

# teachertalk

helping you  
deal with  
cancer in  
the school  
community



## In this issue

World's Biggest  
Coffee Morning

Personal  
cancer story

Lesson plans  
for teachers

## Helping young carers

## Editor's voice



Hello, and welcome to the summer 2005 edition of *teachertalk*.

A big thank you to the huge number of schools that took part in the Macmillan Miles Challenge, the event was a great success. The World's Biggest Coffee Morning is coming up in September, so why not start planning a coffee morning for your school and be a part of this record-breaking event? Find out more on pages 4-5.

We want to hear about any Macmillan event your school's been involved in, so please send your stories and photos to me at the address below.

Chris Rushbrook, Editor  
crushbrook@macmillan.org.uk  
Tel 020 7840 7805

UK Office  
89 Albert Embankment  
London  
SE1 7UQ

## In this issue

- 3 Young carers
- 4 World's Biggest Coffee Morning
- 6 Charnjit's story
- 7 Staff room
- 8 Thanks to fundraisers
- Tear-off
- Lesson plans



Sarah Goldstone, Trading Officer (left), Akshay with his teacher, Maria Britton, and Alison McDonald, Trading Officer (right)

# We have a winner!

Our 'Design a Christmas card competition' received a huge number of entries with some great ideas. But there can only be one winner...

**A**kshay Puri from the Lindon Bennett School in Hanworth, Middlesex has won Macmillan's first 'Design a Christmas card competition'.

Ten-year-old Akshay's 'The meaning of Xmas' design beat nearly 7,000 entries from 196 schools. It will now be produced as a card and sold in Macmillan's 2005 Christmas catalogue.

Akshay was presented with a digital camera and photo printer for his school. His teacher, Maria, says: 'He worked really hard on this great design and we're so proud that he won.'

Look out for details of this year's competition in the next issue of *teachertalk*, and if you'd like to receive a copy of Macmillan's Christmas catalogue,



please call 0870 830 7080. Since every purchase from Macmillan's Christmas catalogue will enable us to help more people living with cancer, proceeds from the sale of Akshay's card will make a real difference.

# Taking care of others

With more people living with cancer than ever before, increasing numbers of young people are finding themselves caring for a family member.

The last Government count recognised 175,000 young carers in the UK. The real figure is likely to be much higher as this only takes into account young people caring for a parent/guardian with a terminal illness or a disability. It doesn't acknowledge that many young people become the primary carer for their siblings when their parent/guardian is ill.

## Problems facing young carers

Kathy Evans, Policy Director at the Children's Society, which runs the Young Carers Initiative, recognises how important it is for teachers to understand the issues facing young carers. She says: 'For young people dealing with a parent's or guardian's serious illness like cancer, this difficult and emotional time can be compounded by them having to take on a caring role in the family. We need to

be really aware of their needs and the demands on their time.'

Young carers may find their extra responsibilities result in time off school, being repeatedly late, not completing homework, and no time for extra curricular activities.

## 6 We need to be really aware of their needs 9

Long periods out of school can disrupt young carers' relationships with peers, leading to isolation. Karen, a 13-year-old carer, found her responsibilities at home forced her to be mature, making it harder for her to get on with her friends. 'When I was 11 they'd play with dolls and I'd be cooking and cleaning the house. It makes you feel different and you think they're childish,' she says.

## What can teachers do?

**Listen, offer help, but respect privacy:** 'Teachers can help by letting young carers know that someone is there to listen to them, in confidence if needed,' says Kathy Evans. 'And that there are organisations they can turn to for help.'

**Be flexible and supportive:** Accept that pupils may need to take time off. But encourage them to not get so far behind with work that it's difficult to catch up. The routine of school, and time with friends, can also help with feelings of isolation.

**Help their peers understand:** The more their peers understand about illnesses like cancer, and the pressures of a caring role, the more supportive they can be. You can find ideas for classroom activities that raise awareness about cancer in our *Cancertalk* resources (see box below).

### Information

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

Information, links and live chats for young carers

[www.childrenssociety.org.uk/youngcarers](http://www.childrenssociety.org.uk/youngcarers)

The Children's Society's Young Carers Initiative

[www.teachernet.gov.uk/management/atoz/y/youngcarers](http://www.teachernet.gov.uk/management/atoz/y/youngcarers)

Information for teachers

### Cancer information

[www.macmillan.org.uk/classaction](http://www.macmillan.org.uk/classaction) – for teachers and youth leaders

For free *Cancertalk* teaching packs, call 0845 6011716 or email

[cancertalk@mktpoint.com](mailto:cancertalk@mktpoint.com) quoting reference TLK205



# Hold a coffee morning and change a life

Macmillan's record-breaking World's Biggest Coffee Morning is back. Send off for your fundraising pack today.

