

Cancertalk

Helping you deal with cancer in the school community/ Secondary/ Autumn 08

Cancertalk. Let's
make a week of it
Healthy living
lesson plans
Wendy's story



**KEEP AN
EYE ON
YOUR
BODY**

**WE ARE
MACMILLAN.
CANCER SUPPORT**



Welcome to the autumn 2008 edition of *Cancertalk*.

As the nights draw in, it's tempting to hibernate until spring. But this is the perfect time to build up your immune system and consider your diet. Check out our healthy living lesson plans at the back for some inspiring ideas. Also, why not encourage healthy, active minds and ask your class to come up with festive fundraising ideas for our Christmas competition? See the enclosed poster for more info.

Our feature focus looks at body awareness and the importance of educating your pupils about the signs of cancer. Remember, the earlier you detect cancer, the greater your chances of recovering completely.

On page 6, you can read about Wendy Gough who lost her son to testicular cancer. She talks about his condition and her volunteering work to educate pupils about body awareness.

Don't forget that Macmillan's Cancertalk Week is fast approaching. This is when schools and youth groups across the country get thinking about cancer and healthy lifestyle choices. See pages 4-5 for details.

Our brand new *Keep healthy, be active* teaching pack can support your lessons and activities all year round. And that's not to mention our *Cancertalk* teaching pack that comes with a DVD, lesson plans and resource sheets. To order your free copies, visit www.cancertalk.org.uk or call 0845 601 1716 quoting CTNA08.

Finally, we will soon be announcing our new fundraising event for schools that will take place in summer 2009. We'll give you full details in the spring edition of *Cancertalk*, so keep your eyes peeled.

Have a happy autumn term.

*Katherine
Donaghy*

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KNOW Y THE BAC



OUR BODY LIKE K OF YOUR HAND

Cancer: it's just one word, but it isn't just one illness. There are actually over 200 types of cancer that can develop in any part of the body.

Some cancers are difficult to detect and show few symptoms in the initial stages. Other forms of cancer have visible symptoms which, if caught early, can be treated, leading in many cases to a full recovery. It's therefore essential that we encourage children to become body aware from a young age.

So how do you become body aware?

- Know what's normal for you.
- Know which changes to look for.
- Report any changes without delay.

Skin cancer

This is the UK's most common cancer in both men and women, with more than 73,000 cases each year. The good news is that it's also one of the most preventable types. More than nine out of ten people with non-melanoma skin cancer are completely cured.

Be body aware

If you notice anything unusual on your skin that doesn't go away within two weeks, you should show it to your doctor. Don't be embarrassed; it's far better to get it checked out.

What to look for:

- an existing mole or dark patch getting larger, or a new one growing
- a mole with a ragged outline (ordinary moles are smooth and regular)
- a mole with different shades of brown and black (ordinary moles may be dark brown, but are all one shade)
- a mole that starts to bleed, ooze or develop a crust
- a mole that is bigger than all your other moles
- a change in how your mole feels (such as a mild itch).

What can be done at school?

Hold body awareness days, inviting speakers (Macmillan representatives, school nurses, your local doctors etc) to come and talk to pupils about the importance of checking themselves. You could also encourage pupils to design body awareness leaflets and posters to display around school. This literature could highlight issues such as the importance of wearing sun cream.

Breast cancer

This is the most common cancer in women, although men can also get it. In the UK in 2000, there were some 40,700 cases of breast cancer diagnosed in women compared with around 300 in men. Breast cancer is a kind of tumour that develops in the cells of a person's breast – specifically in glands that produce milk.

Be body aware

Nine out of ten lumps are not cancers; but far better to get it checked out by your doctor and have peace of mind.

What to look for:

- pain in the breast that seems unrelated to a period
- a new lump, bump or other change in your breast that you are concerned about
- a red, hot, swollen breast
- fluid or bloody discharge from your nipple, or a change in the position of your nipple
- a lump in your armpit.

Like breast cancer, testicular cancer can be detected early. See our special feature on page 7 for information on what to look for.

Further information

Why Bother?

www.whybother.org.uk/lifestyle/body-aware.html

Information for young people on how to check their bodies.

Cancer Research UK

<http://info.cancerresearchuk.org/healthyliving/bodyawareness/?a=5441>

Information to help you understand what's normal for your body.

CANCERTALK WEEK, 19-23 JANUARY 2009



With more than one in three people in the UK diagnosed with cancer at some point in their lives, it's important to get schools talking about cancer issues. However, knowing what to say to a child or young person can seem daunting.

That's why we created Cancertalk Week. It provides the perfect forum to raise cancer-related topics with your pupils, hold special assemblies, design posters and organise fundraising events. You could even arrange to have a Macmillan representative talk to your pupils about our charity.

Register for Cancertalk Week and you'll receive our two free

teaching packs. These will help you plan your activities and give you ideas on how to get the whole school involved. See page 5 for more details.

