



Asthma Friendly Schools Program Newsletter

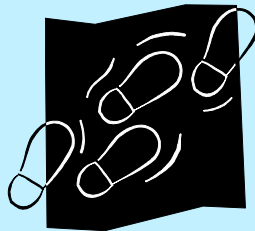
Term 2 2008

BREAKING NEWS:

After 25 years Asthma Foundation Northern Territory relocates

After 25 years Asthma Foundation Northern Territory moved from the Royal Darwin Hospital to new premises at

**Unit 14,
16 Charlton Court WOOLNER NT 0820
(just off Bishop Street)
Phone: 8981 6066
Fax: 8981 9066**



**The new mailing address is :
PO BOX 39962
WINNELLIE NT 0821**

The Free Call number remains the same:
1800 645 130

Please upgrade your contact details now!

The new office is bigger, brighter and busier than ever!

Drop in and meet the staff, make an appointment to speak with an Asthma Educator or call the Free Information line **1800 645 130** for confidential support to help you manage your asthma.

Reminder:

AFNT has an asthma clinic in Palmerston on Wednesday afternoons. This benefits those unable to travel from Palmerston and surrounding areas to the office in Woolner. Staff are also negotiating with Danila-Dilba Palmerston to provide an asthma education session at their Palmerston Clinic.

Call 8981 6066 to book an appointment time.

AFNT will continue to support staff at the Royal Darwin and Royal Darwin Private hospital in consulting asthma inpatients.

Referrals can be faxed to our office on 8981 9066 and an Asthma Educator will negotiate a time to visit the person in hospital or alternatively call him/her at home following discharge.

Asthma Friendly Schools National Training Package

The Asthma Friendly Schools one hour training session continues to receive positive reviews. Information we are receiving from evaluations is extremely valuable in assessment of this program by the Department of Health and Aging. I am interested in any additional comments you might have in regard to the program so take 5 minutes to drop me a line.

schools@asthmant.org.au

Regards Jill McGee AFS Coordinator NT

Here are some of your recent comments:

Clear, concise, relevant to content . Wulagi

Very thorough St Mary's

Allowed time for questions, great for school based environment Moulden

Thanks for organizing the asthma training course very informative and well worth attending Kormilda

I wish I had known this before taking students on year 10 Camp ! Anonymous!

Best presentation we have had so far!

Alice Springs

This was a professional and excellent presentation Thank you St Philips

TNS Social Research has been commissioned to independently evaluate the Asthma Friendly Schools program. A key finding was:



When parents send their children on camp they have more confidence in an Asthma Friendly School.

Add the AFS logo to your Camp forms and Parent newsletters, and give confidence to parents, students and staff.

A Written Asthma Action Plan

Asthma Action Plans help individuals manage their asthma and respond appropriately to worsening asthma. A copy of a student's asthma action plan should be provided to the school:

- on enrollment
- if there are changes in the student's medication regime
- for school excursions.



If you would like an Asthma Action Plan posted to you contact the Asthma Friendly Schools Coordinator, 8981 6066 or email schools@asthmant.org.au *Talk to Jill.*

To download an action plan go to:

www.NAC.org.au -
print a copy and take to your next GP visit.

If Out Of School Hours Care are involved in the care of your child, a copy of your child's medication regime should be provided to them too. Don't forget grandparents and babysitters also.

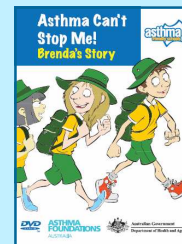
**FREE ASTHMA FIRST AID
FRIDGE MAGNETS
CALL JENNY 8981 6066**

Another New Resource for the Classroom

Asthma Can't stop me! Brenda's story

"Brenda's Story" is now available on DVD for primary school students.

If you would like your **FREE** copy of Brenda's Story please email me schools@asthmant.org.au and a copy will be posted to your school.



On a serious note: New Data released from ABS.

New data from the Australian Bureau of Statistics shows that the Australian Asthma death toll jumped in 2006, with an additional 84 deaths being recorded compared to 2005 data.

The total number of deaths attributed to Asthma in 2006 was 402. (1.1 persons a day)

The key to good management is having a written asthma action plan which should be reviewed regularly by your doctor.

Talk to your doctor or asthma educator to find out more.

"The prevalence of asthma in the community demands that we are well informed and confident in managing the situations that present themselves. This program in schools is vital and greatly appreciated"
Helen Wardega, Principal

World Asthma Day 6th May 2008



Across the world people are preparing for World Asthma Day.

Look on the internet- what are other countries planning for their schools?

There are lots of activities for your class to be involved in:

- It could be as simple as blowing up balloons, blowing out candles or making bubbles. Some people with asthma find this too difficult.

What can be done to help?



- Learn Asthma Emergency First Aid.
- Look on the Asthma Friendly Schools Website for games to play
- Watch the new DVD Brenda's Story
- Hold your own activity/fundraiser /walk and raise awareness of asthma
- Make a Poster and display it on the front office notice board
- Produce a play about asthma triggers



Find out which Olympic Athletes have asthma and still compete at an elite level.



Congratulations Asthma Friendly Schools

1st time Registered as an Asthma Friendly school

St Francis of Assisi

Milkwood Steiner

Shepherdson CEC



1st Recognition as an Asthma Friendly school

Nakara Primary School

St Francis of Assisi

Milkwood Steiner School



Recent Renewal of Asthma Friendly School Status

St Phillips College, Moil Primary School, Kormilda College, Leanyer Primary School, Berry Springs Primary School, Durack Primary, Driver Primary, Parap Primary School, Clyde Fenton School, Moulden Park Primary, Woodroffe Primary School, MacFarlane Primary School, Wulagi Primary School, Anula Primary School, Millner Primary School, St Mary's Primary School, Stuart Park Primary School, Holy Spirit School, Marrara Christian School.

"Recognition" as an Asthma Friendly School reverts to a status of "Registered" if the 8 Essential Criteria are not maintained within the 3 year period.

Schools requiring update of AFS status in

Term 2, 2008

Tennant Creek Schools, Nhulunbuy Schools, Gillen PS, St Francis Xavier, Casuarina Senior College, St Pauls Catholic School, Sacred Heart, Good Shepherd Lutheran, Bees Creek, St Johns College, Dripstone Middle School, Girraween, Nightcliff PS Nightcliff High School, Acacia Hill, Anzac Hill

Staff Asthma Emergency First Aid Training

Due Term 2 2008

Darwin High School, Good Shepherd Lutheran, Nightcliff Primary, O'Loughlin College, Acacia Hill

Download your "Request for Training" Form

www.asthmafriendlyschools.org.au

(Program Forms Northern Territory)