



**MACKILLOP COLLEGE**

**Monthly Newsletter**

**Welcome to 2016**

*Celebrating all life*

*Challenging all people*

*Dreaming the new day*

# MacKillop Newsletter

Welcome to 2016



**Table of Contents**

Letter from the Principal..... 2  
MacKillop Mission..... 3  
MacKillop College Board – Parent Representative ..... 4  
MacKillop College Open Day..... 4  
Enrolments for Year 7, 2017 ..... 5  
Student Travel ..... 5  
School Hours and Duty of Care ..... 5  
Uniform..... 6  
Sports Report ..... 6  
John the Baptist Resource Centre ..... 6  
Student Services..... 6  
Parents & Friends Committee..... 7  
Parent/Guardian Information ..... 8  
Parish News..... 9



**MACKILLOP**

**Enrolments for  
Year 7 2017**

Close 26 February 2016  
Application forms available at College Administration Office  
Contact MacKillop Registrar: 8734 5216  
[www.mackillop.vic.edu.au](http://www.mackillop.vic.edu.au)

 celebrating all life | challenging all people | dreaming the new day 

College Chaplains

Fr. Frank Buhagiar

Fr. Shymon Thekkekalathungal

Fr. Benneth Osuagwu

PRAYER

*Love one another, bear with one  
another and let charity guide  
you in all your life.*

Canonical Administrators

Fr. Frank Buhagiar

(President)

Fr Pius Kodakkathanath

Fr. Jude Pirotta

Sisters of St Joseph

Sr. Geraldine Whelan

*Mary MacKillop 12.1.1909*

Volume 13, Issue 1

Welcome 2016

AMEN

## Letter from the Principal

Dear Parents/Guardians

A warm welcome to you all as we embark on this 2016 Academic Year. With every new beginning comes change, the prospect of growth and the chance to be challenged. My hope for our MacKillop community is that it embraces the opportunity to advance through 2016 in learning, both academically and spiritually. To our newly-enrolled students, in particular those in Year 7, we hope that their transition into secondary life is smooth and their time with us is both rewarding and nurturing. We especially wish our Year 12 students well and trust that their hopes and aspirations for their final secondary year come to fruition, through their dedication and effort.

Upholding with tradition, the Opening Mass, which is the spiritual beginning of the school year, will be held on Tuesday 9 February in the Tenison Woods Centre. Celebrated by Bishop Vincent Long and concelebrated by our Canonical Administrators and College Chaplains, the Mass is an acknowledgement of our identity as a Catholic faith community. At this sacred event our Year 7 and newly-enrolled students along with their families will be officially welcomed into our College community.

The first Open Day for 2016 will be held on Tuesday 23 February between 2:00pm and 6:00pm. This presents as an ideal opportunity to view the College. Improvements include the conversion of Numurkah Hall into a fully equipped dance studio, upgrade of sporting facilities, continued works on the new GPLA building and finally, the most noteworthy of all, the Chapel of St Mary of the Cross. Excitement is building as preparation for the official blessing and opening is underway for this iconic structure.

In conclusion we would like to acknowledge the successes of our 2015 graduates and wholeheartedly wish them well in their future endeavours.

May St Mary of the Cross MacKillop guide us in all we do.



Rory Kennedy  
Principal

## MacKillop Mission



### The Journey of Mary MacKillop 1842 – 1909

On 17 October 2010 Mary MacKillop was recognised by the church as St Mary of the Cross MacKillop. In today's world, Mary stands as an example of great courage and trust in her living out of God's loving and compassionate care of those in need. For families who are beginning their journey with our College this year, we'd like to share a summary of her story with you now, so that you can understand a little more about what inspires and animates us here at MacKillop College.

“On January 15 1842 Mary MacKillop was born of Scottish parents, Alexander MacKillop and Flora MacDonald in Fitzroy, Victoria. This was less than seven years after Fawkner sailed up the Yarra, when Elizabeth Street was a deep gully and Lonsdale Street was still virgin bush. A plaque in the footpath now marks the place of her birth in Brunswick Street, Fitzroy.

Mary, the eldest of eight children, was well educated by her father who spent some years studying for the priesthood in Rome but through ill health had returned to his native Scotland until 1835 when he migrated to Australia with his parents. Unfortunately, he lacked financial awareness, so the family was often without a home of their own, depending on friends and relatives and frequently separated from one another.