As part of Cancertalk Week, your pupils can access up-to-date information about cancer on our Why Bother? website for young people: www.whybother.org.uk. Here, they'll find everything from tips on how to lead a healthy lifestyle to real stories from young people affected by cancer.

By the end of Cancertalk Week, your pupils will have had the chance to share their worries, raise questions and find the answers to what is traditionally regarded as a taboo subject.

Join in!

So what are you waiting for? Register today and raise cancer awareness in your school. Call 0845 601 1716 quoting CTNA08 or visit www.cancertalk.org.uk/cancertalkweek

Looking to fundraise for Macmillan Cancer Support? We'll announce our new event for schools in January. For full details on how to take part, check out the spring 2009 edition of *Cancertalk*.



Order your free packs today

To order either or both of the packs register at www.cancertalk.org.uk or call 0845 601 1716 quoting CTNA08.

Teaching resources

Our two free teaching packs give you all the information and support you need to talk confidently about cancer with your pupils; answer their questions with ease; and encourage them to lead healthy lifestyles. Use them to support your Cancertalk Week activities – or at any time of the year.

Keep healthy, be active

Brand new for autumn 2008, the *Keep healthy, be active* resource pack is bursting with ideas on how to reduce the risk of getting cancer later in life. Lesson plans focus on diet, smoking and fitness, equipping pupils with the information they need to make informed lifestyle choices.

Well structured and easy to follow, the lesson plans tie in with all UK curricula and include suggestions for starter, main and plenary activities. So you can be sure that you're teaching up-to-date, relevant information to your pupils. The pack comes complete with resource sheets tailored for pupils aged 7-16.

Cancertalk

The *Cancertalk* teaching pack focuses on the emotional impact of cancer, and ties in directly with your PSHE/PSE and Citizenship curricula. It comes complete with a teachers' advice and guidance booklet; activities tailored for the different age groups; and a DVD with teachers' and pupils' modules.

WHY EXAMINATIONS MATTER

Wendy Gough's son, Matthew, died of testicular cancer when he was 19 years old. This experience inspired her to give cancer awareness talks in schools as a volunteer. Wendy tells us how she helps give young people the chance of life Matthew never had.



Wendy and her son, Matthew, on his 18th birthday

'It was a time of big ups and downs for Matthew. He'd just finished taking his A-levels – a high point. And he was waiting to find out his grades – a low point. With all this going on, it didn't occur to Matthew there was something wrong with his health.

'Matthew found a lump in his testicle in 1997. Because he wasn't in any pain, he ignored it for almost seven weeks. That cost Matthew his life. If he'd known how to examine himself properly he could still be here today.

A lack of education in schools

'When Matthew discovered he had cancer, he was furious he hadn't been taught anything at school that could have saved him. School is supposed to furnish you for life. But if you don't know how to look after your body, you won't have a life.

'Because of Matthew's experience, I decided to raise awareness of the signs and symptoms of testicular cancer in schools. Before long, all the girls

were asking me, "What about us?" So I started to cover breast cancer in my talks as well. I now visit some 230 schools a year. Of all the great feedback I receive, it's particularly moving when students ask me what they can do to help people with cancer.

Listen to your body

'The most important advice I offer students is, "Listen to your body. Listen to the voice in your head that says 'something's not right' – and do something about it." After my talks, teachers often come up to me saying, "I've got those symptoms. What should I do?" And I say, "If you think there's something wrong – anything – go to the doctor's immediately."

Cancer awareness on the syllabus

'When he heard about my talks, Ed Balls, Secretary of State for Children Schools and Families, wrote to me personally. He said: "I would like to offer my utmost respect for the work

you are doing... I would hope that teachers would cover this important issue [cancer awareness] in order to help pupils make informed choices about their health and wellbeing..." The way I see it, "hoping" isn't good enough. That's why I'm pushing to get cancer awareness on the teachers' training syllabus.

'With one in three people affected by the illness in their lifetime, cancer awareness needs to be taught in schools. I want to stress to the teachers reading this that you don't often get the opportunity to save someone's life. But this could be it.'

Further information

Wendy works with the Everyman St Albans Group. If you'd like her to talk at your school, contact her through the Everyman website www.icr.ac.uk/everyman. Alternatively, email wendygough@wgough.freereserve.co.uk

TESTICULAR CANCER: THE FACTS

Key facts

- Testicular cancer usually affects young men aged 15–45.
- Almost 2,000 new cases of testicular cancer are diagnosed every year.
- Testicular cancer is more common among Caucasians than African, African-Caribbean or Asian men.
- If a boy's testicles haven't descended by the age of seven, his risk of developing testicular cancer increases by between five to ten times.
- If a close family member has had testicular cancer, your risk of developing it increases.
- There's no proof that a sporting strain or injury increases your risk of developing cancer.

What is testicular cancer?

Testicular cancer develops from cells within the testes. It is normally detected as a lump in the testicle.

By examining themselves regularly, men can help detect cancer at an early stage.