**W**ill your school get together for coffee on Friday 30 September and help people living with cancer?

The World's Biggest Coffee Morning, Macmillan's record-breaking event, is the perfect opportunity to bring staff and pupils together. There are lots of great ways to involve pupils when you host a coffee morning – they can design invitations in art class, or make cakes or fresh juices in Food Technology lessons to sell on the day. Why not invite parents along too?

## Registration

Register now by calling the hotline on **0845 602 1246**, quoting reference SCHL and we'll send you a free fundraising pack that's full of helpful hints and tips, along with invitations, balloons, stickers, a poster and a collection box – everything you need to make your coffee morning a big success!

To register online or to find out more about Macmillan Cancer Relief visit [www.macmillan.org.uk/coffee](http://www.macmillan.org.uk/coffee)

🕒 The first year we raised £120, last time the figure was £480 and next time we hope to hit the £500 mark 🎯



# Coffee and muffins!

On Friday 24 September 2004, Fleming Fulton School, Belfast, joined thousands of schools across the UK by taking part in the World's Biggest Coffee Morning.

Preparations began with pupils eagerly baking delights such as mini muffins, iced fairy cakes and Smarties cookies. Staff and pupils paid a minimum of 50p to attend and were welcomed with coffee, juice and plates of home baked goodies!

After a very busy morning, the school had raised a fantastic £480!

One of the pupils from Fleming Fulton told *teachertalk* about their event:

'Every year we run a Macmillan coffee morning. The school has been doing it for seven years now. We like to support the charity because it helps people with cancer so it's a really good cause.

'First thing in the morning we blow up the Macmillan balloons to decorate the social area and put on our official badges.

'Trestle tables are set up at each door and this is where we take donations, sell raffle tickets and meet and greet everyone. We really enjoy this part because we get to see the primary and nursery children.

'Then the whole school arrives and it gets really busy. Everyone gets the chance to meet and mingle - pupils,

childcare staff, teachers, technicians, speech therapists and caretakers.

'Usually the coffee morning lasts from 10 until 12. When all the tidying up is done we count the money. The first year we did this we raised £120. Last time the figure was £480! Next time we hope to hit the £500 mark.'



## Send off for your pack today!

Send off for your free World's Biggest Coffee Morning fundraising pack today! Please return the coupon to:

World's Biggest Coffee Morning  
Macmillan Cancer Relief  
Freepost RG172  
Bracknell  
RG12 1ZX

Alternatively, call **0845 6021246** and quote SCHL.  
You can also email [coffeemorning@mktpoint.com](mailto:coffeemorning@mktpoint.com)  
or visit [www.macmillan.org.uk/coffee](http://www.macmillan.org.uk/coffee)

Macmillan Cancer Relief would like to hold your details and send you further information about our work. Macmillan Cancer Relief, Cancer Relief Sales Ltd and Macmillan Cancer Relief Trading Ltd may review these details to help us understand more about you and to contact you about our fundraising and campaign work. We may also ask you to take part in confidential market research. If you prefer us not to use your details in any of these ways, please tick here.  We will not pass or sell your personal details to any other person or organisation.

Keyword SCHL  
Registered charity number 261017

Miss/Mrs/Ms/Mr .....  
First Name .....  
Surname .....  
Name of school .....  
Address .....  
Town .....  
County .....  
Postcode .....  
Telephone .....  
Email .....

In order for us to send you the right fundraising pack please tell us:  
Where will you be holding your coffee morning? .....

School  home   
Other (please specify) .....

Don't know yet

# My life with cancer



**H**i, I'm Charnjit and I'm 14. I like to play cricket, football and my

Playstation. But I don't get to play sports often because when I was 12 years and six months old I was diagnosed with Acute Lymphoblastic Leukaemia. My family and I were very shocked when we heard the diagnosis. I suppose I was scared, but to tell the truth I didn't know much about it. Leukaemia was just something I'd heard of on the TV.

