

## ASTHMA FRIENDLY SCHOOLS NEWSLETTER



### Asthma Friendly Schools Program

**Asthma Week event:  
2nd September**

**Senator McLucas presents  
AFS certificate to Kaleen  
Primary**

Congratulations to Kaleen Primary School who recently became an Asthma Friendly School. Ms Frankie Dowling, A/g Principal, was presented with an Asthma Friendly School Certificate by Senator Jan McLucas at a special school assembly held during asthma week. After the assembly Senator McLucas and members of the School Representative Council planted an asthma friendly flowering Crabapple tree in the school garden. Well done Kaleen Primary School!

#### Did you know?

An asthma friendly or low allergen garden contains plants that are pollinated by insects or birds (not by the wind) or have no pollen. These include Roses, Star Jasmine, NZ Flax, Thyme, Lillypilly, Passionfruit, Magnolia, Snapdragons, Paperbark, Citrus species & Azaleas.

Contact the Asthma Foundation for more information about suitable plantings for your school.

**New Secondary School  
Resource "Running  
Short" DVD released for  
Term 4.**

We would like to introduce a new DVD "Running Short" that is now available. The DVD contains asthma education that is aimed at secondary school students.

If you would like a free copy for your school please contact the asthma foundation ACT at [afs.asthmaact.org.au](mailto:afs.asthmaact.org.au) or call our office on 6286 4414.

#### The Asthma Friendly Schools Program needs your help

The AFS Program has a target to achieve. This target is 50% of schools being recognised as Asthma Friendly. At present the ACT is below this target and only 28% of schools are asthma friendly. Twelve schools have received Asthma First Aid training but have not completed and returned their recognition checklist. If this is your school and you are having difficulty completing this checklist please contact Sandra Stevens for assistance. If you have completed the recognition checklist please fax (42864475) or post it to AFACT, PO Box 687, Woden, 2606

**Congratulations to  
Giralang Primary  
Narrabundah Primary  
and Radford College  
Junior Schools for  
becoming Asthma  
Friendly Schools in Term  
3. These schools have  
won 2 asthma  
emergency kits each for  
returning their completed  
recognition checklists by  
the end of August 2008.**

#### How can your school become an Asthma Friendly School?

##### Step 1:

Register your schools interest by completing a registration form available from the Asthma Foundation.

##### Step 2:

Book an asthma first aid training session using a training request form or by contacting Sandra Stevens on ph: 6286 4414.

##### Step 3:

Book a checklist meeting with our asthma educator who will come to your school to assist you to complete the recognition checklist. Your school will be provided with all the resources required to complete the recognition checklist.

##### Step 4:

Submit the completed recognition checklist to the Asthma Foundation.

##### Step 5.

Undertake Renewal every 3 years to maintain your asthma friendly school status.

#### Possible signs of worsening asthma.

- Coughing
- Shortness of breath
- Tightness in chest
- Wheezing
- Waking at night
- Absenteeism from school due to asthma
- Tiredness or poor concentration
- Use of reliever medication > 3 times per week excluding use prior to sport
- Contracting a cold or flu
- Unable to play sport or exercise due to asthma

For more information about the Asthma Friendly Schools program, or to register or book an education session, phone the Asthma Foundation ACT on Ph 6286 4414 or email: [afs@asthmaact.org.au](mailto:afs@asthmaact.org.au) or visit the national AFS website:

[www.asthmafriendlyschools.org.au](http://www.asthmafriendlyschools.org.au)

Fax: 62864475

Bookings for Asthma Education are open for Term 4. Book early to secure your place!

This Spring Triggers article can be used in your school newsletter.

### Spring Triggers

Pollen grains are released from certain grasses, weeds and trees eg Wattle trees.

They are coated in proteins that can trigger allergic reactions most commonly asthma and hayfever. Spring and Summer can often be difficult times for people with allergic conditions. The height of the grass pollen season is from late September to late December.

The highest amount of pollen is found in the air between 6 am and noon.

Tips to reduce pollen exposure:  
\* Hang washing inside on windy days as pollen can stick to it.  
\* Keep doors and windows closed to prevent pollen from coming inside.  
\* Use re-circulated air in the car.

\* Shower or change clothes after being outside.

\* Avoid activities that expose you to pollen such as moving the lawn.

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](http://www.asthmaact.org.au).

