

Asthma Friendly Schools Program Newsletter



Asthma Friendly Schools Program

Is your school

Asthma Friendly?

The Asthma Friendly Schools Program is being progressively implemented in the ACT. This year over 500 school staff have received asthma education.

The Department of Health and Ageing has provided funding directly to the Asthma Foundation of ACT to develop and deliver the AFS program in our region. The aim of the AFS program is to improve the quality of life, health and well-being of schoolchildren with asthma.

Our AFS Project Officer, Sandy Hinson, has been visiting ACT schools to conduct asthma education sessions. Staff learn about:

- asthma symptoms
- triggers and medications
- exercise-induced asthma
- recognising/ assessing an asthma attack, and
- asthma First Aid.

Feedback from participating schools is that they find the AFS sessions both enjoyable and practical, and – most importantly – they are “feeling more comfortable about dealing with kids with asthma”.

One hour Asthma education sessions cost only \$100 (+ GST) per 25 staff. A minimum of 75% of staff need to be trained in order for a school to become an Asthma Friendly School.

Asthma education sessions are very “hands-on”, with staff practising administering First Aid to each other. Most schools choose to run training during a staff meeting time slot and sessions are designed to keep busy people engaged at the end of a hard school day.

Asthma is a serious and very prevalent condition. One in six students has asthma.

For more information about the Program OR if your school is not yet registered, OR if you need asthma education, phone the Asthma Foundation ACT on 6286 4414.

The new National Asthma Friendly Schools website: www.asthmafriendlyschools.org.au provides information about the program for parents, staff and students.

On line forms are now available at this website.

Bookings for Asthma education sessions are now open for 2008

Phone: 6286 4414

or Email:

admin@asthmaact.org.au

Did you know?

One in six students has asthma

80% of ACT schools are registered to be part of the AFS program

Schools need to re-register or be re-assessed as an Asthma Friendly School every 3 years

Asthma and Hayfever in Spring and Summer

The Spring and Summer months can be difficult times for people with allergic conditions. The height of grass pollen season is from early September to late December, with the highest pollen counts usually between 6 am and midday. It is a good idea to be aware of the pollen count (through TV, papers etc) during the hayfever season. When the pollen count is high, it's vital to be prepared.

People with asthma should take the right asthma (preventer) medication (if prescribed) and have reliever medication available at all times. **Schools should make sure Asthma Emergency Kits are readily accessible.** Sufferers are advised to stay indoors as much as possible, keeping doors and windows closed. They should have an Asthma Action Plan so they know what to do if their asthma gets out of control.

For further tips on allergy and on reducing pollen exposure go to: www.allergy.org.au.

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.