

# Cancertalk

Helping you deal with cancer in the school community/ Secondary/ Summer 09

Join the World's  
Biggest Coffee Morning

Fitness lesson plans

Caring for the carers

**CERVICAL  
CANCER  
THE  
DEBATE**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



Hello and welcome to the summer 2009 edition of the **Cancertalk** newsletter.

With the summer holidays just around the corner, now is a great time to get outside with your pupils and promote active lifestyles. Why not use some of the fitness lesson plans at the back of the newsletter? These form part of our *Keep active, be healthy* teaching pack, which can be ordered for free by calling 0845 601 1716 (quoting SCHL) or by registering online at [cancertalk.org.uk](http://cancertalk.org.uk).

You can also use the plans in the run up to **The Big Sports Day** event – our fantastic new fundraiser for schools. To find out more, go to [macmillan.org.uk/bigsportsday](http://macmillan.org.uk/bigsportsday). And as always, we'd love to hear about any activities you do.

On pages 4-5, you can read about how to be part of our flagship fundraiser – the **World's Biggest Coffee Morning**. Of course, it doesn't have to be coffee: why not continue the healthy living theme by introducing smoothies and herbal teas as part of the event? Every penny raised will go towards helping the two million people in the UK living with a cancer diagnosis.

Our feature focus this issue concentrates on the impact the new cervical cancer jab has had in schools since its national release in autumn 2008. We discuss the issues surrounding the vaccine and the support that schools need when explaining its purpose to pupils and parents alike.

On page 6, you can find out all about **Carers' Week**, which this year will be held from 8-14 June. If you know of any young carers whose work should be celebrated, then sign up for one of the national events being held.

With best wishes for a happy, healthy and active summer term,

*Katherine  
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# AT THE OF THE



# SHARP END DEBATE



**Cervical cancer is the second most common cancer in women. Around 3,000 women in the UK are diagnosed with it each year and around 1,200 women die from it. It can affect women at any age. Reality star Jade Goody was diagnosed with cervical cancer at the age of 27 and publicised the importance of regular screening right up until her death in March.**

The government also recognises the enormity of the illness, and the need to protect girls from developing it in the future. It is therefore now offering a vaccination to every 12 and 13 year old girl in the country, in a scheme which came into force in September 2008.

Since then, around 300,000 girls have received the injection, with a 'catch-up' vaccination programme to be implemented for 14-18 year olds over the next two to three years.

The vaccination is designed to protect girls from the Human Papilloma Virus (HPV), a sexually transmitted infection of which two of the four strains are responsible for 70% of cervical cancer cases. The jabs do not protect against all types of HPV and girls who receive the vaccinations will still be encouraged to have smear tests as an adult.

As at least 10% of school girls will have caught the HPV virus by the time they are 16, the government took the decision to offer the injection to 12-13 year olds, before the majority become sexually active.

However, the injections have not been without controversy. For instance, one in ten parents are concerned that the vaccine could encourage under-age sex. Potential side effects have also

proved a worry for 65% of mothers: since a similar injection was introduced in Germany and Austria there have been two deaths, although there is no evidence that they were linked to the vaccine. Because of these concerns, which are often based on a lack of understanding and information, parents have been given the chance to 'opt-out' of the scheme.

## What can you do?

Ask your school nurse or local GP to come and talk to the girls and their mothers about the vaccine and to provide literature for them to take away and read. Discuss cervical cancer, what it means and also what the symptoms are. See page 7 for our cervical cancer fact sheet.

## Further information

### Cancerline

0808 808 0800

**Macmillan Cancer Support's freephone helpline to assist you with your practical, emotional, medical and financial needs surrounding cancer.**

### Cancerbackup

[www.cancerbackup.org.uk/](http://www.cancerbackup.org.uk/)

### Cancertype/Cervix

**Information on cervical cancer, its causes and treatments.**

### Cancer Research UK

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)

**Information on the new vaccines to prevent cervical cancer.**

### NHS

[www.immunisation.nhs.uk/](http://www.immunisation.nhs.uk/)

### Vaccines/HPV

**Up-to-date information on all aspects of the HPV vaccine.**



# Make your cup count...

Feel good and take part in The World's Biggest Coffee Morning on Friday 25 September.

Whether you simply host an event in the staffroom, or ask the children to bring in cakes for a break-time treat, every penny put in the collection tin will help one of the

two million people living in the UK with a cancer diagnosis.

Simply arrange a time for everyone to get together, provide some tasty refreshments (and remember, they can be healthy snacks as well) and ask people to make a donation.