From the age of sixteen, Mary earned her living and greatly supported her family, as a governess, as a clerk for Sands and Kenny (now Sands and MacDougall), and as a teacher at the Portland school. While acting as a governess to her uncle's children at Penola, Mary met Father Julian Tenison Woods who, with a parish of 22,000 square miles/56,000 square kilometres, needed help in the religious education of children in the outback. At the time Mary's family depended on her income so she was not free to follow her dream. However, in 1866, greatly inspired and encouraged by Father Woods, Mary opened the first Saint Joseph's School in a disused stable in Penola.

Young women came to join Mary, and so the Congregation of the Sisters of St Joseph was begun. In 1867, Mary was asked by Bishop Shiel to come to Adelaide to start a school. From there, the Sisters spread, in groups to small outback settlements and large cities around Australia, New Zealand, and now in Peru, Brazil and refugee camps of Uganda and Thailand. Mary and these early Sisters, together with other Religious Orders and Lay Teachers of the time, had a profound influence on the forming of Catholic Education as we have come to know and experience it today. She also opened Orphanages, Providences to care for the homeless and destitute both young and old, and Refuges for ex-prisoners and ex-prostitutes who wished to make a fresh start in life.

Mary, throughout her life, met with opposition from people outside the Church and even from some of those within it. In the most difficult of times she consistently refused to attack those who wrongly accused her and undermined her work, but continued in the way she believed God was calling her and was always ready to forgive those who wronged her.

Mary, throughout her life, suffered ill health. She died on August 8, 1909 in the convent in Mount Street, North Sydney where her tomb is now enshrined. Since then the Congregation has grown and now numbers about 1200, working mainly in Australia and New Zealand but also scattered singly or in small groups around the world. The "Brown Joeys" may be seen in big city schools, on dusty bush tracks, in modern hospitals, in caravans, working with the "little ones" of God - the homeless, the new migrant, the Aboriginal, the lonely and the unwanted, in direct care and in advocacy, in standing with and in speaking with. In their endeavours to reverence the human dignity of others and to change unjust structures, the Sisters and those many others who also share the Mary MacKillop spirit continue the work which she began." [www.sosj.org.au](http://www.sosj.org.au)

## **MacKillop College Board – Parent Representative**

The function of the MacKillop College Board is to provide guidance, advice and bring a range of views that assist in informing some of the decision making processes of the school. The members of the MacKillop College Board are respected for their participation and knowledge and viewed by the Administration of the College as having an essential and significant role to play in the ongoing welfare of the College.

We welcome a Parent/Guardian representative on the Board whose term of office is three years and we call upon all parents/guardians to contemplate taking up this unique and important role at the school. Nomination forms for this post are available from the Principal's Personal Assistant, Mrs Diana Trzaskoma. Alternatively, you can contact the College to have a nomination form emailed or posted to you. Nominations close on 19 February 2016. The Board meets five times per year, the first of which is the Annual General Meeting on Thursday 17 March 2016 at the College. We thank you in anticipation of your consideration and nomination.

## **MacKillop College Open Day**

The College Open Day is on Tuesday 23 February 2016 between 2:00pm & 6:00pm. Guided tours will be conducted and Enrolment Application Forms for 2017 will be available.

## **Enrolments for Year 7, 2017**

Application for Enrolment to Year 7, 2017 close on Friday 26 February 2016. Siblings of current MacKillop College students wishing to attend the College in 2017 must apply.

## **Student Travel**

Parents/guardians/older siblings are asked not to park behind a car at any time, blocking their ability to leave the school grounds, particularly whilst waiting to pick up students after school.

Students and parents/guardians are reminded that all students should be at school at the latest by 8:35am each morning in readiness for Homeroom to begin.

Students are not to be dropped off or picked up on the Sr Giovanni Administration Building side of the driveway. All student drop offs are to be done alongside the Tenison Woods Building and then cars exit via the rear of the College along South Ring Road. This includes students who are going on Camp/Outdoor Education excursions.

Parents/guardians are asked not to drop their son/daughter off anywhere along Russell Street (from the Wedge Street roundabout to Anderson Street roundabout) nor in the ESTIA Nursing Home driveway or carpark.

Students are not to enter the College grounds via the Corpus Christi carpark.

The parking spaces in front of the Sr Giovanni Administration Building are reserved for parents/guardians/visitors needing to go into the Administration office and for students who have a mobility issue eg on crutches.

