



Asthma Friendly Schools Program Newsletter

Term 4, 2007

How to be an Asthma Friendly School

The latest statistics reveal that 86.4% of SA schools are now registered in the Asthma Friendly Schools (AFS) Program and 50.5% have met the 8 criteria to become an Asthma Friendly school.

Is your school one of them?

You can check your school's status on the AFS website www.asthmafriendlyschools.org.au

This AFS Newsletter will assist your school to either register in the AFS program or become an Asthma Friendly school by outlining the steps required.

FOLLOW THESE STEPS

- 1 The first step is to **REGISTER** your school's interest. Registration forms are available on the AFS website www.asthmafriendlyschools.org.au or by contacting Angelique on 8238 9300
- 2 Information and resources are sent to your school to guide the achievement of the eight essential criteria required to become an Asthma Friendly school
- 3 Achieve **RECOGNITION** as an Asthma Friendly school by meeting the eight essential criteria (as detailed in this newsletter and in the AFS program guidelines)
- 4 Undertake **RENEWAL of RECOGNITION** every **3 years** to maintain Recognition as an Asthma Friendly school.

Program forms and further information is available by visiting www.asthmafriendlyschools.org.au or by contacting Angelique Goad on 8238 9300 or email angelique@asthmasa.org.au

Asthma Friendly Schools Criteria

1 Asthma education is provided for all school staff

Asthma training is undertaken either through the Asthma Foundation or through an authorised trainer e.g. First Aid for Centres and Schools (FACS) and Basic Emergency Life Support (BELS).

The training requires updating every 3 years and is consistent with DECS Health Support Planning policy and can contribute to the T&D requirement of teachers in SA.

AFS National Training Package for School Staff

One hour AFS National Training package will cover;

- Asthma facts, symptoms, triggers, medications
- Exercise induced asthma
- The Asthma Friendly Schools program
- Recognising and assessing an asthma attack
- Asthma First Aid



Visit www.asthmafriendlyschools.org.au to download a *School Staff Asthma Education Training Session Request Form* or contact the Asthma Foundation on 8238 9300 to book a session at your school.

Cost: \$10 per person. The minimum cost per session is \$150. The recommended maximum number of participants per session is 20.

Larger groups can negotiate the number of sessions and the associated costs with Angelique on 8238 9300.

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Asthma Friendly Schools Program Newsletter

Asthma Friendly Schools Criteria (cont..)

2 Asthma Action Plans and/or Student Asthma Records for each student with asthma are actively encouraged and kept in a central location

Please refer to DECS Health support planning with regards to "Asthma Care Plan". A written Asthma Action Plan supplied by the student's Doctor can provide additional valuable information.

3 Asthma First Aid posters are on display

These are available from the Asthma Foundation SA, phone 8238 9300. Alternatively, posters can be downloaded and printed from the AFS website.

Visit: www.asthmafriendlyschools.org.au

4 Students with asthma are encouraged to have their medications readily available and safely stored at all times

Students should be encouraged to carry or have easy access to their asthma medication in order to self manage this when asthma symptoms develop.

See the Medication Management in DECS health support planning.

5 A blue reliever puffer and spacer device(s) are available for emergency use

As a guide, the recommended numbers of Asthma Emergency Kits is **2 as a minimum**, plus a further one per 300 students enrolled. Asthma Emergency Kit bum-bags are available from the Asthma Foundation.

Cost: \$30 (plus postage & packaging). Includes bum bag, breath-a-tech spacer (pictured below), alcohol swabs, instructions for use & reliever puffer authorisation.

Instructions for cleaning spacers

- Clean after each use
- Dismantle spacer and wash in detergent and hot water
- Do not rinse or wipe dry – allow to air dry
- When dry, wipe mouthpiece with 70% alcohol swab



The aim of the Asthma Friendly Schools Program is to improve the quality of life, health outcomes and well being for school children with asthma.

Asthma Foundations of Australia

6 A plan is in place for managing asthma during school sporting activities, excursions and camps

An Asthma Friendly school is required to have a plan in place to address routine and emergency asthma management issues, including when students are away from their school and engaged in school based activity.

7 Asthma related information is provided through the school to parents/carers that contributes to the quality of life, health outcomes and well being for their children.

