

Cancertalk

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

Julie's story

**Healthy living
lesson plans**

**WE ARE
MACMILLAN.
CANCER SUPPORT**



**GET SET
FOR A
JAM-PACKED
YEAR**



Welcome to the autumn 2009 edition of *Cancertalk*.

On page 3, you can find out all about *Cancertalk* Week. Here, school nurse Angela Fowkes tells us about the events that her school participated in and explains the importance of raising cancer awareness among young people. And you can read about all our other fantastic fundraising activities on pages 4-5.

This edition's personal story comes from Julie Panayiotou, one of our fabulous volunteers who specialises in giving talks to schools in London. She chats about how she became involved in volunteering and the difference it makes.

Check out our *Why Bother?* website, macmillan.org.uk/schools, and download our four fantastic video clips to help you explain all about *Macmillan*, the role of a *Macmillan* nurse and how schools can fundraise for our charity. You can also watch an inspiring interview with Anna, an 11-year-old living with cancer. We are looking to refresh the site, so why not spend a few moments online letting us know what you think?

Also, thanks to all the schools that took part in this year's *Big Sports Day* – we hope you enjoyed the event. You can feel good knowing that all of your donations are helping the two million people living with cancer in the UK. Registrations are now being taken for 2010, so jump to it and sign up today at macmillan.org.uk/schools

Finally – help yourself to all of our teaching materials. We have two teaching packs to help you talk confidently about cancer in the classroom. To find out more and to order your copies, visit macmillan.org.uk/schools or call 0845 601 1716 quoting *SCHL*.

Best wishes for a happy and active autumn term.

Katharine Donaghy

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A CLASS ACT

Over 300 schools across the UK got chatting about cancer this spring as part of Macmillan Cancer Support's Cancertalk Week (January 19-23, 2009). Using our fabulous teaching packs to help them plan their activities, they held lessons and assemblies to help raise cancer awareness and promote wise lifestyle choices. One school that signed up was Claires Court in Maidenhead. We caught up with school nurse Angela Fowke to find out more.

'After receiving the pack from Macmillan about *Cancertalk* Week, I decided that it was something we should get involved in. Being a girls' school, we have unfortunately had a few members of staff who have not survived a breast cancer diagnosis. Also, I myself have had Hodgkin's disease and was therefore able to talk from experience. We have weekly PSHE lessons which I deliver to Years 7 and 8 and I felt this was a stimulating subject that we could easily incorporate.

'The *Cancertalk* lessons were delivered to years 6, 7, 8 and 9 over three weeks. We were also in the middle of vaccinating our Year 8 girls for HPV, so it's quite a topical subject. The Year 6 class was very receptive to our discussions and keen to do posters and poems. We displayed the girls' work on a large notice board in our atrium, alongside information about cancer prevention, nutrition and healthy living.

Spreading the word

'We're living in a world where cancer is becoming a commonplace word. Children are aware of this 'thing' that people on the TV die

from but aren't sure what it is. They know that Jade Goody died recently, but what from and why? This is why it is crucial that we spread the word and talk about cancer using a sensitive and no nonsense approach, so that myths are tackled head on and pupils' fears are discussed. *Cancertalk* Week provided the perfect forum for this.

'My advice to other nurses and teachers is – be prepared for pupils who want to come and talk to you privately about their concerns. And ensure that a school nurse or counsellor is available for pupils to chat to, or refer them to *Macmillan's* freephone and confidential telephone helpline: 0800 808 00 00.

'If you don't have a charity that you support in your school, perhaps you could encourage your pupils to do some fundraising for *Macmillan* after you have finished your cancer awareness lessons.'

Cancertalk Week

Cancertalk Week is evolving. In January 2010, it will be an adult-focused event. So why not continue to raise awareness of cancer among your colleagues in the staffroom by getting involved and ordering some of our leaflets and resources?