## **School Hours and Duty of Care**

MacKillop College prides itself on providing staff and students with a safe environment during school hours. This safe environment is further provided before and after official school hours in a limited capacity.

### **Before School**

The College is open to staff from 7:30am. Students are not permitted to be on the school premises until 8:00am. There is no provision for student supervision before 8:00am each day.

### **After School**

The College remains open to students until 4:30pm and to teachers for personal organisation after this time. Students are not permitted to be on the school premises after 4:30pm unless they are part of a pre-organised activity, under the direct supervision of a nominated teacher, for a specific purpose and for a specified time.

For the safety of your son/daughter, we ask all parents/guardians to ensure that students are not on the school premises before 8:00 am or after 4:30 pm as they cannot be supervised.

## Uniform

Please remember that your son/daughter must have black leather lace-up school shoes as determined by the College. Shoes which are not recognised school shoes will not be acceptable. Complete summer school uniform is to be worn including the College blazer.

Parents and students are reminded that grooming is part of the Uniform Policy. Your son/daughter's hair is to be neatly groomed, appropriate to the wearing of a uniform, fully tied back and off the face at all times. Unusual fashion modes, as determined by the College, which are not in keeping with the wearing of the school uniform are unacceptable. We ask for your continued cooperation with this.

Please ensure your son/daughter is compliant with this expectation.

## Sports Report



For all recent sports results, please refer to the [sports category in the MacKillop News Blog](#) found on the College Website.

## John the Baptist Resource Centre

A warm welcome to all students whether returning for another year of conscientious study or coming to the College embarking on a new learning adventure. The Resource Centre will be open from 8:15am until 4:15pm each day. Please visit and view the collection of material available to assist in your study and to provide you with pleasurable leisure reading. We have facilities to recharge your laptop during morning and lunch break as required and during class time if your class is within the building.

## Student Services

Student Services provides support to our students via a whole school approach to wellbeing and practical support. Integration Aide assistance in the classroom, counselling services (including On Psych Psychologists), careers counselling and outside agency support such as Youth Connections and EACH employment are some of the many services available at MacKillop College. With the New Year in full swing it is timely to provide parents/guardians with an update on some of the key services we provide.

## **Counselling**

Counselling is available to all students at the College. Students can self-refer or, in partnership with teaching staff can be referred, for counselling either during school hours or immediately after school. The dedicated School Counsellors are located in the Student Services building (located in the Portland Wing). Further support is provided by an outside agency "OnPsych" which works closely with our Student Wellbeing team to provide specialist support with adolescent mental health issues. OnPsych has a team of qualified, registered Psychologists and Social Workers who operate alongside our School Counsellors. They work with individual students and their families at no cost to the student or parent/guardian. A referral from the family GP is required to access this service. For referrals and more information, contact Mark Westgarth, Director of Student Wellbeing (Learning and Services) [mwestgarth@mackillop.vic.edu.au](mailto:mwestgarth@mackillop.vic.edu.au).

## **Education Support**

Integration Aides are assigned to classes that need extra support and assistance typically in the areas of Literacy and Numeracy. Allocation is based on need and is delivered discreetly by the Aides who have many years of experience working with secondary students. The Aides also offer homework assistance after school in the JBC Resource Centre (Library); "**Study Zone**" runs from 3:30-4:30pm Mondays, Wednesdays and Thursdays throughout the year.

## **Careers Counselling**

Career Counselling is part of the Student Services team and is available to assist students plan successful pathways for the future.

## **Parents & Friends Committee**

Each year the Parents and Friends Committee organises MacCuppa on the first day of school for all interested parents and guardians. Thank you to Yanal who helped out at MacCuppa Day.

All parents/guardians are invited to attend the Parents and Friends Committee meetings which are held in the Training Room of the Sr Giovanni Administration Building at 7:30pm.

Our meeting dates for 2016 are:

Wednesday 9 March

Wednesday 4 May

Wednesday 1 June

Wednesday 3 August

Wednesday 7 September

Wednesday 5 October

Wednesday 2 November

Wednesday 7 December.

Come and be a part of a wonderful group of parents and friends who are dedicated to supporting the College. Parents and Friends meetings are a great way to keep informed about what is happening at the College.

## Parent/Guardian Information

### Catholic Education Today

Please [click here](#) to view the latest edition of the Catholic Education Today magazine.

