



# Asthma Friendly Schools Program Newsletter

Term 4, 2008

## Asthma Update

The spring edition of the Asthma Foundation of Victoria's newsletter 'Asthma Update' is now available on our website. This edition includes information on the new allergy laws in Victoria, an Asthma Friendly Schools update, the Pollen Count, the correct use of puffers & spacers and more...

To download a copy visit  
[www.asthma.org.au](http://www.asthma.org.au)

If you would like to receive a copy via email please email your details to [rcrocker@asthma.org.au](mailto:rcrocker@asthma.org.au)



## Pollen Count

The School of Botany at the University of Melbourne, together with The Asthma Foundation of Victoria offer a service that forecasts the level of pollen in the air. This forecast can be used to alert those who suffer from hay fever and seasonal asthma of the likelihood of being exposed to high levels of pollen, enabling sufferers to take preventative measures in danger periods.



This service is offered daily during Melbourne's peak allergy period, from 1st September to 31st December each year. To see today's pollen count visit [www.asthma.org.au](http://www.asthma.org.au)

## Secondary School Resource Running Short DVD

A new teaching resource will soon be available for secondary schools. The DVD 'Running Short' tells a story about a boy named Patrick whose dream is to make the cross-country state championships. He has asthma, but does not want anyone to know. So when his friend Jazz finds out Patrick's secret, what will be at risk – his life or the title? The DVD identifies issues with adolescent asthma, including embarrassment, peer-pressure and smoking. There is also a special guest appearance from Olympic Runner Kyle Vander-Kuyp.



Lesson plans are being developed to accompany the DVD.

If you would like to be put on the waiting list to receive this resource please email [schools@asthma.org.au](mailto:schools@asthma.org.au) and remember to include your school's name and postal address.

## WHOLE Network



The Asthma Friendly Schools program has joined other health and wellbeing programs to form the 'Wellbeing and Health Organisation Links for Education' (WHOLE) network. This network aims to support Victorian primary school communities in their health and wellbeing programs by providing links to a variety of health and wellbeing programs and organisations. The site contains resources and information, as well as a sample integrated health and wellbeing policy which includes key health and wellbeing recommendations of all member organisations. Schools can access information to help guide their strategic plan, develop a new health and wellbeing policy or audit existing policies.

For more information visit

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## Summer holidays – tips for travelling with Asthma

With only one school Term left for the year, you are probably already planning your summer holidays. Going on holiday should be fun. With a bit of preparation, asthma need not get in the way. Here are some tips for people with asthma preparing to travel:

- Make an appointment with your doctor for a check up prior to travel
- Pack your updated Asthma Action Plan
- Ensure you have sufficient medications and the correct delivery devices
- Always have your reliever on hand at all times, and your spacer if you are using a puffer
- Be aware of your trigger factors and what you may be exposed to on your holiday
- Look into where the nearest medical assistance/hospital are from your destination

And remember relax and have a great time!

The Asthma Foundation of Victoria has a booklet titled 'Take it easy not wheezy' – a handy holiday guide for people with asthma and their carers'. To order a free copy please visit [www.asthma.org.au](http://www.asthma.org.au)

## New Asthma Death Statistics

New statistics released by the Australian Bureau of Statistics have highlighted: **8 people each week die in Australia from asthma.**

## Early Bird Booking for 2009!

Get in early and book a FREE one hour asthma education session for your school staff in 2009.

Download the booking form from [www.asthmafriendlyschools.org.au](http://www.asthmafriendlyschools.org.au)

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



Are you equipped for an asthma emergency?

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

**ASTHMA FOUNDATIONS**  
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**THE ASTHMA FOUNDATION**  
Victoria

## Being Active with Asthma

Being active is great for your health and wellbeing. Sometimes, however, physical activity can trigger asthma symptoms including wheezing, coughing, a tight chest and breathlessness. This is called 'exercise induced asthma' (EIA). Most individuals with EIA can exercise to their full potential if the condition is properly treated.

You can reduce the risk or prevent exercise-induced asthma by preparing for physical activity in a few simple ways:

- Make sure your day-to-day asthma is well managed
- Use your blue reliever medication five to ten minutes before you warm up.
- Always warm up before you start exercising
- Always cool down after exercising

## School Fundraising for Asthma

The Asthma Foundation of Victoria would like to thank Moonee Ponds West Primary School for raising over \$1000 through their Annual Fun Run and St Peter Apostle Primary School for also raising over \$1000 during their Football Fun Day. These generous donations helps us to continue to provide education, support and advice to people with asthma and their families.

If your school would like to hold a fundraising day or event for asthma contact the Asthma Friendly Schools team for resources or assistance.