## My treatment

I was put on a course of steroids and chemotherapy injections, infusions and tablets, and also a course of antibiotics. I still take chemo tablets and antibiotics. Every month I have a chemo injection and for five days I have some steroids. The chemo makes me feel lethargic and gives me nausea, and the steroids can cause problems with my temper, although I have learned to control it. I also used to have strong chemo (infusions) that made my hair fall out and I lost my appetite. Thank God I don't have them anymore.

## My school

For the first year after being diagnosed, I did not go to school. But after about six months I was told I was entitled to home tuition, if the school was willing to pay for it, which it was. My school has been very supportive. By the end of the year I was going in to school two or three times a week. When I did go in, I felt as though I had never missed a thing.

My tutor had really helped me keep

☺ My school has been very supportive ☺

up with the rest of the class. My teachers are now extra helpful. At the end of every lesson they ask me about my health and treatment and also check whether I need any extra help.

## My friends

My friends were quite shocked to hear about my illness as well, but when I go into school they act as they have always done towards me. Some get a bit protective, trying to make sure I don't get barged in the corridor. My friends are always there if I ever need someone to talk to. It has helped me a lot knowing that if I was ever feeling low I could just turn to them.

## Has **your** school been affected by cancer?

### If so we want to hear about it.

We want to publish your stories and experiences in future issues of *teachertalk*, so that other teachers can get a real idea about what a cancer diagnosis in the school community can mean.

Please send in your stories to Christopher Rushbrook, Editor, *teachertalk*, Macmillan Cancer Relief, 89 Albert Embankment, London, SE1 7UQ, or alternatively you can email [crushbrook@macmillan.org.uk](mailto:crushbrook@macmillan.org.uk) or call 020 7840 7805.

☺ If I was ever feeling low I could turn to my friends ☺



# Break time

Welcome to this issue's Staffroom page. Why not have a go at solving our brand new crossword? (The answers will appear in the next edition of *teachertalk*).

## Talking to teachers

Macmillan's Schools & Youth team has been busy attending a range of teacher conferences and exhibitions, including the NUT Annual Conference (pictured), NASUWT Annual Conference, and TSL education conferences. It's always great to speak with teachers face-to-face about our work, so if you're off to any conferences, look out for our team.



## Solutions to last issue's puzzles

**Crossword**  
**Across:** 7 & 4 Mother Goose, 8 Oberon, 9 Stun, 10 Bassoons, 11 Praline, 13 Birth, 15 Steak, 17 Dentist, 20 Caramels, 21 Reap, 22 Scales, 23 Nettle  
**Down:** 1 Potter, 2 Thin, 3 Tribune, 5 Hedonist, 6 Sonnet, 12 Leasable, 14 Retsina, 16 Thatch, 18 Stable, 19 Tense, 21 Rats

**Brainwarper**  
 The answer is 70. The numbers are simply arranged in rows by the length of their names. one, two, six – three letters, five nine – four letters... and so on. The next seven letter number is 70.

### QUICK CLUES

#### ACROSS

- 1 Yardstick (8)
- 5 Progressed (4)
- 9 Declines (5)
- 10 Competent (7)
- 11 Relating to a large authority (12)
- 13 Family of languages (6)
- 14 Emphasis (6)
- 17 Latin, for example (4,8)
- 20 Deep red dye (7)
- 21 Tree (5)
- 22 Bung (4)
- 23 Fullback (8)

#### DOWN

- 1 & 2 Rescued (4,3,4)
- 3 Tropical paradise (6,6)
- 4 Formula (6)
- 6 Circuit (5)
- 7 Endlessness (8)
- 8 Pudding (5,7)
- 12 Scholarly (8)
- 15 Boffin (7)
- 16 Breathe in (6)
- 18 Wrath (5)
- 19 Norse God (4)