### Uniform Shop [Telephone 8734 5280]

Trading Hours: Monday, Wednesday & Friday 8:15am – 3:45pm  
(closed 11:30am – 12:30pm)

Winter uniform fittings for girls will take place from Monday 8 February until Friday 26 February 2016.

### Canteen

The canteen price list is available on the MacKillop website [click here](#).

### School Vaccine Program 2016

Immunisation for Year 7 will take place on Monday 15 February at 9:00am. Please encourage your child to have breakfast on this day.

Immunisation Consent Cards have been distributed. Irrespective of whether your son/daughter is to be immunised, all cards stating 'YES' or 'NO' must be signed by the parent/guardian and returned by **Friday 5 February**.

The scheduled immunisation dates are listed below.

DATE	TYPE
Monday 15 February	Human Papilloma Virus & Boostrix
Tuesday 24 May	Human Papilloma Virus & Chickenpox
Monday 17 October	Human Papilloma Virus

Any queries regarding your child's immunisation should be directed to Lynda Marburg at the Wyndham City Council on 9742 0736.

### Financial Assistance – Camps, Sports and Excursions Fund (CSEF)

The Victorian Government has announced provision of \$148.3 million over four years for the Camps, Sports and Excursions Fund (CSEF) to ensure all eligible students are able to participate in school trips and sporting activities. Families who hold a valid means-tested concession card or who are temporary foster parents of school age children are eligible to apply.

The 2016 annual CSEF amount for secondary school students is \$225. The payment will be made directly to the school and will be used towards camps, sports and excursion costs for the benefit of the student.

To apply, contact the Administration Office to complete an application form by **Wednesday 17 February 2016**.

For more information regarding CSEF [click here](#).

## Parish News...



### **RITE OF CHRISTIAN INITIATION OF STUDENTS – RCIS**

Assistant Priest Fr Benneth will be conducting workshops for secondary students residing within the Parish of St Andrew's and wishing to receive the Sacraments of Baptism, Reconciliation, Eucharist and/or Confirmation in 2016. Workshops will commence during the month of April and will conclude in August 2016. Please contact St Andrew's Parish Office on 9741 4144 or email [werribee@cam.org.au](mailto:werribee@cam.org.au) for further information. Thank you.

**WORKSHOPS FOR BAPTISED ADULTS TO RECEIVE FURTHER SACRAMENTS** – Are you an adult who has been baptised but has never received the Sacraments of First Eucharist and/or Confirmation? Fr Frank will be conducting a series of workshops to prepare adults to receive the Sacraments. Workshops are held on six Saturdays after Easter at 11:00am (dates TBC). Please leave your details at the Parish Office on 9741 4144 or email [werribee@cam.org.au](mailto:werribee@cam.org.au) if you are interested. Thank you.



## Positions of Leadership 2016

	POL Name	Name
Learning Area Leaders	Religious Education Learning Area Leader	Colin Grant
	Religious Education Learning Area Leader (Mission)	Laura Alcock-Howell
	Design and Technology Learning Area Leader	Jennifer Morrison
	Digital Technologies Learning Area Leader (Incl. eLearning Support)	James Vella
	English Learning Area Leader	Steve Parker
	Health & Physical Education Learning Area Leader	Damian Pendlebury
	Humanities Learning Area Leader (Shared)	Allison Calleja
	Humanities Learning Area Leader (Shared)	Russell Ives
	Languages Learning Area Leader	Sophie Armes
	Mathematics Learning Area Leader	Mark Freeman
	Science Learning Area Leader	Casey Backhouse
	The Arts (Creative) Learning Area Leader (Shared)	Silvio Mannello
	The Arts (Performing) Learning Area Leader (Shared)	Bianca Giorgetti
Year Level Coordinators and Team Leaders	Year 7 Team Leader	Frank Bugeja
	Year 7 Team Leader	Jim Dunlevy
	Year 8 Level Coordinator	Jessica Meek
	Year 8 Level Coordinator	Nathan Pisani
	Year 9 Level Coordinator (Main)	Sarah Rowe
	Year 9 Level Coordinator (St. Mary's)	Michael Sarpi
	Year 10 Level Coordinator	Trevor Cunningham
	Year 10 Level Coordinator	Claire Louden
	Year 11 Level Coordinator	Carmel Taylor
	Year 11 Level Coordinator	Craig O'Brien
	Year 12 Level Coordinator	Lynette Lear
	Year 12 Level Coordinator	Sean O'Mahoney
Learning and Teaching Team	Director of Information Communication & Creative Technologies (ICCT)	Shane Noonan
	Director of Learning	Russell Ives
	Director of Learning	Jessica Baric
	Director of Learning	Nives Tudorovic
	Director of Learning	Shaun Lancashire
Directors of Student Wellbeing	Director of Student Wellbeing (Yr 7 - 8)	Caroline Moon
	Director of Student Wellbeing (Yr 9 - 10)	Anna Marazita
	Director of Student Wellbeing (Yr 11 - 12)	Andrew Exton
	Director of Student Wellbeing (Learning & Services)	Mark Westgarth
Senior Pathways Team	VCAL Leader (Shared)	Deanne Horkings
	VCAL Leader (Shared)	Sarah Clark
	VCE Leader	Peter Ryan
	VET Leader	Mark Westgarth