Schools can provide parents/carers with information in their newsletters and by distributing resources/pamphlets available from the Asthma Foundation of SA on 8238 9300. **AFS newsletter inserts are available on the website www.breathebetter.com.au or email angelique@asthmasa.org.au**

The NEW asthma resource 'My Asthma' provides information on the management of asthma designed for children.

If you would like to order copies of this or other asthma management resources for your school please contact the Asthma Foundation of SA on 8238 9300.



8 Asthma Friendly Schools Program teaching resources are used as part of the school's health curriculum.

Asthma awareness for all students is a critical component of the AFS program. Integrating this into the school health curriculum ensures that students have the opportunity to learn about asthma.



Please check your library or resource centre for these resources:

For Primary schools: 'Asthma Cant Stop Me!'
For Secondary schools: 'Air Traffic Control'

SPRING WARNING Pollen allergy & pollen count

Pollen grains are released from certain grasses, weeds and trees. They are coated in proteins that can trigger allergic reactions - commonly asthma and hayfever. Spring and Summer can often be difficult times for people with allergic conditions. The height of grass pollen season is from late September to late December.

The highest amount of pollen can be found in the air between 6am and noon. Each day, samples of the air are analysed to gauge how much pollen is airborne and whether the level is considered high, moderate or low.

Low = less than 50/cubic metre of air

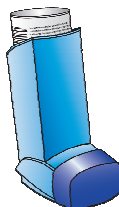
Medium = 50 to 100

High = over 100

The higher the pollen count, the greater the chance of symptoms presenting themselves. However, it is important to remember that the pollen count is a gauge only. Specific sensitivities to certain pollens may still be present, even if the overall count is low.

What if the Pollen Count is high?

If the count is estimated to be high, then it is important to be prepared. People with asthma should have reliever medication readily available at all times and schools should keep Asthma Emergency Kits easily accessible.



Tips to reduce pollen exposure

When the pollen count is high:

- Pollen can stick to clothes. Consider hanging clothes inside on windy days.
- Keep the windows and doors closed, to prevent the pollens from coming inside.
- Shower/change clothes after being outside.
- Avoid activities that expose you to pollen, such as mowing lawns.
- Protect your eyes with sunglasses.
- Use re-circulated air in the car
- Check tomorrow's pollen count by visiting: www.breathebetter.com.au

NB This newsletter insert will be made available on the website listed above or by contacting us by email angelique@asthmasa.org.au

Asthma Friendly Schools Term 3, 2007

Congratulations!

NEW Asthma Friendly Schools

Angle Vale PS, **B**lair Athol PS, **C**edar College, **F**remont-Elizabeth City HS, **G**awler East PS, **H**ackham West PS, Hallett Cove Youth Project, **K**angaroo Island Community Education - Penneshaw, Kingscote Campus, Koolunga PS, **M**anoora PS, Mount Compass Area School, **R**oss Smith Secondary School, **S**t John the Apostle Parish School, St Johns Lutheran School, **T**enison Woods College, Tumby Bay Area School, **U**ngarra PS, Unley PS, **W**est Beach PS, Wudinna Area School

RENEWAL of Asthma Friendly School Status

Alberton/Port Adelaide PS, All Saints PS, Antonio Catholic School, **B**elair PS, Blackfriars Priory School, Bordertown HS, Braeview JPS, Braeview PS, Brompton PS, Burton PS, Bute PS, **C**atherine McAuley School, Challa Gardens PS, Christie Downs R7 & Special School, Clapham PS, Cleve Area School, Coonalpyn PS, Crystal Brook PS, Curramulka PS, **E**ast Adelaide JPS, East Adelaide PS, East Torrens PS, Edithburgh PS, Eudunda Area School, **F**erryden Park PS, Freeling PS, **G**epps Cross Girls HS, Gepps Cross PS, Good Shepherd Lutheran School, Gumeracha PS, Hallett Cove School R - 12, Hallett Cove South PS, Harvest Christian School, **I**mmanuel Lutheran School, **J**amestown Community School, **K**alori Catholic School, Kalori Catholic School, Kangaroo Inn Area School, Kangaroo Island Community Education - Penneshaw, Parndana & Kingscote, **L**eigh Creek Area School, **M**arion PS, Massada College, Memorial Oval PS, Millicent North PS, Moonta Area School, Murray Bridge North Schools, Murray Bridge Special School, Myponga PS, **N**orwood PS, **O**'Sullivan Beach PS, Our Lady of the River PS, Our Lady Queen of Peace, **P**ara Hills JPS, Para Hills PS, Port Augusta West PS, Port Noarlunga Primary School, **Q**uorn Area School, **R**enmark PS, Richmond PS, Riverton PS, Rostrevor College, **S**chool of the Air, Scotch College Junior School, Seaton HS, Sedan PS, Settlers Farm JPS, Settlers Farm Schools, St Barbara's Parish School, St Brigids School, St Ignatius Junior School, St James School—Jamestown, St Josephs Memorial School, St Joseph's School - Baramera, St Margaret Mary's School, St Monica's Parish School, St Theresa's School - Whyalla, St George College, Stella Maris Parish School, Sunrise Christian School, **T**abor Christian College, Tintinara Area School, Trinity College (South Campus), **V**ineyard Lutheran School, **W**est Lakes Shore JPS, West Lakes Shores School, Whyalla Christian School, Windsor Gardens Vocational College

