

Letter to Physical Education Teacher

My child \_\_\_\_\_ has asthma. Asthma is a chronic reversible lung disease, which involves changes in the bronchial airways. I acknowledge the importance of my child's participation in daily physical education. The following factors could trigger my child's asthma:

---

---

My child is aware of his/her physical capabilities and tries to recognize the onset of asthma symptoms. Please listen to and trust his/her judgment.

(If appropriate)

My child requires the following medications prior to physical exercise:

---

---

It is my hope that my child will not feel isolated, different, or embarrassed because he/she has asthma. Anything you can do to strengthen his/her self-esteem during the physical education program would be most appreciated. Our goal is to restore normal activity, recognizing the occasional restriction may be needed.

If, during physical education class, my child's asthma worsens, he/she should receive immediate care from the school nurse. Please notify me if this occurs.

Thank you for your cooperation. If you have any questions or concerns, please call me at:

Daytime phone \_\_\_\_\_ Evening phone \_\_\_\_\_