

LET'S BEAT CANCER

YOUR SCHOOL IN?

Make it. Run it.
Sell it. Wear it.
Let's take cancer out!

Meet the bold ones
FIGHTING BACK

The science that's
BREAKING
all the rules

Why celebs are
STANDING UP

Everything you need
to get started

MOBILISE YOUR SCHOOL

TO REBEL

AGAINST CANCER

Let's show cancer it's time is up!

➤ We've got schools like yours raising their hands to play an integral part in the amazing work we're doing, bio-chemists collaborating with engineers to completely rewrite the rules in the fight against cancer, bold patients and their families standing up to fight back, and a load of celebs saying enough is enough.

We've come up with a number of fun and easy ways for you to get involved. Pupils could wear head-to-toe orange, set up their very own pop-up shops, dress as their Rebel Heroes – or even run through clouds of orange dust! We'll be there each step of the way to help make it happen, so that all the cash your school raises can be channelled straight into developing game-changing cancer tests and treatments.

In fact, the very act of holding this magazine brings us one step closer to showing this disease out the door. So thanks; to you, your school, and your pupils for standing up with us. We're delighted to have you all here.



HERE'S HOW IT'S GOING DOWN

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MAKE IT. RUN IT. SELL IT. WEAR IT.

Let's show cancer playtime is over

> Your pupils are a generation of problem solvers. Big thinkers. Get-out-and-do-something-ers! That's why we need your help. You can get them to take part and bring in the cash to fund game-changing treatments that save lives.

We've come up with a load of ways for your pupils to get the cash in to help take cancer out. Have them wear head-to-toe orange, dress as their Rebel Heroes, run through clouds of orange dust, or set up their very own pop-up shops! Do one or do them all – it doesn't matter what your school does, as long as you're all doing something!



KICKING CANCER OUT OF CLASS

St Augustine's RCHS got creative to raise cash

Year 9 students took control of the fundraising at St Augustine's RCHS and made their own charity ribbons in their form colours to sell to students across the school. They also made multi-coloured ribbons to sell to staff to raise even more cash, and in the end made an incredible £560.63!

'THE STUDENTS TOOK ON THE CHALLENGE TO WORK TOGETHER AND GET THE WHOLE SCHOOL STANDING UP TO CANCER, AS SO MANY IN OUR SCHOOL COMMUNITY HAVE BEEN AFFECTED BY CANCER IN SOME WAY.' – MRS B BURY

DO THE CHARITY

DASH

WITH ADDED ZING

**Get Moving.
Get Orange.
Take cancer out.**

➤ Bring your school together to have a laugh, get active and raise cash by getting sponsored! Simply choose an afternoon, set a route, and get your hands on enough orange dust for everyone running. Make sure the kids are dressed for the occasion, invite friends and family members who want to cheer them on, and watch orange scenes unfold as everyone approaches the finish line!

IN THE CLASSROOM

Announce the run to the school at assembly, distribute sponsorship forms and advice about how to ask for pledges, and tell them all about the great work their cash will help Stand Up to Cancer support. Don't forget to download the digital tools we've made to make it easy for you to get your school excited about running the orange dash, so head to [WWW.SU2C.ORG.UK/SCHOOLS/\[XXXX\]](http://WWW.SU2C.ORG.UK/SCHOOLS/[XXXX]) to download them today.

GETTING IT DONE

- 1 Tell the school (and parents) about the dash
- 2 Encourage pupils to collect sponsorships
- 3 Get your hands on orange dust
- 4 Set a route, do the dash, turn orange!
- 5 Collect sponsorships and send us what the kids raise!



WEAR SOMETHING WACKY... HELP A GENIUS KILL CANCER.

Wear orange. Pay up. Take cancer out.

➤ Encourage your pupils to pull on their brightest orange socks, tangerine-y t-shirt, or fiery-est wig for a small donation. Anything goes as long as it's orange, and the bolder they look, the better. Nominate a day for the school to dress up, collect donations from your pupils and send your pictures and stories to schools@standuptocancer.org.uk... when outfits are this wacky the world ought to know about it! All the cash your school brings in helps get game-changing treatments to people who need them, ASAP.

IN THE CLASSROOM

Announce the event to the school at assembly, give your pupils outfit ideas (everything from an orange t-shirt to a tiger onesie will do!), and tell them all about the great work their cash will help Stand Up to Cancer support. We've developed some digital tools to make it easy for you to get your class excited about wearing head-to-toe orange, (or something close to it!), so head to [WWW.SU2C.ORG.UK/SCHOOLS/\[XXXX\]](http://WWW.SU2C.ORG.UK/SCHOOLS/[XXXX]) to download them today.