And don't worry – we haven't forgotten your pupils. We believe it is essential that the myths and taboos that surround cancer are addressed directly. That's why we have loads of great resources to help you and your pupils talk openly and honestly about cancer at any time of the year.

You can also register your school or youth group for *The Big Sports Day 2010* and feel good to know that your pupils are raising pulse rates, raising awareness and raising funds to help the two million people living with cancer in the UK.

For more information on any of the above, visit macmillan.org.uk/schools



Pupils from Claires Court with their fabulous display.



FUNRAISING FUN

With the new school year upon us, many schools are looking to choose a charity of the year to sponsor. And who better to pick than Macmillan Cancer Support? You can rest assured that every penny you raise will help the two million adults and children living with cancer in the UK.

We have a fabulous programme of fundraising events throughout the year, organised on both a local and national level with plenty of activities for adults and young

people alike. We will support you every step of the way, from giving you educational materials to use in classroom, to organising balloons and collection boxes for your chosen event.

We can even come along for cheque collections and chat to your pupils about the work that Macmillan does.

So, what are you waiting for? Have a look at our calendar and join up for one of our amazing events today.

The Big Sports Day – summer 2010

A fantastic way to encourage your class or youth group to get active, improve their health awareness and raise money to help people affected by cancer. Simply hold your sports day (or PE lesson or lunchtime club) as usual and incorporate a fundraising challenge for Macmillan.

For more information, visit macmillan.org.uk/schools or call 0845 601 1716 quoting SCHL.

The Big Picnic – summer 2010
Why not gather pupils, staff and the PTA together and hold a giant picnic on your school field or playground? Encourage pupils to make healthy recipes as part of their work on informed lifestyle choices, and celebrate their efforts during the giant picnic festivities. Remember, a little effort x lots of enthusiasm = loads of money raised for Macmillan.
www.macmillan.org.uk/bigpicnic



Walk with Us – 2010
Loosen up those limbs and improve your fitness while raising invaluable funds for Macmillan. Take part in one of our organised local walks, or hold your own at any time of the year – we'll give you all the support you need.
www.macmillan.org.uk/walking

Longest Day Golf Challenge May – August 2010
Have you got what it takes to play 72 holes in one day? Get together a staff team and compete in the ultimate golfing challenge, knowing that all donations will help children and adults on their cancer journey.
[Visit macmillan.org.uk/golf](http://www.macmillan.org.uk/golf) or call 020 7840 4614.



World's Biggest Coffee Morning – 24 September 2010

Be part of the World's Biggest Coffee Morning next autumn by having a coffee and a slice of cake in the staff room or the school hall. You can even make it healthy by introducing yummy fruit smoothies or veggie dips. Whether you, your pupils or the PTA raise £10 or £100 – one result is guaranteed: you'll bring much-needed support to adults and children affected by cancer.

Visit macmillan.org.uk/coffee or call 0845 602 1246 quoting SCHL.



Other ways to get involved
For other local events – such as abseiling, 4x4 racing and carol concerts – head to

macmillan.org.uk/inyourarea and simply type in your postcode.

If you're a teacher or youth group leader looking for a personal challenge, why not sign up to take part in one of our running, hiking or biking events? Scale the heights of Kilimanjaro,

hike the Inca Trail in Peru, run the New York Marathon – the list is endless. For more information on how to get in on the action, visit macmillan.org.uk/getinvolved

Looking to fundraise independently with your class or youth group? Then head to cancerwalk.org.uk/fundraising for tips and advice on the types of events you can run with young people.

A WOMAN OF MANY WORDS



Julie is passionate about raising cancer awareness

Thousands of volunteers across the UK dedicate their time and energy to Macmillan. One such volunteer is Julie Panayiotou who specialises in talking about cancer and healthy lifestyles in schools across London. We caught up with Julie to ask about her cancer experience and her vital role.

'On the day I was diagnosed with breast cancer in 2005, I was lucky to have my Macmillan nurse there to support me. When I was told the news, my mind went blank. My nurse knew that I was in shock, so she gently explained everything to me to make sure I understood what was happening.

