World Asthma Day 7th May 2013
‘It’s time to control your asthma!’

World Asthma Day is an annual event held by the Global Initiative for Asthma and this year’s theme is ‘It’s time to control your asthma’. Good asthma control not only improves lung function and means less symptoms during the day and night, but also improves the quality of life for people with asthma. This World Asthma Day, we encourage all schools to consider what good asthma control means for them, the children in their care and their whole school community. If you feel that your student’s asthma is uncontrolled and impacting on their ability to participate in activities please make sure you communicate this to their parents and carers and encourage them to see their child’s GP for an asthma review.

New Resource for VCE Health and Human Development Students!

We have a great new fact sheet for students studying the VCE Health and Human Development. Many students choose to focus on asthma as a National Health Priority and we would like to ensure that these students have an accurate, up-to-date and easy to read reference for their projects.

Please see the resources section on our website for a copy of the fact sheet, or see the attachment that has been sent with this newsletter.

School Camps & Excursions

Camps and excursions are a calendar highlight for students and are a great way to encourage them to try new activities. However camps and excursions can present a new set of challenges for students with asthma and the following is a list of considerations to be made for camps/excursions and the students that may be attending:

- How many children with asthma are attending the camp/excursion?
- Do you have a copy of students’ Asthma Action Plans to take on the camp/excursion?
- What asthma or allergy triggers will the students be exposed to?
- Are there a suitable number of asthma first aid trained staff attending?
- Are there a suitable number of Asthma Emergency Kits available to respond to an asthma emergency?
- Are all staff aware of the asthma emergency procedure?

Considerations to be made for individual students:

- Have they been unwell recently?
- Have they had an asthma attack or asthma symptoms recently?
- Has their parent/carer completed the School Camp and Excursion Medical Update Form?
- Will they have their reliever medication and spacer on hand at all times?
- Are they attending with other medications to be taken and are there sufficient instructions for use/dosage?

To find out more contact your local Asthma Foundation:

1800 645 130
asthma.org.au

Supported by the Australian Government
Young people at the National Asthma Conference

On 19, 20 March Asthma Australia’s conference, Tackling Asthma in Australia — the Next 5 Years, was held in Canberra.

Two ACT young people provided a ‘welcome to the future’ for the attendees.

Hayley, a secondary school student, told the audience about her asthma and how her school was involved in a project to help other students to know how to help a friend in case of an asthma attack. Eddie, an active sportsperson, also told the conference about his asthma, how he managed this to play top level sport, and about his involvement in a day of filming at the Australian Institute of Sport for Asthma Australia.

Eddie finished the welcome with, “I’m proud to be involved with Asthma Australia and the Asthma Foundation here in ACT, and helping to get important messages about asthma and self-management to teenagers and young adults around Australia. Asthma Australia has lots of plans to work more closely with people like me. This is really important and we thank you for giving us the chance to have our say.”

The winning poster from the competition held at the end of last year, by a student at Woodleigh School in Victoria, was framed and provided to all conference presenters.

New TRIGGERS booklet

This booklet was launched at the conference and informs people with asthma and their caregivers about how to recognise their asthma triggers and what can be done to avoid them.

Asthma triggers could be something that people with asthma:

- Breathe in (smoke, cool air)
- Catch (cold, flu)
- Feel (emotions, stress)
- Do (exercise)
- Eat or drink, take (medications)

The booklet is available online at the Asthma Australia website via Latest News. This may help you understand about your student’s asthma triggers, or to inform parents and careers.

Exercise: a trigger not to avoid

Students with asthma should participate in sports and other physical activity as a component of a healthy lifestyle.

When a student’s asthma interferes with physical activity, they may need to review their use of preventer medication or seek their doctor’s advice about asthma medication they use prior to exercise.

The images here show Petrina Price, an Olympic high jump athlete, and Maddie, Issy and Eddie, active young people who manage their asthma and participate in a variety of sports, at the Australian Institute of Sport during filming for Asthma Australia. View the promo at:

http://asthmaaustralia.org.au/assist/yourasthma/asthma-sport/