### CRYPTIC CLUES

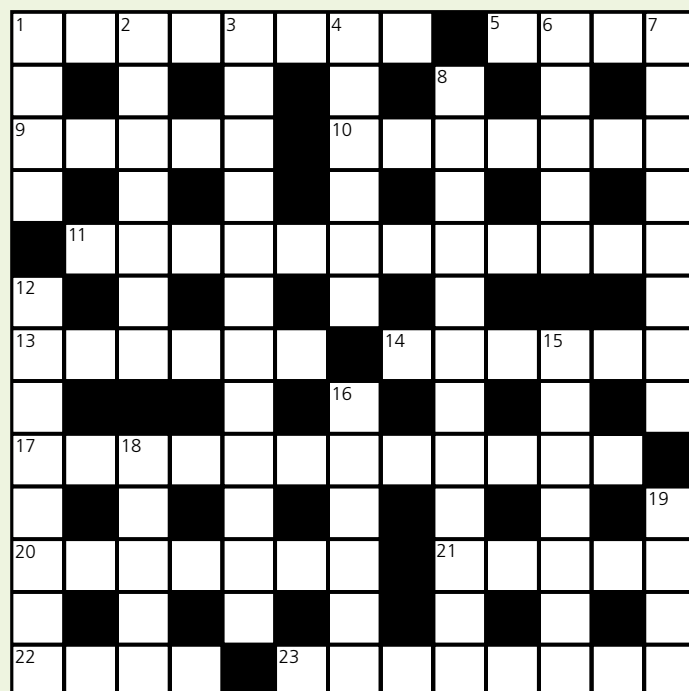
#### ACROSS

- 1 & 5 Flag made to fly up on flowering tree (8,4)
- 9 Becomes pale and flags (5)
- 10 Cover can be smart (7)
- 11 Underground beat or latin tempo? (12)
- 13 Football team twitch behind church student (6)
- 14 Stress bill for small amount (6)
- 17 No more spoken utterance after departed (4,8)
- 20 Red gate confuses man (7)

- 21 Tree on sands we hear (5)
- 22 Stopper in Irish city (4)
- 23 Keeper of the French hearth (8)

#### DOWN

- 1 & 2 Flew over land, sea, being secure (4,3,4)
- 3 Leave over piece of land with gramophone records (6,6)
- 4 Instructions found back in epic erudite sagas (6)
- 6 Alternative part in revolution ... (5)
- 7 ... and French queen gives name to leaderless city for immortality (8)
- 8 Drunk MEP in pub cellar with baked dessert (5,7)
- 12 A rascal liberates mice, the subjects of study (8)
- 15 Scholar will urge principle (7)
- 16 Draw in Cheshire village (6)
- 18 Incense out of range (5)
- 19 God of cart-horses (4)



# Fundraising thanks

We'd like to say a big thank you to all the schools that have taken part in fundraising activities for us. Here are a few examples.

## Letter of thanks

📍 Pupils from Trinity CE Primary School, Shrewsbury, sent us in a brilliant letter to tell us about their fundraising activities that raised a super £128 for Macmillan.



## Wear what you want

📍 Waldegrave School, Twickenham, took part in *Cancertalk*

Week, with assemblies for all year groups focusing on cancer. They also took part in various fundraising activities, including a mufti day, and raised a fantastic £100 for Macmillan.

## Quiet please

📍 Year 7 pupils at Bourne Community College took part in *The Big Hush*, keeping quiet for a whole hour and raising a stunning £1,000 for people living with cancer.



## Send us your stories

Have you got a story for us? Then send us an email with the details (and photo) or post it to: Macmillan Cancer Relief, Schools and Youth Department, UK Office, 89 Albert Embankment, London, SE1 7UQ.

## Contact us

Chris Rushbrook,  
England  
020 7840 7805

[crushbrook@macmillan.org.uk](mailto:crushbrook@macmillan.org.uk)

Wendy Smith,  
Wales  
01446 775679

[wsmith@macmillan.org.uk](mailto:wsmith@macmillan.org.uk)

Paul Sweeney,  
Northern Ireland  
02890 661166

[psweeney@macmillan.org.uk](mailto:psweeney@macmillan.org.uk)

Linda Forsyth,  
Scotland  
0131 346 5300

[lforsyth@macmillan.org.uk](mailto:lforsyth@macmillan.org.uk)

# Cancer – reducing the **risk**

Here's a tear-off lesson plan and activity sheet to photocopy and use with your class to teach them how to reduce the risk of developing cancer.

These sheets are based on our free *Cancertalk* teaching packs – to order your copy please call 0845 601 1716 or email [cancertalk@mktpoint.com](mailto:cancertalk@mktpoint.com) quoting reference TLK205.

