



Asthma Friendly Schools Program Newsletter

Term 1, 2009

School Carnival Conundrum

About 80% of children with asthma will experience symptoms during or after exercise. Despite this, exercise is an important part of healthy living and should not be avoided or prevent people from reaching their full potential with exercise.



Here is some simple advice to help students compete in school sporting carnivals while staying asthma free.

Exercise Induced Asthma (EIA) can cause the individual to wheeze, cough, feel tight in the chest or become short of breath

How to prevent EIA

- Take 2-4 separate puffs of blue reliever medication (through a spacer) 5-10 minutes before warming-up.
- Warm-up before any sport or exercise
- Cool-down following sport or exercise

If a student experiences asthma symptoms during exercise they should:

- Stop exercising immediately
- Take 2-4 separate puffs of blue reliever medication (through a spacer)
- Only resume activity if free from symptoms and breathing easy

If symptoms do not go away immediately or return when exercising is resumed:

- Use blue reliever puffer as before
- Cease exercise for the rest of the day
- Notify parent/carer of incident
- Monitor the child

Checklist for school carnivals

- ✓ Have trained staff present that are able to manage an asthma incident
- ✓ Make sure an Asthma Emergency Kit is always accessible
- ✓ Encourage students to carry their own blue reliever medication
- ✓ Take updated copies of student written Asthma Action Plans to activities

What's your school's Asthma Friendly status?

Check your school's Asthma Friendly status by visiting www.asthmafriendlyschools.org.au and searching by school name, suburb, state or postcode.



- **Asthma Friendly** (valid for 3 years) - school has successfully achieved the 8 essential criteria.
- **Registered** (valid for 2 years) - school is working toward becoming Asthma Friendly.
- **Not Involved** - school has not yet engaged with the program.

If your school is not currently involved and would like to become registered or recognised as Asthma Friendly please visit the AFS website for program guidelines or call the Asthma Friendly Schools team on 9326 7088.

Is your school planning your staff PD calendar this year?



Book a **FREE** one-hour asthma training session for your school staff for 2009.

All schools are eligible to book a free training session. The session covers asthma facts, symptoms, triggers and medications, exercise-induced asthma, recognising and assessing an asthma attack, asthma First Aid and an overview of the Asthma Friendly Schools program.

Having at least 75% of school staff trained in asthma management fulfils criteria 1 of the 8 essential Asthma Friendly Schools criteria.

Book your schools session by completing a staff booking form online or email schools@asthma.org.

Asthma Friendly Schools Program contact details

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491- 495 King St
WEST MELBOURNE VIC 3003

Ph: (03) 9326 7088 Toll Free: 1800 645 130 Fax: (03) 9326 7055

Email: schools@asthma.org.au Web: www.asthma.org.au or www.asthmafriendlyschools.org.au



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Become Asthma Friendly and WIN!!

During Term One all schools who become Asthma Friendly or renew their Asthma Friendly Status will go into a special prize draw.

To enter a Recognition checklist must be completed and returned before **Friday 3rd April 2009**. Once your school undertakes your free one hour asthma training session, fill out the checklist and return it either by, post, email, fax or alternatively complete it online at www.asthmafriendlyschools.com.au.

1st prize- Daewoo 66cm LCD TV/DVD combo

2nd Prize- Daewoo DVD player

Are you equipped for an asthma emergency?

Asthma Emergency Kits - \$29.70 from The Asthma Foundation of Victoria Plus postage and handling



Be asthma prepared

Is your school planning a school camp, excursion or sporting carnival?

If so, be sure that you have an Asthma Emergency Kit to take with you, that asthma trained school staff are in attendance and arrangements are in place for students with asthma to have ready access to their medication. It is vital that students have access to an Asthma Emergency Kit when not on school grounds. Students can often forget to take their own medication with them and encounter different triggers that could set off their asthma.

Medications and treatments can change over time. For students with asthma attending an overnight camp it is important that schools request information from parents/carers on current health needs including asthma medication and emergency treatment.