'One minute I was healthy, and the next I was plunged into a world of hospitals, check-ups and illness. Fortunately my cancer was treatable, but my experience made me realise what an amazing job Macmillan nurses do.

A worthwhile role
 'I've always held coffee mornings in aid of Macmillan. And I've always wanted to do something worthwhile such as voluntary work. So when I saw Macmillan's ad for volunteer speakers, I jumped at the chance to get involved.

'I've been a volunteer speaker for a year now. This involves working closely with my local office in Hammersmith. I love giving the

talks and I feel really proud to represent Macmillan.

'I give speeches to pupils aged 5-18. The schools are always very welcoming and supportive. When the students are really young, I focus on healthy lifestyles. When I visit secondary schools, I talk about my story and how body awareness can help keep cancer at bay.

'I often begin my talks by asking the pupils, "What do you think I have in common with Kylie?" They say, "cancer." So I say, "So, you don't think it's my bottom then?" Although cancer is a serious subject, I try to inject some humour into my talks.

Terrified

'I was terrified when I went to speak at a boys' school recently. I thought there'd only be 12 pupils in the audience, but there were twice as many. To my surprise, though, it was the best speech I'd ever given. You can always tell how well you're doing by the questions the pupils ask. And this group asked some really insightful ones such as, "How did your children react when they found out you had cancer?"

'When I discovered I had cancer, I told my son and daughter straight away. I think this is partly because cancer isn't such a taboo subject nowadays. It's incredibly important to be open about the illness and raise awareness. That's the reason why I give my talks. It's just one young person checks their body for lumps after listening to my speech, my efforts will have been worthwhile.'

To find out about volunteering opportunities, visit macmillan.org.uk/volunteer

LUNG CANCER: THE FACTS

What is lung cancer?
 Lung cancer is a life-threatening disease because it often spreads to other parts of the body and can be difficult to treat. Many lung cancers start in the cells lining the bronchi and often take many years to develop. It is mostly associated with smoking.

There are two types of primary lung cancer: small cell (sometimes called 'oat cell' because of the cell shape) and non-small cell (there are three types).

Key facts

- Every day, 105 people are diagnosed with lung cancer and another 92% die from the disease.
- Lung cancer is the second most common cancer in the UK.
- More men than women are diagnosed with lung cancer.
- Smoking is the main cause of lung cancer. Around 90% of all lung cancers are caused by smoking.
- Other causes of lung cancer are passive smoking (breathing in other people's smoke); air pollution from cars, factories and other sources; working with asbestos (a material that is sometimes used in building work); and having other lung diseases.
- The longer you have smoked, the more likely you are to develop lung cancer.

What are the symptoms?

- A cough that does not go away after two to three weeks
- coughing up phlegm or blood
- breathlessness
- feeling tired all the time
- losing weight/loss of appetite

- persistent pain in the chest or elsewhere (possibly from the cancer spreading to a bone).
- These symptoms may not be serious, in which case there's nothing to be lost and everything to gain from getting them checked out at an early stage. For 80% of those diagnosed, their disease is inoperable as it has been diagnosed too late.

Treatment

Treatment for lung cancer includes one or more of the following: surgery (mainly to remove the tumour and some of the lung tissue around it); radiotherapy (if the person is not well enough to have surgery, or to remove small areas of cancer that can't be seen or removed during surgery); and chemotherapy (the main treatment for small cell lung cancer).

Reducing the risk

Stop smoking – as soon as you do, your risk of developing lung cancer goes down. According to Cancer Research UK, 15 years after you have stopped smoking, your lung cancer risk is almost the same as a non smoker.

Diet

– research suggests that eating a healthy diet packed with fresh fruit and vegetables may help lower the risk of developing lung cancer as they contain chemicals that can prevent cell damage. Dieticians also advise people to cut down on their salt, sugar and fat intake.

