

ASTHMA FRIENDLY SCHOOLS NEWSLETTER



Asthma Friendly Schools Program

Is your school Asthma Friendly?

Is your school registered to receive Asthma Training? Has your school booked Asthma Training? Has your school already had Asthma Training?

Asthma is a serious and very prevalent condition, it can be life threatening. One in six students has asthma, so being an Asthma Friendly School is a great way to ensure your staff know what to do in case of a crisis.

To become an Asthma Friendly School, 75% of staff must complete a one hour Asthma Education Session which is booked through the Asthma Foundation of ACT. It's that simple!

Asthma education sessions are very "hands-on", with staff practising administering First Aid to each other. Most schools choose to run training during a staff meeting time slot and sessions are designed to keep busy people engaged at the end of a hard school day.

Our AFS Asthma Educator has been visiting ACT schools to conduct asthma education sessions. Staff learn about:

- Asthma symptoms
- Triggers and medications
- Exercise-induced asthma
- Recognising/assessing an asthma attack, and
- Asthma First Aid.

The "Asthma and Allergies in the Winter Sports Season" article below can be used in your school newsletter.

The following schools are Asthma Friendly:

Asthma Friendly Schools

Black Mountain School, Campbell Primary School, Canberra Girls Grammar School, Canberra High School, Caroline Chisholm High School, Chisholm Primary School, Cranleigh School, Evatt Primary School, Florey Primary School, Fraser Primary School, Gilmore Primary School, Jervis Bay Public School, Lyneham High School, Maribyrnong Primary School, Miles Franklin Primary School, Rosary Primary School, Southern Cross Primary School, St Bede's Primary School, St Clare Of Assisi Primary School, St Clare's College, St John the Apostle Primary School, St Thomas More's Primary School, St Vincent's Primary School, The Mount Rogers Community School, Theodore Primary School, Urambi Primary School, Wanniasa School.

The following schools are registered with the program but are still working on meeting all the criteria so as they can be accredited as Asthma Friendly.

Registered Schools

Ainslie Primary School, Alfred, Deakin High School, Amaroo School, Aranda Primary School, Arawang Primary School, Blue Gum School, Brindabella Christian College, Burgmann Anglican School, Calwell High School, Calwell Primary School, Campbell High School, Canberra Christian School, Canberra Grammar School, Canberra Montessori School, Chapman Primary School, Charles Conder Primary School, Charnwood Primary School, Covenant College, Daramalan College, Dickson College, Duffy Primary School, Emmaus Christian School, Erindale College, Fadden Primary School, Farrer Primary School, Forrest Primary School, Garran Primary School, Giralang Primary School,

Gold Creek School - Senior Site, Gold Creek School- Primary, Good Shepherd Primary School, Gowrie Primary School, Holy Spirit Primary School, Holy Trinity School, Isabella Plains Primary School, Islamic School Of Canberra, Kaleen High School, Kaleen Primary School, Lake Ginninderra College, Lake, Tuggeranong College, Latham Primary School, Lyneham Primary School, Macgregor Primary School, Majura Primary School, Malkara School, Marist College, Mawson Primary School, Melrose High School, Merici College, Monash Primary School, Narrabundah Primary School, Ngunnawal Primary School, North Ainslie Primary School, Orana School, Palmerston District Primary School, Radford College, Red Hill Primary School, Sacred Heart Primary School, St Anthony's Primary School, St Benedict's Primary School, St Edmund's Primary School, St Francis Of Assisi Primary School, St Francis Xavier College, St Jude's Primary School, St Matthew's Primary School, St Michael's Primary School, St Monica's Primary School, St Thomas Aquinas Primary School, St Thomas the Apostle Primary School, Stromlo High School, Taylor Primary School, Telopea Park School, The Canberra College, The Canberra Hospital School, The Cooperative School, The Woden School, Torrens Primary School, Trinity Christian School, Turner School, Wanniasa Hills Primary School, Weetangera Primary School, Yarralumla Primary School.

**Congratulations to
Narrabundah Primary
School for being the first to
complete an Asthma
Education Session in 2008!**

For those schools who have completed training, send in your completed Recognition Checklist ASAP so you too can be a fully accredited. Contact the Executive Officer, Margaret Simpson, on 62864414 for further materials and assistance related to the checklist.

**For information on
Asthma Friendly Schools,
registering with the
Program or booking an
education session, please
phone the Asthma
Foundation ACT on:**

6286 4414

or email at:

admin@asthmaact.org.au

**or visit the Asthma
Friendly Schools website
at**

www.asthmafriendlyschools.org.au

Did you know?

**One in six students has
asthma**

**80% of ACT schools are
registered to be part of the
AFS program but only
34% are fully accredited**

**Asthma Friendly
Schools need to renew their
recognition as an Asthma
Friendly School every 3
years**

**Bookings for Asthma
Education are open for
Terms 2, 3 and 4 in 2008.**

Asthma and Allergies in the Winter Sports Season

As sports like Netball and Soccer kick off, the winter months can be a challenging time for people who suffer from asthma. Cold air, grasses and pollens are a common trigger for people with allergies and asthma. Exercising can also trigger exercise-induced asthma and colder temperatures have been known to make people's asthma worse. It is important to remember to warm up

properly before sports or any exercise activity.

Remember to be in control of asthma during the cooler part of the year. Prepare yourself for exercise and playing sports. Take your medications regularly and have your reliever medication handy outside and at games. Most importantly, enjoy yourself!

For information about asthma, contact the Asthma Foundation's info line on 1800 645 130 or go to the Asthma Foundation ACT's website:
www.asthmaact.org.au.

