



Asthma Friendly Schools Program Newsletter

Term 3, 2008

National Asthma Week September 1st - 7th

The first week of September is National Asthma Week (NAW). This year the theme is 'Asthma is serious - you can take control', to remind people that poorly managed asthma can be fatal. Asthma deaths are preventable, we just need to take asthma seriously. If your school would like to order a *free* NAW kit to display in your school please email us at schools@asthma.org.au and remember to include your school's name and postal address.

Updated Asthma Action Plan

The Asthma Friendly Schools program has updated the School Asthma Action Plan to include additional information about Exercise Induced Asthma (EIA). EIA is very common with 80% of people with asthma having Exercise Induced Asthma. Every student with asthma should have a written plan to help manage their asthma. The plans should be kept in a central location and updated annually. Visit www.asthma.org.au to download the updated plan.

Check your Asthma Friendly

"Valid until 2008"

Is your school due to renew its Asthma Friendly status? Check if your schools' Asthma Friendly certificate or window sticker for the year your status expires. If your sticker says '2008' contact the Asthma Friendly Schools team to find out which month you are due to expire.

If your school does need to renew, start the process as soon as possible. The first step is to book a FREE asthma training session for your school staff. To meet the criteria at least 75% of school staff must be trained. Download the booking form at www.asthmafriendlyschools.org.au You can also check if your school needs to renew by checking online.

Primary School Resource Brenda's Story

We are still accepting requests for the new primary school curriculum resource 'Brenda's Story', available in DVD format in Term 4. To request a copy email schools@asthma.org.au and remember to include your school's name and postal address. The curriculum resource will be adapted to fit in with VELs.

Asthma Friendly School Winners

Congratulations to Murtoa College P-12 and Yallourn North Primary School, the winners of the Term 2 Asthma Friendly Schools Prize Draw. Murtoa College P-12 won the fabulous Daewoo 81cm LCD TV valued at \$1499 and Yallourn North Primary School won a Daewoo DVD player valued at \$99. Both schools renewed as Asthma Friendly during Term 2. Well done!

FREE staff asthma training

Would you know what to do in an asthma emergency? All teachers have a duty of care for students and should know what to do in the event of an asthma attack. Contact the Asthma Friendly Schools team to book a 1-hour FREE information session. The session covers: asthma facts, symptoms, triggers, medications, exercise induced asthma, recognizing and assessing an asthma attack and Asthma First Aid. Completing the session fulfills the first criteria of becoming an Asthma Friendly School.



Asthma Friendly Schools Program contact details

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The link between asthma and Anaphylaxis

- More than 80% of people with asthma have an allergy
- Anaphylaxis is a sudden severe allergic reaction
- 1 in 100 people have anaphylaxis
- Death from anaphylaxis is most likely in adolescents and adults with uncontrolled asthma
- About 10 people die from anaphylaxis each year in Australia

The Asthma Foundation of Victoria is offering a course to meet the Government's new standards of anaphylaxis management in a school setting, effective July 14th, 2008.

21827VIC Anaphylaxis Awareness Course
Valid for 3 years
No Prerequisite
\$50 per person
Minimum group size of 10, maximum of 20

NEW! Lite - Aire Disposable Spacers

Lite-Aire Spacers are a new spacer that can be purchased through The Asthma Foundation of Victoria. The spacers are made from cardboard, can be stored flat and are single use only (i.e. they cannot be cleaned and must be discarded after use). The spacer can be used by an individual for up to one week. The spacers are \$7.50 each.



Famous People with Asthma

Did you know that the following celebrities have asthma?

- Lindsay Lohan (Actress, Singer)
- Shane Crawford (ALF Hawthorn player)
- Grant Hackett (Olympic Swimmer)
- Matt Shirvington (Runner)
- Pink (Singer)
- Hamish Blake (Radio Personality)

Interesting facts about Asthma

- Over 2 million Australians have asthma
- 1 in 6 children have asthma
- 1 in 9 adults have asthma
- 8 Australians die from asthma every week
- Australia, New Zealand and the United Kingdom have highest asthma prevalence rates in the world

Cross Country and Asthma

Many people find their asthma gets worse during school cross country as it is an endurance sport. Students with asthma should always make sure they have their blue reliever medication with them during physical activity. Schools should ensure they bring their Asthma Emergency Kits to the event, which should ideally be placed around the course (for quick access). Students can help prevent asthma symptoms by pre-medicating with their blue reliever puffer 5-10 minutes before activity and warming up before the race.



