



# Asthma Friendly School

10 Points School

The goal of the Asthma Friendly Schools action is to encourage school staff and administrators to receive the proper annual training on asthma management in the school setting, including awareness of indoor air quality issues. A critical component of this education is to promote school-wide collaboration to reduce asthma triggers throughout the school. In order to earn points for this action a school must complete the requirements for the Asthma Friendly Schools Award facilitated by the [Pediatric/Adult Asthma Coalition of New Jersey \(PACNJ\)](#). Schools must first register for the program with PACNJ. This program has six steps, including the training of school staff such as nurses, school physicians, facilities personnel, and teachers. All training material is available at the PACNJ website. A school is eligible for points under this action as long as it holds a current Asthma Friendly Schools Award certification.

## Why is it important?

Healthy school environments are highly important to students' overall health and academic success. Problems related to indoor air quality such as toxic building materials, chemicals, or mold can negatively affect children's health and, therefore, their ability to consistently attend school and learn; poor air quality can also negatively affect the health of faculty and staff. This action focuses on that essential first step of raising awareness of asthma-related issues in the school. While there are state mandates that faculty must be presented with asthma education opportunities annually (N.J.S.A. 18A:40-12.9), this action recognizes that the continued efforts to enhance the quality of education for students and faculty who face the challenges of asthma are highly valuable.

## Who should lead and be involved with this action?

The steps needed to complete the Pediatric/Adult Asthma Coalition of New Jersey's Asthma Friendly Schools program primarily involve actions taken by the school nurses.

## Timeframe

There are six steps to the Asthma Friendly Schools program, and they can be completed within a few weeks to a few months. The Pediatric/Adult Asthma Coalition of New Jersey website program for the Asthma Friendly Schools Award keeps track of the progress made and alerts the school nurse when she/he has completed all of the requirements.

## Project Costs and Resource Needs

Staff time to complete the required training is the largest cost component of this action. The Pediatric/Adult Asthma Coalition of New Jersey provides all of the resource materials on its website free of charge.

## What to do, and how to do it ("How to")

The Pediatric/Adult Asthma Coalition of New Jersey (PACNJ) provides detailed guidance on how to complete the six steps required to receive its Asthma Friendly Schools Award. Schools can register to participate on [their website](#) and track their progress in completing the required steps. An outline of the steps is provided below. Although some of these steps involve complying with existing New Jersey laws or regulations for which Sustainable Jersey does not award points, the spirit of this action is to recognize the comprehensive effort the school has undertaken to address a critical health concern.

## PACNJ Nurse Award:

1. **Asthma Management in the Classroom.** Each school nurse must conduct the 50-minute PACNJ faculty in-service PowerPoint program, "[Asthma Management in the Classroom: What Teachers Need to Know](#)".
2. **Asthma Basics Gadgets and Gizmos.** Each school nurse must view two videos to successfully complete this step of the program: "Asthma Basics for School Nurses" and "Gadgets and Gizmos for Asthma Control." These videos deal with basic asthma care and demonstrations on the use and care of medication, inhalers, and the peak flow meter. Participating nurses must then take a quiz to get credit for watching the videos, which can be found by [clicking here](#).
3. **New Jersey Department of Environmental Protection (NJDEP) "No Idling Pledge."** The school superintendent must sign the NJDEP "[No Idling Pledge](#)" for the school district.
4. **School Nurse Asthma Treatment Plan Training.** Each school nurse must view the one-hour PACNJ PowerPoint program, "[Asthma Treatment Plan: NJ School Nurses Leading the Way](#)," and take an online quiz to certify that training has been completed.
5. **NJ Public Employees Occupational Safety and Health Program Training.** The school nurse and at least one of the facilities staff, who is responsible for indoor air quality, must attend the New Jersey Department of Health Public Employees Occupational Safety and Health Program's Indoor Air Quality Training for School Nurses and Designated Persons. To arrange to attend the free half-day program, please contact [arthurp@rocktwp.morris.k12.nj.us](mailto:arthurp@rocktwp.morris.k12.nj.us) or download the [registration form](#). In addition to attending the program, each school must establish an Indoor Air Quality team. This team should be responsible for promoting and ensuring the air quality of the school. The team must have at least three members to qualify under the PACNJ requirements.
6. **Have a Nebulizer in the School.** As mandated by New Jersey State Statute NJSA 18A:40 - 12.7, every school is required to have a nebulizer.

## What to submit to earn points for this action

In order to earn points for this action, the following documentation must be submitted as part of the online certification application in order to verify that the action requirements have been met:

1. **Description of Implementation.** In the text box provided on the submission page for this action, provide a short summary (300 words or less) of the school's Asthma Friendly Schools initiative and the impact it has on the school community.
2. **Pediatric/Adult Asthma Coalition of New Jersey Certification.** In order to qualify for points under this action, the school must provide a copy of their unexpired Asthma Friendly Schools Award certificate issued by the Pediatric/Adult Asthma Coalition of New Jersey. The Asthma Friendly Schools Award must be renewed every three years.

Approved actions will be set to expire commensurate the Asthma Friendly School Award certificate.

## IMPORTANT NOTES:

There is a limit of six uploaded documents per action and individual files must not exceed 20 MB. Excerpts of relevant information from large documents are recommended.

All action documentation is available for public viewing after an action is approved. Action submissions should not include any information or documents that are not intended for public viewing.

## Spotlight: What New Jersey Schools are Doing

A list of schools that have achieved the Asthma Friendly Schools Award can be found on PACNJ's website, or by [clicking here](#). Over 15% of New Jersey Schools have completed the required elements of this program.

## Resources

**Asthma Friendly Schools Award Toolkit: Pediatric/Adult Asthma Coalition of New Jersey**

<http://www.pacnj.org/schoolaward.html>

**Asthma Friendly Schools Award Requirements: Pediatric/Adult Asthma Coalition of New Jersey**

<http://www.pacnj.org/pdfs/asthmafriendlyschool.pdf>

**New Jersey Indoor Air Quality Standard: New Jersey Department of Health, Public Employees Occupational Safety and Health Program (NJPEOSH)**

<http://www.state.nj.us/health/peosh/iaq.shtml#training>

**New Jersey School Boards Association (NJSBA)** offers Policy Services which have district sample policies and NJSBA developed samples to support sustainability initiatives that are not required by law and an option for the school district. We have model policy samples for topics required by law or state monitored. Policy services are also available to help board members and administrators develop customized policy language to meet your needs. These resources are available to NJSBA members only (public school district staff and board members). All public and charter schools in New Jersey are dues paying members for these services; please contact your administration or local board members for access.

<https://www.njsba.org/services/sustainability/>

**Transportation Idling Resources: New Jersey Department of Environmental Protection**

<http://www.stopthesoot.org/>

**Further Readings on Asthma: Pediatric/Adult Asthma Coalition of New Jersey** <http://www.pacnj.org/resources.html>