Schools can download an updated Camp Asthma Action Plan (Pre Camp Assessment) and a Camp Medical Update Form from www.asthma.org.au

Asthma HelpLine

The Asthma Foundation of Victoria offers a HelpLine telephone service, to help you learn as much as you can about your asthma and what you must do to manage your asthma successfully and stay healthy.

HelpLine staff are Asthma Educators, who provide independent advice, education, counselling and support to people with asthma, parents, family and carers.

The HelpLine is open from 9.30 am to 3.00 pm, Monday to Friday. Call the HelpLine on (03) 9326 7088 or Toll Free on 1800 645 130 or email advice@asthma.org.au

Back to School Asthma Management Checklist

Use the below checklist to ensure your school is equipped to manage children with asthma.

- ✓ Check the expiry date on all asthma medications
- ✓ Update student's written Asthma Action Plans
- ✓ Asthma First Aid posters are on display (contact AFS staff for free posters)
- ✓ School staff are trained in asthma management by an AFS authorised provider

Bubble Ball 2009

It's on again! The Asthma Foundation of Victoria will be hosting its fourth annual Bubble Ball event to 'Blow Asthma Away'.

- When:** Saturday May 16th, 2009
- Where:** Peninsula, Central Pier, Docklands, Melbourne
- Dress:** Formal – Black Tie optional
- Ticket Cost:** \$160 each. Tables of 12 available. (Corporate tables also available)
- RSVP:** Friday 1 May, 2009

For all reservations, bookings and other enquiries, please contact Kassandra Koudelka on (03) 9326 7088 or kkoudelka@asthma.org.au or visit www.bubbleball.com.au

Congratulations to schools that became Asthma Friendly in Term 4, 2008

Schools that became Asthma Friendly for the First Time-

Altona College - Senior Campus, Bacchus Marsh Primary School, Ballarat Christian College P 12, Bogong Outdoor Education Centre School, Bright P-12 College, Brimbank College - St Albans, Carwatha College - P-12, Castlemaine Secondary College - Junior 7-9, Castlemaine Secondary College - Senior 10-12, Chum Creek Primary School, Clunes Primary School, Coomoora Primary School, Creek Street Christian College - Bendigo, Debney Meadows Primary School, East Preston Islamic College, Edinburgh Adventist Primary School, Gembrook Primary School, Holy Spirit Primary School, Kangaroo Ground Primary School, Kolbe Catholic College, Lynbrook Primary School, Melbourne Grammar School Senior 9-12, Melbourne Grammar Wadhurst 7-8, Moolap Primary School, Mount Clear Primary School, Noble Park Secondary College, Oakleigh Primary School, Ouyen Secondary College, Patterson River Secondary College, Raywood Primary School, Rosewood Downs Primary School, Seymour East Primary School, Seymour Special School, Simpson Primary School, St Christophers School (1600) - Syndal, St Marys School (1097) - Hastings, St Mels School - Shepparton, Upwey Primary School, Upwey South Primary School, Yaapeet Primary School, Yea Primary School & Yinnar Primary School