*Moonee Ponds West PS has fun raising money for asthma.*

## Asthma Action Plans for 2009

Are you preparing student enrolment information for 2009? Don't forget to include a written Asthma Action Plan. Asthma Action Plans can be downloaded from [www.asthma.org.au](http://www.asthma.org.au) or call 9326 7088

## Congratulations to schools that became Asthma Friendly in Term 3, 2008

### Schools that became Asthma Friendly for the first time:

**A**berfeldie Primary School, **A**voca Primary School, **B**allarat Steiner School, **B**arnawartha Primary School, **B**enalla Primary School, **B**undoora Primary School, **C**ardinia Primary School, **C**lifton Creek Primary School, **C**olac Specialist School, **E**umemmerring Secondary College - Fountain Gate Campus, **F**intona Girls Junior School K-4, **F**intona Girls' School 5-12, **F**rayne College - Baranduda, **G**lenvale School - Berwick 7-9, **M**arist Education Welfare Service - West Melbourne - DOXA, **M**ary MacKillop - Keilor Downs, **M**elbourne Montessori School, **M**orwell Primary School (Crinigan Road), **N**avarre Primary School, **N**ewmerella Primary School, **P**ortland Primary School, **S**acred Heart School - Fitzroy, **S**coresby Secondary College, **S**t Bernards C.B.C - Essendon, **S**t Brendans Primary School - Coragulac, **S**t James Primary School - Nar Nar Goon, **S**t Joseph's Primary School - Brunswick West, **S**t Patricks School - Nhill, **S**trathcona Baptist Girls Grammar School, **T**ooradin Primary School, **T**rawalla Primary School, **W**esley College-Elsternwick Campus - Cato College