What are the symptoms?

- hard lump or swelling in a testicle
- increase in size or firmness of a testicle
- dull ache in the scrotum or groin
- discomfort in a testicle or the scrotum
- sudden collection of fluid in the scrotum.

Treatment

Testicular cancer can often be cured successfully, especially if it is found early. More than nine out of ten patients are cured.

Treatment may include surgery to remove the affected testicle to reduce the risk of the disease spreading. If a patient has one testicle removed, it will not affect his



Take a good look at yourself

fertility. Professionals may also use radiotherapy and chemotherapy to destroy the cancer cells.

Reducing the risk

Detecting the cancer early is key. If testicular cancer is caught early, then there is a cure rate as high as 99%. Men should check their testicles regularly and not feel embarrassed about visiting the doctor if they notice any abnormalities.

Further information

Why Bother?

www.whybother.org.uk/learn/testicular.html

Our website for young people explains testicular cancer in straightforward language.

Everyman

<http://www.icr.ac.uk/everyman>
Find out all you need to know about prostate and testicular cancer.

Checkmlads

<http://www.checkmlads.com>
A testicular cancer awareness site for lads, written in straight-talking language.

Orchid

<http://www.orchid-cancer.org.uk>
Information on testicular, prostate and penile cancers.

HALL OF FAME

See more at www.macmillan.org.uk/cancertalk



Sisters Hannah and Chloe celebrate their efforts in The Big Hush competition, held at Beechwood Park School in Hertfordshire.

Marina, Kayleigh and Jessica from Blidworth Oaks Primary School in Mansfield raised a fantastic £208.40 through their sponsored walk in June.



Clyde Valley High School in Wishaw held a week of events including a fancy dress day, 'gunge the teacher' and a talent show to raise a fantastic £3,572 for Macmillan's Lanarkshire Appeal.

YouthLine

If you know any young people affected by cancer who need information or advice, they can call Macmillan's YouthLine free on 0808 808 0800, Monday to Friday 9am-9pm.

Competition

Get your festive spirit flowing and help Macmillan Cancer Support improve the lives of people living with cancer. Work together with your class to come up with 11 fun and simple fundraising activities that schools can use in the run up to Christmas. See the poster for more details on how to enter.



Send us your stories

If you want your school to be featured in the Hall of Fame, email your stories and pictures to kdonaghy@macmillan.org.uk or post them to: The Schools and Youth team, Macmillan Cancer Support, 89 Albert Embankment, London SE1 7UQ

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HEALTHY EATING (PART 3)

Collect our series of lessons on healthy living. You can get the full versions of these lesson plans by ordering our new teaching pack, *Keep healthy, be active*. See pages 4 and 5 for details.

Key question Can food packaging be misleading?

National Curriculum links

PSHE and Citizenship: 3a

Science: Sc2 2b

Design and Technology: 1, 3

You can also make links to the *Every Child Matters* government programme for young people.

Starter

Hold a quiz to test pupils' food knowledge. Either ask them questions, or have them come up with their own. Questions to ask:

- Name two foods high in saturated fats. Why should saturated fats form only a small part of our daily diet?
- Name two pieces of fruit and vegetables that are the following colours: red, green, yellow etc. Why should we try to 'eat a rainbow' of fruit and veg every day?
- Name three foods that are high in fibre (answer: wholemeal bread, whole-wheat cereals, porridge etc). Explain why fibre is an important part of a balanced diet.

Why not encourage your pupils to come up with their own questions to ask the class?

Main

Hand out a selection of food wrappers and packaging to pupils, asking them to examine them carefully. What do they notice? List all their ideas on the board. Someone should mention the 'traffic light' coding system. Do any of the pupils know what this means? What do they think the colours (red, amber and green) stand for?

Not all supermarkets use the 'traffic light' coding system. Some have developed their own methods of displaying nutritional information – why might this be?

Explain that the numbers and percentages displayed on packaging generally refer to recommended daily amounts for adults rather than children (you may wish to go into this in more detail). Bear in mind, nutritional information often refers to the weight of a particular serving (eg 30g), rather than the weight of the entire product (eg 100g). So people may actually be consuming more fat and salt etc than they think. Ask your pupils: 'Might the information on the packaging be misleading in any other way?' Why might manufacturers choose to display nutrition information on their packaging in the way that they do?

Ask pupils to re-examine all the wrappers and come up with their own coding system, aimed at teenagers, that's easy to understand. The resource sheet will help them with their designs.

Plenary

Discuss the designs. Do they display the nutritional information in a way that's easy to understand? Would the design encourage other teenagers to look at the nutritional information? Would the design affect their choice of product? How could your pupils improve their designs?

Further information

Why Bother?
www.whybother.org.uk
Macmillan's website for young people, with information on healthy diets.

Food Standards Agency
www.eatwell.gov.uk
Information on healthy eating, including the food coding system.



CODE IT!



Use the resource sheet to design your own easy to understand nutritional information coding system.