Learning Support Team	EAL/D and Indigenous Student Leader	Soriya Ung
	Julian Tenison Woods Program Leader	Belinda Tamburro
	Learning Support Coordinator	Natasha Scanlon
	Literacy Leader	Tarryn Abraham
	Numeracy Leader	Simon Pitaro
Other	Careers Coordinator	Anne Laba
	Daily Organiser / Timetabler	Kevin Ryan
	Director of Education In Faith	Clare Lyons
	eLearning Leader	Lachlan Wallace
	Extras Coordinator	Peta Swanton
	Faith & Mission Leader	Marlo Drake
	International Programs Coordinator	Satoko Nagaoka
	Marketing Coordinator	Rosanna Sarpi
	Music Director	Lachlan Wallace
	Outdoor Education Leader	Scott Williams
	St Mary's Campus Organiser	Daniel Horan
	Sport Coordinator	Kevin Ryan
Staff Mentor	Sue Dineen	
Associate Leadership	Design & Technology	Nadia Sidea
	Humanities	Tess Spalliera
	Mathematics	Heath Cambridge
	Science	Sarah Moore
	The Arts (Creative)	Nicole Civelle
	VET	Tom Elliot
	Year Level	Abbi Berecz

## 2016 Year Level Staff

Year 7 Team Leaders - Frank Bugeja & Jim Dunlevy	
7 Aqua	Jeremy Morrissy
7 Blue	Sue Dineen
7 Brown	Emily Imber
7 Gold	Mark Freeman
7 Green	Gabriella Gianni
7 Ivory	Jessica Dubowik
7 Maroon	Damian Pendlebury
7 Orange	Kate Centurino
7 Purple	Anthony Shaw
7 Red	Soriya Ung
7 Silver	Jessica Galea
7 Teal	Jacinta Kays
7 White	Elsha Staff

Year 9 Level Coordinator (Main) - Sarah Rowe	
9 Aqua	Heath Cambridge
9 Blue	Marina Banfield
9 Brown	Melanie Goodall
9 Gold	Mathew Westgarth
9 Green	Shaun Pearce
9 Maroon	Melissa Clarke-Birch

Year 10 Level Coordinators - Trevor Cunningham & Claire Louden	
10 Aqua	Andrew Sutton
10 Blue	Celia Jelbart
10 Brown	Laura Alcock-Howell
10 Gold	Kate Walters
10 Green	Bianca Giorgetti
10 Maroon	Tess Spalliera
10 Orange	Carli Bonavia
10 Purple	Shaun Lancashire
10 Red	Casey Backhouse
10 Silver	Scott Williams
10 White	Todd Barnes

Year 12 Level Coordinators - Lynette Lear & Sean O'Mahoney	
12 Aqua	Russell Ives
12 Blue	Georgina Muzaferovic
12 Brown	Kristen Minogue
12 Gold	Deanne Horkings
12 Green	Caterina Rowlands
12 Maroon	Allison Calleja
12 Orange	Tarryn Abraham
12 Purple	Steve Parker
12 Red	Filomena Vessichelli
12 Silver	Simon Pitaro
12 White	Tom Elliot

Year 8 Level Coordinators - Jessica Meek & Nathan Pisani	
8 Aqua	Sandra Gago
8 Blue	Stephanie Anderson
8 Brown	Lynda de Silva
8 Gold	Diana Eau
8 Green	Steve Holmes
8 Ivory	Alanna Buglisi
8 Maroon	Sue Jamgotchian
8 Orange	Nicole Civelle
8 Purple	Claire Radford
8 Red	Justin Higgins
8 Silver	Aaron Westgarth
8 Teal	Ed Dolista
8 White	Philip Roach