### Renewal of Asthma Friendly School status:

**A**cademy of Mary Immaculate - Fitzroy, **A**lbert Park Primary School, **A**lexandra Primary School, **A**ltona Green Primary School, **A**mphitheatre Primary School, **A**raluen Primary School - Sale, **A**rarat North Primary School, **A**rthurs Creek Primary School, **B**acchus Marsh Secondary College - Darley Campus 7-9, **B**acchus Marsh Secondary College - Maddingley Campus, **B**airnsdale Christian Community School, **B**allam Park Primary School, **B**allarat and Queens Grammar School - Wendouree, **B**alliang East Primary School, **B**alwyn High School, **B**ayside Special Developmental School, **B**elmore School - Balwyn, **B**endigo Primary School (Violet St Primary School), **B**entleigh Secondary College, **B**everidge Primary School, **B**illanook College - Mooroolbark, **B**imbadeen Heights Primary School, **B**oort Primary School, **B**rentwood Park Primary School, **B**riagolong Primary School, **B**runswick East Primary School, **B**undarra Primary School, **C**amberwell Primary School, **C**arey Baptist Grammar School P-6-Donvale, **C**arisbrook Primary School, **C**astlemaine North Primary School, **C**helsea Heights Primary School, **C**hirside Park Primary School, **C**larinda Primary School, **C**larkefield Primary School, **C**layton North Primary School, **C**obden Technical School 7-12, **C**ohuna Consolidated School, **C**olbinabbin Primary School, **C**oral Park Primary School, **C**orio South Primary School, **C**ovenant College - Geelong, **C**raigieburn South Primary School, **C**ranbourne South Primary School, **D**andenong West Primary School, **D**eer Park Secondary College, **D**errinallum College P-12, **D**iggers Rest Primary School, **D**onald High School, **E**agle Point Primary School, **E**aglehawk North Primary School, **E**lliminyt Primary School, **E**pping Primary School, **E**pping Secondary College, **E**psom Primary School, **E**skdale & Mitta Mitta Primary School, **E**xford Primary School, **F**airhills Primary School - Ferntree Gully, **F**linders Christian Community College - Carrum Downs Campus, **F**ountain Gate Primary School, **G**alvin Park Secondary College - Werribee, **G**ippsland Grammar School - Sale Garnsey Campus 7-12, **G**ladysdale Primary School, **G**len Waverley Primary School, **G**lendal Primary School, **G**lenferrie Primary School, **G**lenvale School - Lilydale 3-12, **G**reenslopes Primary School, **G**reta Valley Primary School, **H**allam Valley Primary School, **H**ampton Primary School, **H**arkaway Primary School, **H**eaney Park Primary School, **H**eatherhill Primary School, **H**eathmont College, **H**oly Cross Primary School - New Gisborne, **H**oly Rosary School - White Hills, **H**opetoun Primary School, **H**untly Primary School, **I**sik College P-12 - East Meadows, **K**alinda Primary School, **K**aringal Primary School, **K**ennington Primary School, **K**illara Primary School, **K**ingston Heath Primary School, **K**nox Gardens Primary School, **K**oo Wee Rup Primary School, **L**alor Primary School, **L**atrobe Special Developmental School - Traralgon, **L**e Page Primary School, **L**eopold Primary School, **L**ighthouse Christian College - Cranbourne Campus - P-8, **L**inton Primary School, **L**umen Christi Primary School - Laverton, **M**ansfield Secondary College, **M**aralinga Primary School, **M**aramba Primary School - Narre Warren, **M**aranatha Christian School - Doveton, **M**arlo Primary School, **M**ary Immaculate School - Ivanhoe, **M**aryborough Education Centre, **M**eadow Glen Primary School, **M**eadow Heights Primary School, **M**elbourne Grammar Grimwade House P-6, **M**elton Specialist School, **M**entone Girls Secondary College, **M**entone Park Primary School, **M**entone Primary School, **M**errilands P-12 College - Reservoir, **M**ont Albert Primary School, **M**oomba Park Primary School, **M**orang South Primary School, **M**ornington Secondary College, **M**ossgiel Park Primary School, **M**ount Evelyn Primary School, **M**ount Martha Primary School, **M**ulgrave Primary School, **N**agle College - Bairnsdale, **N**arracan Primary School, **N**arre Warren South P - 12 College, **N**ichols Point Primary School, **N**icholson Primary School, **O**ak Park Primary School, **O**rbost North Primary School, **O**ur Holy Redeemer School - Mont Albert, **O**vernewton Anglican Community College P-12 Keilor, **P**anton Hill Primary School, **P**arkdale Primary School, **P**arkdale Secondary College, **P**atterson Lakes Primary School, **P**enbank School - Moorooduc, **P**ort Phillip Specialist School, **P**ortland Secondary College, **P**reston Primary School, **P**reston South Primary School, **P**rinces Hill Primary School, **P**rinces Hill Secondary College, **Q**uarry Hill Primary School, **R**angeview Primary School, **R**egency Park Primary School, **R**esearch Primary School, **R**eservoir Primary School, **R**ichmond Primary School, **R**ingwood North Primary School, **R**iver City Christian College - Echuca, **R**uyton Girls School - P-12, **S**acred Heart College - Kyneton, **S**acred Heart School - St Albans, **S**hepparton Christian Community School, **S**herbourne Primary School, **S**on Centre Christian School - Swan Hill, **S**pringvale South Primary School, **S**t Agatha's Primary School - Cranbourne, **S**t Albans East Primary School, **S**t Bernadettes Primary School - The Basin, **S**t Bernards School - Coburg East, **S**t Brigid's Primary School - Ballan, **S**t Francis Xavier College - Beaconsfield - year 10- 12, **S**t Francis Xavier College - Berwick years 7-9, **S**t James College - Bentleigh East, **S**t John The Baptist - Koo Wee Rup, **S**t Johns School- Mitcham, **S**t Josephs College - Echuca, **S**t Josephs College - Ferntree Gully, **S**t Joseph's Primary School - Chelsea, **S**t Josephs Primary School- Collingwood, **S**t Josephs School - Quarry Hill Bendigo, **S**t Kilda Park Primary School, **S**t Lukes School - Lalor, **S**t Martin de Porres School - Laverton, **S**t Mary's Coptic Orthodox College-Coolaroo, **S**t Mary's Primary School - Myrtleford, **S**t Mary's School - Williamstown, **S**t Michael's School- Springbank, **S**t Monicas School- Footscray, **S**t Patrick's Primary School- Murrumbeena, **S**t Patricks School- Gordon, **S**t Patricks School - Ballarat, **S**t Peter Apostle Primary School - Hoppers Crossing, **S**t Peters School- Bendigo North, **S**t Therese's Primary School - Cranbourne North, **S**t Timothy's School - Vermont, **S**unshine Special Development School, **T**awonga Primary School, **T**emplestowe Park Primary School, **T**he Hamilton and Alexandra College - Junior Campus P - 6, **T**homastown Primary School, **T**imboon P-12 School, **T**internvale Primary School - Bayswater North, **T**oolern Vale & District Primary School, **T**yabb Railway Station Primary School, **T**ylden Primary School, **V**ermont Primary School, **W**allan Primary School, **W**angaratta West Primary School, **W**arrandyte High School, **W**arranwood Primary School, **W**eeden Heights Primary School, **W**embley Primary School, **W**erribee Primary School, **W**esley College - Clunes Campus, **W**estgarth Primary School - Brooke St P-2, **W**estgarth Primary School - Clark St - 3-6, **W**estmeadows Primary School, **W**oady Yaloak Primary School - Ross Creek Campus, **W**oady Yaloak Primary School - Smythesdale Campus, **W**oady Yaloak Primary School - Snake Valley Campus, **W**oady Yaloak Primary School-Scarsdale, **W**odonga Middle Years College - Felldimber Campus, **W**odonga West Primary School, **W**oodleigh School (Senior Campus) **B**xter, **W**oori Yallock Primary School, **Y**allourn North Primary School, **Y**ering Primary School, **Y**uille Park Community College