

****Please return the completed form to the health office by Friday January 25th****

Asthma Lunch and Learn Permission Form

I give permission for my child, _____, to
(student name)

attend and participate in the Asthma Lunch and Learn, on Wednesday January 30th, at Madison Junior High, during my child's lunch period. By signing this form, I understand that this is an educational session regarding asthma in the child and promotes the child's active participation in his/her care.

Student name: _____

Parent signature: _____

Date: _____ Lunch Period: _____

What is the Asthma Lunch and Learn?

This is an educational session geared towards teaching middle school students with asthma on how they can take part in controlling their condition. The lunch and learn will take place at your child's school, during their lunch period. Your child doesn't need to bring anything to the session other than his/her lunch. Completed permission forms are to be returned to the health office by Friday January 25th.

Topics Included in the Asthma Lunch and Learn

- Identifying asthma triggers
- Reviewing signs and symptoms of exacerbation
- Medication review: controller vs. rescue/relief
- How to use a spacer
- Calming techniques