Does your school have the Asthma First Aid poster on display? Contact the Asthma Friendly Schools team on 9326 7088 or schools@asthma.org.au to request a FREE poster.



Congratulations to 224 schools that became Asthma Friendly in Term 2, 2008

Schools that became Asthma Friendly for the first time:

Our Lady Help of Christian School - Brunswick, St Josephs School - Warragul, Avondale Primary School
Jackson Special School - St Albans, Hamilton Primary School (George Street), Whittlesea Primary School
Sunbury College, Caulfield South Primary School, Bolwarra Primary School, Bannockburn Primary School
Axedale Primary School, Newport Lakes Primary School, Stawell West Primary School, Seaford Park Primary School,
Caledonian Primary School, Marysville Primary School, St Margaret Marys School - Spotswood
Balcombe Grammar School

Renewal of Asthma Friendly School status:

Alexandra Secondary College, Alphington Primary School, Altona Gate Primary School, Anakie Primary School, Anglesea
Primary School, Annunciation Primary School - Brooklyn, Aquinas College - Ringwood, Ardeer South Primary School,
Armadale Primary School, Aspendale Primary School, Avila College - Mount Waverley, Ballarat Specialist School, Banksia La
Trobe Secondary College - Ivanhoe, Barwon Valley School - Newtown, Bayswater South Primary School, Beaconhills
College - Berwick P-8, Beaconsfield Upper Primary School, Beaufort Primary School, Belle Vue Primary School, Benalla
Christian School, Bendigo South East Secondary College, Bentleigh West Primary School, Berendale School - Moorabbin,
Berwick Primary School, Birchip P-12 School, Bittern Primary School, Braybrook Secondary College, Bunyip Primary School,
Camberwell Anglican Girls Grammar - Ormiston campus, Camelot Rise Primary School, Campbell's Creek Primary School,
Carrington Primary School, Carrum Primary School, Cavendish Primary School, Chalcot Lodge Primary School, Christ the
Priest Catholic Primary School - Caroline Springs, Christian College - Geelong. Junior Campus. K-4, Churchill North Primary
School, Coatesville Primary School - Bentleigh, Coburg North Primary School, Colac Primary School, Coldstream Primary
School, Cranbourne Park Primary School, Currajong School - Malvern East, Dandenong South Primary School, Dandenong
Valley Special Developmental School, Dartmoor Primary School, Delacombe Primary School, Devenish Primary School,
Devon Meadows Primary School, Diamond Creek Primary School, Doveton Heights Primary School, Doveton North Primary
School, Drouin West Primary School, Eaglehawk Secondary College, Echuca Primary School, Echuca Special Development
School, Elphinstone Primary School, Essendon Primary School, Flinders Christian Community College - Latrobe City,
Footscray Primary School, Forest Street Primary School, Frankston East Primary School, Garfield Primary School, Gippsland
Grammar School - Bairnsdale Junior Campus, Gladstone Park Secondary College, Glen Devon Primary School, Glenrowan
Primary School, Gunbower Primary School, Haileybury College - Berwick Campus, Hallam Primary School, Hamilton Special
Development School, Harcourt Valley Primary School, Hastings Primary School, Haven Primary School, Heathcote Primary
School, Heatherwood Special School - Donvale, Heidelberg Primary School, Holy Family School (1565) - Mount Waverley,
Holy Saviour Parish School - Vermont South, Holy Trinity Primary School (1910) - Eltham, Hopetoun Secondary College,
Horsham Primary School, Horsham West Primary School, Iramoo Primary School - Werribee, Islamic Schools of Victoria (Al
Taqwa), James Cook Primary School - Endeavour Hills, Kangaroo Flat Primary School, Keon Park Primary School,
Keysborough Park Primary School, Kialla West Primary School, Koondrook Primary School, Koonung Secondary College,