GETTING IT DONE

- 1 Choose a day for everyone to dress up
- 2 Tell your class (and their parents!) about it
- 3 Collect a donation from each pupil
- 4 Take a load of photos and send us your snaps
- 5 Send the cash you raise to us!

SET UP STALLS TO FUND

GAME-CHANGING TREATMENTS

Make it. Sell it. Take cancer out.

➤ Let your pupils show cancer who's in control by hosting their own pop-up shops. Ask them to form teams and get creative by making fun and easy things to sell, and learn valuable lessons in how to run a stall. Select a day for the kids to take to their stalls and ready them with the knowledge they need to make it happen (we've made some digital tools for that), invite parents to join in the fun, and have the kids put their persuasive sides to the test!

IN THE CLASSROOM

Announce your Pop-up Shop event to the school at assembly, give your kids the tools (and time!) they need to set up stalls, and tell them all about the great work their cash will help Stand Up to Cancer support. We've developed a range of digital tools to make it easy for you to get your class excited about buying, selling, and flexing their creative muscles – including a handy lesson plan – so head to [WWW.SU2C.ORG.UK/SCHOOLS/\[XXXX\]](http://WWW.SU2C.ORG.UK/SCHOOLS/[XXXX]) to download them today.



GETTING IT DONE

- 1 Pick a day for the kids' Pop-up Shops
- 2 Encourage everyone to take part, and talk about how to make it happen
- 3 Let parents know
- 4 Give your pupils time to create their goods
- 5 Set up the stalls, and let trading commence!
- 6 Send profits from the stalls to us

GET THE KIDS TO CHANNEL THEIR INNER REBEL

Dress up. Raise cash. Take cancer out.

➤ Fortune's always favoured those who dare to do things a little rebelliously. To celebrate Rebel Heroes throughout time, get your pupils to dress up as their favourite character or historic figure! Choose a day for everyone to take part, spread the word and get the kids to think about fancy-dress ideas – anything from Robin Hood to Hermoine Granger will do. On the day collect a small donation from the kids, have a chat about everyone's amazing outfits, and take a load of photos to share and put on the classroom wall!

IN THE CLASSROOM

Announce the Rebel Heroes fancy dress day to the school at assembly, give your pupils the tools they need to decide on their dress up, and tell them all about the great work their cash will help Stand Up to Cancer support. We've developed a range of digital tools to make it easy for you to get your class excited about dressing as a rebel for a day – including a handy lesson plan – so head to [WWW.SU2C.ORG.UK/SCHOOLS/\[XXXX\]](http://WWW.SU2C.ORG.UK/SCHOOLS/[XXXX]) to download them today.



GETTING IT DONE

- 1 Pick a day for the kids to dress up
- 2 Inspire everyone to choose a Rebel Hero to dress-up as
- 3 Send a letter to parents so they know what's going on
- 4 Collect small donations on the day
- 5 Chat about everyone's choice of costume
- 6 Share your snaps with the world, and the cash you raise with us!

LUNA'S SCARS MAKE HER STRONGER

➤ In March 2009, Luna was diagnosed with a cancer called rhabdomyosarcoma. She had a tumour the size of a grapefruit on her bladder and began chemotherapy as part of a Europe-wide clinical trial followed by surgery. But that wouldn't stop her. Her mum, Monica remembers, "Luna was very, very sick – very close to kidney failure – when she was diagnosed with cancer. But today she is a very different little girl – full of life and in fantastic shape."

"I'VE BEEN THROUGH THINGS THAT OTHER PEOPLE HAVE NOT. I HAVE DETERMINATION IN EVERYTHING I DO. CANCER LEFT ME SOME SCARS BUT IT DOESN'T HOLD ME BACK."

It was really hard to watch her go through the chemotherapy. She was so small and very sick. It makes you angry and we are happy to be part of the rebellion to do whatever we can to fight it. We should Stand Up To Cancer to support new research and trials. After having been there in the hospital with Luna, I can tell you that trials give you a sense of progress and a real sense of hope. We were told it was a 50/50 chance whether she would survive and they prepared us for the worst. And now here she is – she is so healthy, bright, funny and smart."

In Luna's words, "I've been through things that other people have not. I have determination in everything I do. Cancer left me some scars but it doesn't hold me back."



CANCER TOOK LOTTIE'S DAD.

LOTTIE'S TAKING CANCER'S FUTURE.

