



A main focus at this school is to keep your children safe. In order to achieve this, all medical plans e.g. Anaphylaxis, Asthma, Diabetes, Epilepsy... are required to be updated annually by your child's medical officer, even if the management is unchanged.



Important news for parents about the Asthma & Anaphylaxis Schools Program

Students with asthma - no matter how mild

If your child has asthma – even if it is quite mild – please let us know if you haven't already.

We require an up to date written Asthma Action Plan completed by your child's Doctor.

Training by the Asthma Foundation of Tasmania highlighted how there is no way of predicting if a child with asthma may suddenly have a major flare up, even if it has not happened before.

So please bring all relevant documentation to the school's office so we can fulfil our duty of care and keep your child safe.

Students with anaphylaxis

Please make sure that we have your child's most recent Anaphylaxis Action Plan.

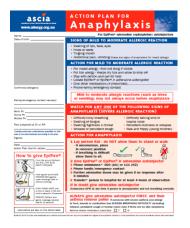
The plan that we are referring to is the one that has the patient's photo attached and signed off by a doctor.

According to ASCIA, Australia's authority on anaphylaxis, the plans should be renewed by your doctor at least once a year.

For further information on asthma or anaphylaxis please visit - https://asthma.org.au/

Your school nurse,

Andrea Pereira









SCHOOL HEALTH NURSES



Risdon Vale Primary School is a proud Sun Smart accredited school.

All students are required to wear school accredited hats at play times and during outdoor activities such as PE. We also encourage our students to wear their school accredited hats when walking to and from school.

Overexposure to UV during childhood is a major risk factor for future skin cancer risk.

You can't see or feel the sun's UV rays so don't be fooled! Whatever the weather, if the UV levels are 3 or more, it's important to *Slip,Slop,Slap,Seek and Slide*!

- Slip on a shirt—for free dress days, ensure your child wears clothing that covers as much skin as possible e.g. elbow length tops with a higher neckline or collar and a longer style pair of shorts or skirts.
- Slop—on SPF 30 or higher broad spectrum, water resistant sunscreen—apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to be reapplied throughout the day. Sunscreen should be reapplied every two hours.
- Slap on a hat one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket hat style. Peak caps do not offer enough protection and are not recommended by sun smart.
- 4. Seek shade—choose shady spots for play whenever possible.
- 5. *Slide on some sunglasses*—if practical and approved by the school. Make sure they are labelled AS 1067 and cover as much of the eye area as possible.

Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available in the weather section of the newspaper, on the sun smart website <u>www.sunsmart.com.au</u> or as a free sun smart app for your smart device. Sun protection times can also be found on the bureau of meteorology website. http://www.bom.gov.au/