## Register today

So, what are you waiting for? Register today by calling 0845 602 1246 quoting SCH, or visit [www.macmillan.org.uk/coffee](http://www.macmillan.org.uk/coffee). Once you've registered, we'll send you everything you need to help make your event a huge success.

# MAKE IT HEALTHY



Why not use our *Keep healthy be active* teaching pack to educate your pupils on the importance of maintaining a balanced and nutritious diet? (call 0845 601 1716, quoting SCHL, or visit [cancertalk.org.uk](http://cancertalk.org.uk) to order your pack). It's crammed full of great tips and advice on encouraging informed lifestyle choices. For instance, one suggestion is for pupils to have a go at designing and creating their own smoothies, with the best ideas providing a healthy option for your coffee morning event. See the suggested recipe below for a Marvellous Macmillan Smoothie.

There are more delicious recipe ideas on our *Why Bother?* website: [whybother.org.uk](http://whybother.org.uk). If you'd like to share any of your own healthy meal ideas, let us know and we'll post the best ones up.

## Marvellous Macmillan Smoothie

### Ingredients

- 2 eating apples
- 1 kiwi
- 1 banana

- 6 green grapes
- 2 tablespoons of natural yoghurt

### What to do

1. Carefully peel and core the apples and cut into small dice shapes.
2. Peel the skin off the kiwi and slice.
3. Peel the banana and chop into small chunks.
4. Wash the grapes.
5. Put everything in the blender and whizz together for a few seconds. Add two spoonfuls of natural yoghurt and whizz together for another 30 seconds until all the ingredients combine.
6. Pour into a glass and enjoy.

Make sure children are supervised when using sharp equipment.



# CARING FOR CARERS



Carers' Week will give carers the recognition they deserve

## Carers' Week, 8-14 June 2009

Did you know there are six million people in the UK who are carers, including 175,000 young people? Perhaps you have a pupil in your class who looks after a family member or friend who needs help because they are ill, frail or have a disability?

Macmillan and nine other charities will be working together during Carers' Week to highlight and celebrate the huge contribution carers make. The idea is to ensure they get the recognition they deserve, as well as the practical and emotional support they need.

## How Macmillan helps carers

Supporting carers is an important and growing part of Macmillan's work. Macmillan supports carers through helplines, a network of befriending and carer support services and by

providing information at centres across the UK.

For instance, Gateshead Crossroads (Carers for Carers) was set up in Tyne and Wear as a partnership between Crossroads and Macmillan to provide help to young carers (aged 6-19) looking after a parent or sibling with cancer.

Lynne Readman is the Macmillan young carers' manager for the scheme. She says:

'Young carers often don't get the opportunities to mix with other people their own age. So we take them out in groups to do the fun things they want to do - theme parks, horse-riding, things that other young people would normally get to do. We also give one-to-one support to young people who might not want to go out in groups. Some email us questions and we send them information, advice and support.'

## Get involved

Over 100,000 carers take part in Carers' Week every year (both young people and adults), and over 1,000 local partners organise events and activities. These range from information displays to cinema trips and quizzes. For more information on events near you, and how your pupils can get involved, visit [macmillan.org.uk/carers](http://macmillan.org.uk/carers) or contact Charlotte Argyle on 020 7091 2041 ([cargyle@macmillan.org.uk](mailto:cargyle@macmillan.org.uk)).

## Further support

[www.youngcarers.com](http://www.youngcarers.com)

Help and advice for young people who are the principal carer.

[www.youngcarers.net](http://www.youngcarers.net)

Information from The Children's Society for young carers.

# CERVICAL CANCER: THE FACTS

## What is cervical cancer?

There are two main types of cervical cancer. The most common is called squamous cell carcinoma, and it develops from the flat cells which cover the outer surface of the cervix at the top of the vagina. The second main type is called adenocarcinoma – this develops from the glandular cells that line the cervical canal.

## Key facts

- Around 2,700 women are diagnosed with cervical cancer in the UK each year.
- Cervical cancer is the second most common cancer in women under 35 years old.
- Approximately 1,200 women die from cervical cancer in the UK each year.
- The Human Papilloma Virus (HPV) is a sexually transmitted infection of which two of the four strains are responsible for 70% of cervical cancer cases.

## What are the symptoms?

The most common symptom of cervical cancer is bleeding from the vagina at times outside of the period. For example, there may be bleeding:

- between periods
- after or during sex
- at any time past the menopause.

There are many other conditions that can cause these symptoms, most unrelated to cancer. However, it's important that a doctor is consulted if there are any concerns, as early diagnosis can mean a better chance of a full recovery.



The HPV vaccine is available to girls from the age of 12

## Treatment

The treatment used will depend on the stage of the cancer.