Kurnai College - Morwell Campus, Kurunjang Secondary College, Lake Bolac Secondary College, Lalor Secondary College,
Lalor West Primary School, Larmerien School - Hampton, Lauriston Secondary College (Howqua Campus), Lighthouse
Christian College - Keysborough, Lilydale Primary School, Macarthur Street Primary School, Malvern Primary School,
Manifold Heights Primary School, Manorvale Primary School - Werribee, Melrose Primary School, Menzies Creek Primary
School, Merrijig Primary School, Montpellier Primary School, Moonambel Primary School, Moonee Ponds West Primary
School, Mooroolbark East Primary School, Mooroopna Primary School, Mornington Special Development School, Morwell
Park Primary School, Mossfiel Primary School, Mount Waverley North Primary School, Mountain Gate Primary School, Murtoa
P-12 College, Myrniong Primary School, Natimuk Primary School, Natta Yallock Primary School, Neerim South Primary
School, Noble Park Special Development School, North Geelong Secondary College, North Melbourne Primary School, Our
Lady of Fatima School (1881) - Rosebud, Our Lady of Lourdes School (1176) - East Prahran, Our Lady of Perpetual Help (1342)
Ringwood, Our Lady of the Rosary School (1072) - Kyneton, Our Lady of the Way School - Kingsbury, Our Lady Star of the
Sea - Ocean Grove, Overnewton Anglican Community College P-9 Taylors Lakes, Padua College - Mornington, Padua College
Rosebud, Pascoe Vale South Primary School, Plenty Parklands Primary School - Mill Park, Point Lonsdale Primary School,
Poowong Consolidated School, Port Fairy Consolidated School, Portland North Primary School, Red Cliffs Primary School,
Red Cliffs Secondary College, Rochester Primary School, Rossbourne School - Hawthorn, Rupanyup Primary School, Sacred
Heart College (219) - Geelong, Sacred Heart Primary School (1560) - Mildura, Sacred Heart Primary School (401) -
Yarrowonga, Seabrook Primary School, Seville Primary School, Seymour Primary School, Shepparton High School, Silvertown
Primary School, Spring Gully Primary School, St Aloysius College - North Melbourne, St Annes School (1328) - Kew East, St
Anthony's School (1530) - Noble Park, St Bridget's School - Balwyn, St Brigids College (1122) - Horsham, St Cecilia's School -
Glen Iris, St Fidelis - Senior Campus 4-6. Pascoe Vale South, St Fidelis School - Moreland - Junior P-4 Moreland, St Finbar's
Primary School - East Brighton, St Francis Xavier Primary School (1272) - Box Hill, St Gregory the Great - Doncaster, St Johns
Lutheran Primary School (1617) Geelong, St Kevin's School (1680) - Lower Templestowe, St Kilda Primary School, St Kilians
Primary School - Bendigo, St Leonards School - Glen Waverley, St Margaret's School (1489) - Geelong, St Marks School
(1710) - Dingley, St Mary Magdalen's School - Chadstone, St Marys School (139) - Bairnsdale, St Mary's School (1664) - Maffra,
St Michaels School (1524) - Heyfield, St Patricks Parish Primary School (599) - Port Fairy, St Patricks School (104) -
Wangaratta, St Patricks School (1594) - Tongala, St Pauls Anglican Grammar School - Traralgon, St Pauls Anglican Grammar
School - Warragul, St Robert's School - Newtown, St Thomas Mores School (1650) - Hadfield, Strathfieldsaye Primary School,
Swan Hill Primary School, The Peninsula School - Mt Eliza, Thomastown East Primary School, Thornbury Primary School,
Thorpdale Primary School, Verney Road School - Shepparton, Village School - Croydon, Wanganui Park Secondary College
Warrenbayne Primary School, Waverley Meadows Primary School, White Hills Primary School, Willowmavin Primary School,
Xavier College - Kew, Xavier College Prep School - Burke Hall, Yarra Glen Primary School, Yarra Junction Primary School,
Yarram Secondary College, Yarraman Park Primary School, Yarraville Special, Development School, Yarrowonga Primary
School, Yarrowonga Secondary College