Year 9 Coordinator (SMC) - Michael Sarpi	
9 Orange	Abbigale Berecz
9 Purple	Melissa Harding
9 Red	Jessica Capitanio
9 Silver	Joanne Collins
9 White	Daniel Horan

Year 11 Level Coordinators - Craig O'Brien & Carmel Taylor	
11 Blue	Nives Tudorovic
11 Brown	Tim Hay
11 Gold	Silvio Mannello
11 Green	James Vella
11 Maroon	Nadia Sidea
11 Orange	Colin Grant
11 Purple	Marlo Drake
11 Red	Liz Mennie
11 Silver	Paul Quinn
11 White	Jenni Morrison

# MACKILLOP



## Open Day

Tuesday 23 February 2016

2pm - 6pm

Final tour 5.15pm

8734 5200

Russell St. Werribee

[www.mackillop.vic.edu.au](http://www.mackillop.vic.edu.au)



celebrating all life · challenging all people · dreaming the new day





**Asthma  
Australia**



# Back to school asthma Parent Checklist Secondary

Every year there is a well-documented rise in asthma flare-ups and hospitalisations when children return to school after the Christmas break. This checklist will help you to manage your child's asthma at this time. We have included steps to work with the school staff to ensure asthma management of your child's condition is a shared responsibility.

## 1. With your doctor

### Asthma Action Plan

Most schools require a doctor signed, up-to-date Asthma Action Plan or Care Plan for each student with asthma.

*Evidence tells us that using an Asthma Action Plan can help to reduce hospitalisations, improve lung function and reduce the number of days off school*

 **Asthma Australia Care Plan** specifically for schools

 **CareMonkey.com** electronic sharing of health information

While with the doctor, why not combine this with,

### Annual check up

for your child's asthma, including spirometry or a lung function test and a check on their device technique



## 2. With the school

### Talk to school staff

Make time to talk with the class teacher and the school nurse (where applicable) about your child's asthma, their Asthma Plan and their usual triggers, symptoms and medication.

Also talk to their sport coaches and supervisors of other school activities

Keep staff up to date with any change to your child's asthma management

### Reliever medication

Check with the school about their medication policy and work with the staff to find the best way to manage your child's asthma medication, including before physical activity (where applicable)

Medication and devices are clearly labelled with their name

Medication is in date and with sufficient medication remaining

## 3. For you

### Learn more about asthma

Useful resources

 **Asthma Australia** website

 **Asthma Assist** your local Asthma Foundation will work with you over time to monitor and improve your child's asthma 1800 ASTHMA (1800 278462) or register [online](#)

 **Asthma Education e-book** Check out our other e-books while you're there

 **Facebook page,** 'Young People with Asthma – Australia' for young people aged 12-25 years and their supporters

 **Asthma Australia social media** follow us on

 Facebook

 Twitter

For information sessions and all other queries – contact your local Asthma Foundation  
**1800 ASTHMA** (1800 278462)





**Asthma  
Australia**

**Back to school asthma**

**Tips for  
secondary  
school kids**

This checklist will help you to understand and manage your asthma

## **Tick the things you can do yourself**

### **1. At home**

**Take my preventer every day, even if I feel well**

Leave your preventer by your toothbrush to help remember

Set reminders on your phone or tablet

### **2. At the doctor and chemist**

**Get the doctor or chemist to check that I am using my asthma devices correctly**

[Check out asthma device videos here](#)

### **3. At school**

**Make sure I have my asthma reliever medication (usually a blue/grey puffer and spacer) with me at all times, including for school excursions and sports events**

**Always tell someone when I feel my asthma flaring up (tight chest, short of breath, wheezing or coughing)**

Ask a friend to tell a teacher

Most teachers are trained in Asthma First Aid and know how to help you

### **4. For you**

**Facebook page**, 'Young People with Asthma – Australia' for young people aged 12-25 years and their supporters [Check out the Asthma Australia website](#)

**Check out the Asthma Australia website** Including findings from a survey of over 500 young Australians that can give you an overview about them and their asthma [here](#), and the [survey infographic](#)

**Find out about Asthma Assist** Your local Asthma Foundation can work with you over time to monitor and improve your asthma 1800 ASTHMA (1800 278462) or register [online](#)

**Be active** – its good for everyone and improves your general health

**Don't miss out –  
by controlling your asthma  
you can do anything you want to!**