Lottie lost her Dad to cancer in 2015. Now she's working towards a career in cancer research so that one day, other families won't have to go through the same thing.

➤ My dad was diagnosed when I was 17 in 2011. Over the next few years his treatments varied, one of which was a clinical trial at the Royal Marsden. Then in 2015, they found that it had spread to his lungs and there was nothing more they could do. My Dad passed away in May 2015 in a hospice near my parents' home in Wokingham, near Reading. He was only 51 when he died.

Now, I am studying for an MRes at Imperial College London and am starting a PhD with the North West Cancer Research Centre in September. I'll be working on DNA repair and I am so excited to get started. I think about Dad a lot when I am doing extra work or staying up late to finish projects. I think about him and other people's parents – hopefully we can help them. I'm driven to help other people's families so that they won't be affected like mine.

THE SCIENCE THAT'S BREAKING ALL THE RULES

Stand Up To Cancer science expert Rebecca explores how we're working to overthrow cancer.

➤ Did you know we've got physicists building game-changing radiotherapy machines? That we're playing biological hide-and-seek to completely rewrite the rules in the fight against cancer? That engineers are developing tiny parcels that seek-and-destroy tumours? Heck, we know of a bio-chemist adapting medieval potions to poison cancer from the inside out!

Never before has there been such an array of cancer-smashing science in the pipeline, which is why we asked Rebecca to tell us more about what's going down. Here's what she found.



EMMA AND VINCE ARE ZAPPING CANCER FROM EVERY ANGLE

These guys are using the mother of all radiotherapy machines that spins round your body super-fast, firing low-intensity gamma rays directly at tumours from every angle. It even uses a live 3D map of your body and organs (that moves in time with your breathing!) to redirect the rays in real time and shape them to fit your tumours. That means every tumour gets fried while your healthy cells don't, which has the potential to make radiotherapy more effective on late-stage cancers, and kinder to the body.



SARAH'S PLAYING BIOLOGICAL HIDE-AND-SEEK

Cancer cells evolve from normal cells, making them tricky to spot until they're fairly advanced – think of it like a game of 'Where's Wally' but the entire picture is filled with other Wallys and you don't know if the Wally you're looking for is even there... Using the tech we have at the moment, abnormal cells are very difficult to spot.

Enter Dr Sarah, who's exploiting military surveillance gadgets to make a revolutionary medical imaging device that captures and analyses info we can't yet even imagine – like colours the human eye can't even see! It means we'll be able to spot hidden Wallys waaaay before they have the chance to wreak the havoc they might otherwise be capable of.

Cancer cells can run, but they sure as hell can't hide.



RON'S USING ARSENIC TO MAKE CANCER SELF-CANNIBALISE

Acute promyelocytic leukaemia (APL) is a type of leukaemia caused when white blood cells grow uncontrollably. Similar to bad guys in medieval stories, its weakness is arsenic. The poison causes the cancer cells to start devouring themselves from the inside, so they quickly falter and die. This treatment means almost 8 out of 10 patients with APL make a full recovery.

Strangely, APL's the only cancer that seems to have this reaction to arsenic... until now. Professor Ron Hay is looking into ways to make other types of cancer eat themselves too, which could lead to a whole new way of treating the disease.



WHY CELEBS ARE STANDING UP TO STICK IT TO CANCER

EDITH BOWMAN

➤ "My first experience with cancer was when I was eight and my cousin Suzie who was nine died. She had a rare type of bone cancer. She'd break her arm all the time – she'd literally walk into a door and her arm would go. In the end they amputated her arm but sadly the cancer had spread. She was just this amazing little ball of energy and she was so clever too. I remember going to her funeral, we weren't allowed to go to the graveside but we went to the church service.

After that my grandad died of cancer, then my uncle, then my aunt, and then my grandma. My mum had breast cancer - thankfully we got the all clear, but we've been riddled with it.

Because of these experiences I'll grab any opportunity to draw attention to cancer and to approach it aggressively."



"WHATEVER WE CAN DO TO
STAND UP TO CANCER, WE WILL"



➤ "I've actually had cancer before, so Cancer Research UK is a charity that's really close to our hearts. Unfortunately there's so many people that have had, or know somebody that's had cancer, so I just think it's really important to raise as much money as possible. One in two people born after 1960 in the UK will get cancer in their lives which is the most ridiculous statistic. So whatever we can do to stand up to cancer, we will." – **Nikki Tapper**



CANCER
RESEARCH
UK



STAND UP. RAISE CASH. TAKE CANCER OUT.

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