel the hot rays of the sun you won't get sunburnt.	Sunburn is caused by UV radiation which cannot be felt. The heating effect is caused by the sun's infrared radiation and not by UV radiation.

Source: World Health Organisation <www.who.int/uv/publications/en/GlobalUVI.pdf>.

Newsletter snippet

Cancer prevention – Does it matter what I eat and drink?

Yes, it does. If everybody ate healthy food, there'd be a third less cancer in the world. So here's what you can do.

- Eat more veggies and fruit. That's the most important one, really.
- Eat a wide variety of foods. You'll get all the vitamins and minerals you need. See serve sizes and food ideas at www.cancersa.org.au
- Cut back on the red meat to three or four times a week, and cut right back on processed foods like fritz, bacon and salami.
- If you don't drink alcohol, don't start. If you're a woman, limit alcohol to one drink a day. If you're man, the limit is two.

“ Eat a wide variety of foods including plenty of veggies and fruit”

Cross curriculum classroom activity

SunSmart media investigation

- Choose a range of TV programs eg. Neighbours, Home and Away etc and observe behaviour in relation to being SunSmart.
- Make comments about the images, messages, behaviours and attitudes in relation to sun safety.
- Write a summary about your observations.
- What influence would your findings about the images, messages, behaviours and attitudes related to skin protection have on people watching TV shows?
- Write a conclusion about the impact of TV on people's SunSmart behaviour.
- How could you help young people be more aware of the influence of the media in shaping their health behaviours?

Other news

SSABSA teaching programs

The SSABSA website now has a Health and Well being illustrative program for teacher use. See the following link to access the program: www.ssabsa.sa.edu.au/support/hpd/head/documents/head-ip-025.doc

Written by representatives from the Heart Foundation, Diabetes SA and The Cancer Council South Australia it could be the stage 1 Health course that you require. The course contains the following topics:

Determinants of health	Health status of Australians
Health Promotion	Role of the media
Health Agencies	

Stay tuned for more teaching programs in Australian Studies and Health that specifically relate to sun protection.

'Investing in Our Schools Programme' grants

The Investing in Our Schools Programme is a \$1 billion Australian Government infrastructure initiative. The focus for the program is on delivering small scale projects which improve and enhance the infrastructure of schools. During 2005 to 2008, \$700 million will be

provided to state schools to help repair, replace or install new items critical to their school's overall needs. \$300 million will be provided to less well-off non-government schools through the Block Grant Authorities (BGAs).

Shade development does qualify as a project for this grant so it might be worth investigating the possibilities of this for your school. Ring the Department of Education, Science and Training (DEST) hotline on 1300 363 079 for 'Investing in our Schools' information or See the DEST website for more information.

www.dest.gov.au/sectors/school_education/programmes_funding/general_funding/capital_grants/ios/default.htm

The message from young people to secondary teachers about sun protection is 'don't stop educating us'

Focus group investigations of a number of 18-24 year olds in a study about attitudes to sun protection conducted in 2005 revealed that young people do appreciate the education they received in secondary schools about sun protection. "Young people felt that the key messages they were exposed to during primary school needed to continue throughout secondary school, tertiary studies and into the workplace." A recommendation that came from this study was to "continue to encourage sun protection education in secondary schools, and endeavour to promote SunSmart messages in tertiary education settings and in workplaces".

Mikati T. Exploring strategies to help young people (18-24 years) integrate health messages into their lifestyle: A sun safety focus. Prepared on behalf of The Cancer Council South Australia; 2005.

Resources

Tattoo – A SunSmart resource for secondary schools

This is a cross curriculum resource which includes a video of the making of the TV advertisement Skin Cancer – 'It's Killer Body Art' and an excellent resource book with suggestions for student activities, personal stories, background facts and statistics about skin cancer. It can be used in Health & PE, Media Studies, English and Personal Development/Pastoral Care. Cost is \$55.00 (Incl. P&P) or for loan from **The Cancer Council Helpline 13 11 20.**

UV Risk Reduction – A planning guide for secondary school communities

This resource provides a framework to assist schools in the development of a policy or plan to minimize UV exposure for members of your school community. Available free of charge – contact Betty Lipparelli for your copy by phoning 8291 4144.

60 Minutes - Sunburnt Country DVD

Hard hitting segment from the 60 Minutes program aired in February 2005. Includes a teacher guide with lesson ideas. Years 9 – 12. Available on loan from **The Cancer Council Helpline 13 11 20.**

Don't forget to check our website – www.cancersa.org.au

The Speakers' Bureau

Would you like a speaker to come to your school to talk to staff, governing council or parent groups about skin cancer and sun protection or nutrition?

An educator from The Cancer Council's Speaker's Bureau is available to give talks. To organise your presentation, contact the Speaker's Bureau Coordinator on 8291 4111 or download a request form from our website www.cancersa.org.au.