NEW! Student Support Program in Allergy and Anaphylaxis

The Asthma Foundation is now offering a new course in Allergy and Anaphylaxis designed to increase the knowledge of your organisations' staff so they in turn, can support students experiencing these conditions.

The course can be taken as a stand alone module and provides information on how allergy, eczema, hayfever, asthma and anaphylaxis are all related and gives some management strategies for allergy in schools. EpiPen use will be demonstrated as part of managing anaphylaxis, but this course does not include accredited EpiPen training.

As a stand alone module this course takes 1-1/2 hours, or it can be run in conjunction with Asthma First Aid Training and take 2 hours.

Feedback from participants rate the course as very relevant to their role as teachers and school support staff.

Cost: \$15 per person (minimum 10 staff) for stand alone module
\$20 per person (minimum 10 staff) with Asthma First Aid Training

CALD as referred to on AFS Forms

CALD = Culturally and Linguistically Diverse

The new AFS Registration Form & Recognition Checklist request information on CALD students. The definition below should assist you in filling in this section of the Recognition Checklist.

NUMBER OF STUDENTS	TOTAL:	Students with asthma*:
CALD students:		CALD students with asthma*:
Indigenous students:		Indigenous students with asthma*:

*please estimate if actual numbers unknown

"In the Australian context, individuals from a CALD background are those who 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 further information on the AFS program please contact Angelique at the Asthma Foundation of SA, Breathe Better Centre.

300 South Rd /PO Box 2035

HILTON SA 5033

Phone: +61 (0) 8 8238 9300

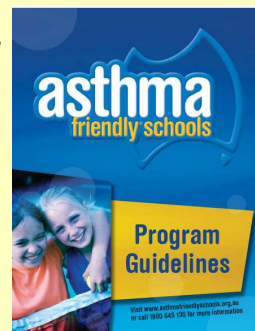
Fax: +61 (08) 8 8238 9303

E-mail: angelique@asthmasa.org.au

Web: www.breathebetter.com.au

NEW! Asthma Friendly School Guidelines

Your school will receive a copy of the NEW *Asthma Friendly School Program Guidelines* with this newsletter.



These guidelines provide details to assist schools to manage asthma by outlining information on;

- 'What is an Asthma Friendly school?'
- The 8 essential & 2 recommended criteria
- Program Administration Forms
- 'Why become an Asthma Friendly school?'

Further information regarding the AFS program is available on the website:

www.asthmafriendlyschools.org.au

If your school requires additional copies of the guidelines, please contact the Asthma Foundation of SA 8238 9300.

'Live Well' Information Sessions

Live Well With **ASTHMA** for parents/carers

Thur 8th Nov 10am — 12pm

Wed 5th Dec 12pm—2pm

Live Well With **ECZEMA**

Fri 7th Dec 10am — 12pm

Live Well With **ALLERGY & ANAPHYLAXIS**

Thur 6th Dec 9.30am – 11.30am

'Live Well' sessions costs \$10 per family or \$5 per person and are FREE for members of the Foundation. They are held at the Asthma Foundation of SA Breathe Better Centre, 300 South Rd, Hilton.

It is essential to register for these sessions. Bookings can be made by phoning the Asthma Foundation of SA Breathe Better Centre on 8238 9300.

