

ASTHMA FRIENDLY SCHOOLS NEWSLETTER



Asthma Friendly Schools Program

New Face In Town!

We welcome aboard our new Project officer Annette Raison. Annette is from Perth and is travelling around Australia with her husband in a caravan. They have stopped in Canberra for 12 months and Annette is very keen to assist you with your Asthma Friendly Schools training needs and helping you to understand the required criteria. She has already visited several schools and has the following to say...

"I have to say that I am very impressed with what I have seen so far. Even those schools who have not been officially accredited are still going above and beyond what they need to do in order to be recognised as Asthma Friendly.

Staff have been very welcoming and seem to appreciate the one on one visits I have been offering. I would say that the children in the ACT are certainly in good hands when it comes to their health at school".

Annette is here to help in any way she can so please do not hesitate to contact her on 6286 4414 if you would like to book training or set up a time to go through the recognition checklist!



The "Winter Triggers article below can be used in your school newsletter.



A Fresh Approach!

For those of you who are in the process of applying for re-accreditation you may have noticed that the recognition process has changed from last time. This new program is designed to ensure consistency across the schools and to maintain the high standard of Asthma care for students that has already been established.

There are now 8 essential criteria that need to be addressed in order to gain that recognition. The great news is that from what we have learned so far most of you are already addressing those criteria as part of the way you do business every day.

We realize that you may need some **assistance** with the new criteria and so we have set up a way to help. If you have already had a training session or have one planned in the future just call Annette and organise a time for her to come out and go through the requirements with you **personally**.

This system has already proved to be very popular and an appointment is just a phone call away. One visit should be all it takes for you to be fully signed off and ready to go!

The Asthma Friendly Schools Program is in full swing and we congratulate Garran Primary School and Macgregor Primary School for being the latest to gain recognition.

Both schools have some terrific processes in place and found it straightforward to complete the form with Annette as they were already doing such great work.

17 Training sessions and 8 Recognition Checklist Completion meetings have already been booked but there are still plenty of places and we do our best to work around you!



CALD – Do you know what it stands for?

To assist in reporting on school statistics, the new AFS Registration Form and Recognition Checklist request the number of 'CALD' students attending your school...

...But what is a CALD student?

CALD refers to people of a **Culturally And Linguistically Diverse** background. *"In the Australian context, individuals from a CALD background identify as having a specific cultural or linguistic affiliation by virtue of their place of birth, ancestry, ethnic origin, religion, preferred language, language(s) spoken at home, or because of their parents' affiliation on a similar basis."*

Victorian Dept of Human Services, Multicultural Strategy Unit.

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

For those schools who have completed training, send in your completed Recognition Checklist ASAP so you too can be a fully accredited.

Contact the Project Officer, Annette Raison, on 62864414 for further materials and assistance related to the checklist.

Bookings for Asthma Education are open for Terms 3 and 4 in 2008. Get in early to secure your place!

Winter Triggers

80% of attacks in children are triggered by the common cold virus

- Thunder storms and winter rainfall can cause an increase in hay fever and allergic asthma due to the release of grass pollen grains
- Moulds found in gardens, freshly dug earth, damp floors, walls, carpets and air

conditioners produce millions of spores that become easily airborne, and can trigger asthma

- Winter also sees an increase in heating in the home. Avoid smoke from tobacco, fireplaces and wood stoves as these can trigger asthma symptoms. Gas fireplaces and

and stoves should be flued, and should be checked and serviced regularly to prevent gas leaks

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.