## Cross-curricular fit

- ▶ PSHE/PSE/PSD
- ▶ ICT
- ▶ English
- ▶ Art

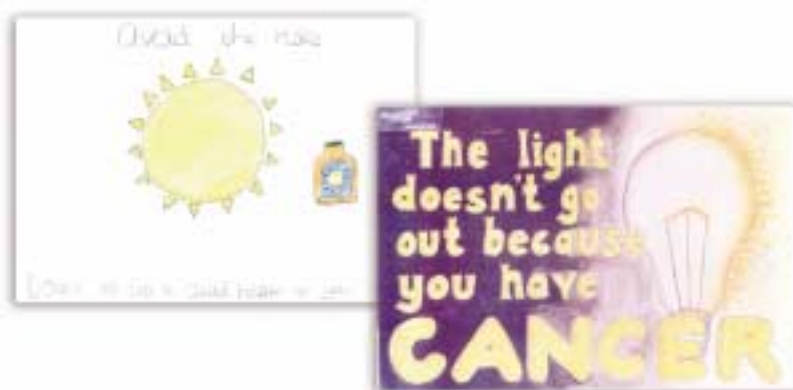
## Aims

- ▶ To understand the facts about cancer.
- ▶ To reduce the chances of developing cancer through maintaining a healthy lifestyle.

Though childhood cancer is rare, one in six teenagers will receive a cancer diagnosis. Results from our survey show that young people want to know more about cancer and about how to reduce their chances of developing the illness. It should be noted that seven out of ten young people that are diagnosed with cancer make a full recovery.

## Introduction

- ▶ Before discussing the subject of cancer with your students, visit [www.macmillan.org.uk](http://www.macmillan.org.uk) to familiarise yourself with the facts.
- ▶ Start the lesson by asking students to spend one minute writing down anything they know about cancer. Discuss their lists.



## Main activity

- ▶ Ask students to brainstorm the sorts of activities and lifestyles that could have long-term effects on their health, both good and bad. Share these ideas, then hand out the resource sheet.
- ▶ Reiterate the fact that young people are a lot less likely to get cancer than older people, and that survival rates for young people are very high.
- ▶ Remind students that getting into bad habits now can mean problems for the future. Ask them to think about how many of the lifestyle choices that have been discussed in the lesson apply to them now.

## Extension activity

- ▶ Devise a project for getting one or more of the messages across

to young people. For example, an anti-binge drinking campaign aimed at older teens focused on how stupidly people can behave when they become drunk. Health implications are often of secondary importance to young people when compared with 'looking cool'. Are there similar tactics that could be used to encourage other good habits?

## Assembly/display idea

- ▶ Students could present some ideas on encouraging a healthy lifestyle at school, with friends or at home. They could also design a poster to get these messages across. These can be displayed in school or can be sent in to Jo Miller, Schools & Youth Manager at Macmillan Cancer Relief, 89 Albert Embankment, London, SE1 7UQ.



# Cancer – reducing the risk

Childhood cancer is rare, and the chances of getting cancer vary from person to person – everything from age and lifestyle to genetics and our environment plays a part. The bit you have the most control over is your lifestyle.

The following list can help you make decisions about your lifestyle and take action to help you reduce your risk of getting cancer or other serious illnesses.



## DON'T SMOKE

Quit if you do, don't start if you are tempted. Yellow teeth, bad breath, smoker's cough, smelly hair and wasted cash on fags isn't cool. More than 120,000 people a year in the UK die from smoking-related diseases.

## TAKE REGULAR EXERCISE

Aim for a minimum of 30 minutes of exercise each day. Exercise can help you to feel and look good, maintain a healthy weight, strengthen your muscles including your heart, and increase flexibility.

## AVOID SITTING OUT IN THE MIDDAY SUN

A tan is visible proof that your skin is being damaged. It causes premature ageing, and is one of the main causes of skin cancer. Protect yourself when it's sunny by wearing sunscreen, covering up with loose protective clothing, and wearing a sun hat.

## DON'T DRINK TO GET DRUNK

Excessive drinking is hard on your immune system. It can quickly become a habit and people who drink lots of alcohol have a higher risk of developing cancer.

## BE BODY AWARE

Your body changes a lot as you become an adult. It's good to get to know your body and keep track of the changes. That way you'll be able to spot anything unusual that might be because of an illness like cancer. If you're worried about anything to do with your body, you should talk to your parents or a doctor as soon as possible.



## MAINTAIN A BALANCED DIET

A balanced diet includes a combination of several different food groups such as fresh fruit and veg, grains and pulses, meat or meat-free alternatives, dairy products and unsaturated fats. Eat something from each of these groups every day.

## FIND OUT MORE AT

[WWW.MACMILLAN.ORG.UK/WHYBOTHER](http://WWW.MACMILLAN.ORG.UK/WHYBOTHER)