Treatments include:

- surgery – removing the womb and cervix (hysterectomy)
- radiotherapy – treatment to the womb, cervix and surrounding tissues
- chemotherapy – to shrink advanced cervical cancer. Chemotherapy can be used on its own or alongside radiotherapy or surgery.

## Reducing the risk

- Women should go for regular smear tests once they become sexually active. Invitations for cervical screening are sent every three to five years to all women between their early twenties and early sixties.
- Girls could have the HPV vaccine in school. Reducing the risk of contracting HPV will reduce the risk of developing cervical cancer.

- Girls should understand the importance of safe sex and the implications of not using a condom or other contraceptives.
- Like all young people, girls should be inspired to maintain a healthy lifestyle. Recent government reports suggest a link between smoking, poor diet and cervical cancer.

## Further information

**Cancerbackup**

[www.cancerbackup.org.uk/Cancertype/Cervix/Causesdiagnosis/Types](http://www.cancerbackup.org.uk/Cancertype/Cervix/Causesdiagnosis/Types) Information on cervical cancer.

**Cancer Research UK**

[www.cancerhelp.org.uk/help/default.asp?page=2739](http://www.cancerhelp.org.uk/help/default.asp?page=2739)  
Facts and statistics about cervical cancer.

**NHS**

[www.immunisation.nhs.uk/Vaccines/HPV](http://www.immunisation.nhs.uk/Vaccines/HPV)  
Up-to-date information on all aspects of the HPV vaccine.

# HALL OF FAME

See more at [www.cancertalk.org.uk](http://www.cancertalk.org.uk)



Pupils from Claires Court School in Maidenhead raised their cancer awareness during Cancertalk Week in January by producing these colourful posters.



The Royal Grammar School in Worcester spread some festive cheer by selling Macmillan's Magic Reindeer Stars in December 2008. The school raised a fabulous £239.74. Well done and thanks!

## YouthLine

If you know of 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

## The Big Sports Day

Remember: it's still not too late to sign up for Macmillan's fabulous fundraising event for schools – **The Big Sports Day**. Simply hold your sports day or sporting challenge as usual and encourage pupils to pay £1 to take part. For more information and to find out how you can get in on the action, visit [macmillan.org.uk/bigsportsday](http://macmillan.org.uk/bigsportsday) or call 0845 601 1716



## 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](mailto: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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# FITNESS

Collect our series of lessons on healthy living. The following ideas are extracts from the new *Keep healthy, be active* teaching pack. To order your copy, register online at [cancertalk.org.uk](http://cancertalk.org.uk) or call 0845 601 1716, quoting SCHL.

## Key question

How do people in other countries keep fit?

## National Curriculum links

PSHE: 1.2a, 3f

English: 2.1a, d, e

Links can also be made to the 'Every Child Matters' government programme for young people.

## Starter

Have a debate: would pupils class activities such as snooker, sumo, boules, etc as sports? If not, what would they call them? You could present pupils with the Council of Europe's official definition of sport:

Sport means all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competitions at all levels.

Does this change their opinion in any way?

## Main

Working in small groups, pupils could be set their own challenge to come up with a new competitive sporting game that has two teams, is easy to understand and fun. They should use the resource sheet to help them plan the game.

Once the groups have completed the sheet, they should discuss the practicalities of their new game and amend it accordingly. They should then prepare a small presentation to

explain their concept to the rest of the class, ensuring they clearly explain what the game is, how it's played, and what equipment is needed.

## Plenary

Other pupils should ask questions about the presentations and the feasibility of each game. A class vote could be conducted as to which one the class likes best. The winning game could then be played and evaluated.

### Further information

Why Bother?

[www.whybother.org.uk/lifestyle/exercise.html](http://www.whybother.org.uk/lifestyle/exercise.html)

Information for young people on the importance of keeping fit.

Sport England/ Scotland/ Northern Ireland/ Wales

[www.sportengland.org](http://www.sportengland.org)

[www.sportscotland.org.uk](http://www.sportscotland.org.uk)

[www.sportni.net](http://www.sportni.net)

[www.sports-council-wales.org.uk](http://www.sports-council-wales.org.uk)

Information on sporting programmes across the UK.



# PLANNING YOUR COMPETITIVE GAME

Name

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What is your game called?

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How many teams will there be?

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How many people will be on each team?

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Where will it be held? (Hall, playground, field, etc.)

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What equipment is needed? (Ball, coloured bands, goal posts, whistle, apparatus, mats etc.)

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What are the rules? (What happens at the start/ middle/ end?)

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How long is it played for? (Is there a first and second half?)

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How are points scored? (Can everyone score?)

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Can players be disqualified? How?

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Other

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