Further information
 Macmillan Cancer Support
www.macmillan.org.uk/Get_Support/Cancer_types/Lung.aspx
 Background on how lung cancer develops, symptoms and treatments.

Why Bother?

www.whybother.org.uk/learn/lung.html
 An easy-to-understand explanation of lung cancer, written for young people aged 11-16.

Roy Castle Lung Cancer Foundation
www.roycastle.org
 Background information, support and fundraising ideas.



HALL OF FAME

See more at macmillan.org.uk/schools

Bravo to two pupils from Bayton CE Primary School in Kidderminster who raised £600 from their birthday party this year in lieu of gifts. What stars!



Nursted Community Primary School stepped to it this summer and raised a fabulous £115 through a school walk and picnic. Well done!



Ravenscroft School in London have had a fantastic year raising funds for Macmillan. Classes have been involved in many activities, and pupil Tudor Powell even shaved off all his hair to help boost the fundraising total. They finished off with The Big Sports Day in June, bringing their final total for the year to a whopping £1,060. Good work, Ravenscroft.



0808 808 00 00

Questions about cancer

This is our brand new number for everyone affected by cancer. You can ring from 9am-8pm, Monday to Friday if you have a question about cancer, need information or just want to talk. Every call is confidential, so it won't show up on your phone bill.



Exclusive Christmas shopping morning at Hamleys

Join us on Sunday 8 November, 9.30am-12 noon for this exclusive opportunity to shop in private for your Christmas gifts at the finest toy store in the world. Tickets cost £10 (individual adults) or £20 for a family ticket (two adults, two children). For more information, contact Miranda Brown at mirandabrown@macmillan.org.uk or on 020 7840 4807.

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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SMOKING

Collect our series of lessons on healthy living. These are extracts from the new *Keep Healthy, Be Active* teaching pack. To order your copy, register at macmillan.org.uk/schools or call 0845 601 1716.

Key question

What is a cigarette?

National Curriculum links

PSHE: 1.2a, b, 2.2, 3e

Citizenship: 2.1 a

Science: 3.3c

English: 1.2c, 2.1 a, d, j, k

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

Starter

Show pupils the picture of a cigarette (see the resource sheet). Other than tobacco, can pupils name any other ingredients in a cigarette? List everyone's suggestions.

Explain that there are over 4,000 different ingredients in a cigarette and list the following three:

- Ammonia – used in floor and toilet cleaners
- butane – a gas used in explosives
- polonium – radioactive element that causes cancer.

Also list some more surprising ingredients such as chocolate, vanilla and honey. What might be the reason for their inclusion? Discuss everyone's suggestions (eg the ingredients mask the taste and smell of tobacco etc).

Why don't tobacco companies advertise all of the ingredients in cigarettes?

Main

Set the scene for a role play: It's the start of the summer holidays and you and three or four friends have gone round to another friend's house. One person has stolen a packet of cigarettes from their mum's handbag and is

offering them around. Working in small groups, pupils should continue the play. While planning, they should take into consideration how they would feel if:

- a) they were offering the cigarette?
- b) they were being offered the cigarette?

Children should rehearse their sketches and amend them to make them as realistic as possible.

Plenary

Pupils present their role plays. How believable were they? What could have been done differently? Discuss and list ideas as a class. Also use the opportunity to discuss feelings and emotions the pupils experienced in each role. If this were a real scenario, do they think they would react any differently? Why/why not?

Further information

Why Bother?

www.whybother.org.uk/lifestyle/smoking.html

Information for young people about smoking.

Kids Against Tobacco Smoke

www.roycastle.org/kats

A website for children and teenagers with all the latest information on smoking and its dangers. Includes an area for teachers.

Tobacco on Trial

www.bbc.co.uk/worldservice/sci_tech/features/health/tobaccotrial/index.shtml

A debate on smoking with views from various representative groups.



SOME OF THE INGREDIENTS