Renewal of Asthma Friendly School Status-

Altona College - Junior Campus, Ashby Primary School, Bacchus Marsh Grammar School - P - 12, Beechworth Secondary College, Bell Primary School, Bellbrae Primary School, Belvedere Park Primary School - Seaford, Bendigo Special Developmental School, Birralea Primary School - Doncaster, Blackburn Lake Primary School, Braemar College - Woodend, Bridgewater Primary School, Brunswick South West Primary School, Bruthen Primary School, Buangor Primary School, Bundoora Secondary College, Burwood Heights Primary School, Carragarmungee Primary School, Chaffey Secondary College, Cobram Secondary College, Coburg West Primary School, Dallas North Primary School, Darraweit Guim Primary School, Derinya Primary School, Diamond Valley Special Development School, Doncaster Gardens Primary School, Eastwood Primary School, Emerald Primary School, Everton Primary School, Ferntree Gully North Primary School, Firbank Anglican School - 7-12, Firbank Anglican School - K-6 - Turner House, Frank W Cheshire Education Centre - Glen Waverley, Gilmore College for Girls (Footscray), Gilson College - St Albans, Gladstone Views Primary School, Glengarry Primary School, Gleroy Specialist School, Glenvale School - Glenroy 7-10, Gowrie Street Primary School (Shepparton), Grahamvale Primary School, Grey Street Primary School - Traralgon, Hampton Park Primary School, Hazelwood North Primary School, Hillcrest Christian College, Holy Name School - Reservoir, Inglewood Primary School, Isik College Geelong Ivanhoe Grammar School The Ridgeway Buckley House P-6, Katandra West Primary School, Keilor Downs Secondary College, Kilberry Valley Primary School, Kilbreda College - Mentone, Kings Park Primary School, Koo Wee Rup Secondary College, Lake Charm Primary School, Lara Lake Primary School, Lara Primary School, Lilydale Heights College, Lismore Primary School, Little Yarra Steiner School and Kindergarten, Loch Primary School, Loreto College - Ballarat, Lyndale Primary School, MacLeod College P-12, Mahogany Rise Primary - Frankston North, Malmsbury Primary School, Manchester Primary School, Manningham Park Primary School, Mansfield Secondary College, Maroondah Secondary College, Merbein Primary School, Merbein West Primary School, Mildura Senior College - 11-12, Minyip Primary School, Mirboo North Primary School, MontAbert Primary School, Moorabbin Primary School - Worthing Road, Moorooduc Primary School, Moriac Primary School, Mornington Primary School, Murrabit Group School, Newhaven Primary School, Newlyn Primary School, Noble Park English Language School, Orbest Primary School, Our Lady of Assumption School - Cheltenham, OurLady of the Nativity - Aberfeldie, Oxley Primary School, Park Orchards Primary School, Park Ridge Primary School, Pascoe Vale Girls Secondary College, Paynesville Primary School, Puckapunyal Primary School, Resurrection Primary School (1737) - Keysborough, Rowville Primary School, Rowville Secondary College - Eastern Campus 7-10, Rowville Secondary College - Western Campus 7-12, Ruthven Primary School, Sacred Heart School (413) - Casterton, Sale Specialist School, San Remo Primary School, Scoresby Primary School, Seaford North Primary School, Selby Primary School, Skipton Primary School, Sorrento Primary School, Southmoor Primary School - Moorabbin, Springvale Heights Primary School, St Albans South Primary School, St Anthonys School (1041) - Alphington, St Augustines Primary School (1779) - Keilor, St Augustines School (1808) - Frankston, St Brigids School (410) - North Fitzroy, St Catherine of Siena (1878), St Catherines Catholic Primary School - Berwick, St Gabriel's Primary School (1806) - Traralgon, St James School (1681) - Vermont, St Johns School (1733) - Thomastown East, St Josephs School (1641) - Boronia, St Josephs School (205) - Benalla, St Martin de Porres School (1696) - Laverton, St Marys School (1084) - Swan Hill, St Marys School (1273) - Altona, St Mary's School (1480) - Clarkes Hill, St Marys School (285) - Castlemaine, St Marys School (379) - Inglewood, St Monicas School (477) - Footscray, St Peter's Parish Primary School, St Peters School (1383) - Epping, St Pius X Primary School (1526) - Heidelberg West, St Therese Catholic School (1901) - Torquay, St Thomas Mores School (1618) - Belgrave, Sunbury Primary School, Sunshine North Primary School, Talgarno Primary School, Teesdale Primary School, The Kilmore International School, Thomastown West Primary School, Thornton Primary School, Timor Primary School, Toorak College Mt Eliza-Junior Campus, Toorak College-Mt Eliza-Senior Campus, Trafalgar Primary School, Trinity Lutheran College - Mildura P-10, Trinity Primary School - Narre Warren, Upper Plenty Primary School, Victory Christian College, Victory Lutheran College- Wodonga, Vision Australia School P-12, Warrnambool Special Developmental School, Wedge Park Primary School, Westgrove Primary School - Werribee, Whorouly Primary School & Willow Grove Primary School