



ASTHMA FRIENDLY SCHOOLS NEWSLETTER



IMPROVED ACCESS TO ASTHMA EDUCATION SESSIONS FOR SCHOOLS FROM TERM TWO

We now have four accredited Asthma First Aid trainers available for Asthma Friendly School staff training sessions. This means that we can deliver more asthma education sessions. To book your training session ring phone the Foundation on 6286 4414 or email afs@asthmaact.org.au.

There are 10 schools who have had asthma education but who are not yet asthma friendly. If your school has had an asthma first aid training session in the last 12 months, please follow through so your whole school is recognised as asthma friendly.

Check and return your completed recognition checklist before Fri 5th of June to enter the draw to win an LCD TV.

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, Fax: 62864475 or email: afs@asthmaact.org.au or visit the national Asthma Friendly Schools website: www.asthmafriendlyschools.org.au where the Booking and Registration Forms can be completed on line.

This "What is an Asthma Action Plan" article can be used in your school newsletter.

World Asthma Day Tuesday the 5th of May.

World Asthma Day is organized by the Global Initiative for Asthma (GINA) in collaboration with health care groups and asthma educators to raise awareness about asthma and improve asthma care throughout the world.



When I have an asthma attack, I feel like a fish with no water...

- Harrison, aged 5

The theme for this year is that 'you can control your asthma'. Use an up-to-date written asthma action plan and have regular medical reviews to control your asthma.

Congratulations to Torrens and Curtin Primary Schools for becoming an Asthma Friendly School in Term 1.

Did you know you can purchase an Asthma Emergency Kit for \$30 from the Asthma Foundation of ACT. The kit includes a blue bumbag, asthma first aid instructions and a volumatic spacer. All you need to add is the blue reliever puffer (Ventolin). To order an Asthma Emergency kit or any other asthma resources phone 6286 4414 or email afs@asthmaact.org.au

Become Asthma Friendly and Win an LCD TV

Schools that have asthma education and return completed Recognition Checklists before 5 pm on Friday the 5th of June will go into the prize draw to win a Daewoo 55cm LCD TV.

Register or Renew Your Registration and Win 2 Asthma Emergency Kits

Lodge a registration form by 5 pm Friday the 5th of June and go in to the draw to win 2 asthma emergency kits valued at \$60

What is an Asthma Action Plan?

An asthma action plan is a written plan developed by your doctor that helps you to manage your child's asthma. All students who have asthma should have an asthma action plan and should give a copy to school, after-school care and sporting team coaches. This ensures that teachers, carers and coaches will have information to care for the child should they have an asthma attack. Make an appointment at your GP's today to get your child's asthma action plan. The asthma action plan should be updated every 12 months by your GP.

For information about asthma, contact the Asthma Foundation on 6286 4414 or go to the Asthma Foundation's website: www.asthmaact.org.au.