

Guide for Schools

ASTHMA+
LUNG UK

CLEAN AIR CHAMPIONS

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Who we are

At Asthma + Lung UK, we believe that every breath matters - and that the right to breathe freely applies to everybody, regardless of income, age, ethnicity, gender, or background.

Our vision is for a world where everyone has healthy lungs. A world where lung health is prioritised through better understanding, research, treatment and support. And we will be the driving force behind the transformation of lung health.

From research and campaigning to advice and support, as the nation's lung charity we are on a mission to change the way that lung health is perceived. Because breath is life - and that's worth fighting for.

Find out more at **asthmaandlung.org.uk**

Introduction

What is the Clean Air Champions scheme?

The Clean Air Champions scheme is our programme for students to become ambassadors for clean air.

The scheme has 3 main areas that students will take action on to become Clean Air Champions: raising awareness, campaigning, and fundraising.

For young change-makers like your students, fighting for clean air is fighting for their future – both for their environment and for their health.

For their health

Air pollution is the largest threat to public health in the UK.

Every year, air pollution is linked with up to 36,000 early deaths in the UK.

One in every 11 children in the UK have asthma and breathing in polluted air can be dangerous for them.

Short periods of high air pollution can trigger asthma attacks for people or cause difficulty breathing and coughing. Around two thirds of people with asthma say poor air quality makes their asthma worse and puts them at risk of an asthma attack.

In the long-term, air pollution can cause serious health conditions or worsen existing ones, like asthma, COPD, or heart disease.

For their environment

Climate change and air pollution are closely connected and caused by many of the same things. Climate change is likely to make air pollution worse as the weather changes too.

Lots of the actions we can take to promote clean air are helping to stop climate change and global warming.



How to get involved

Want to get your school or group involved in the Clean Air Champions scheme? Here's how to take it on:

1. Get in touch with us to let us know!
Email us (**community@asthmaandlung.org.uk**) to tell us you're interested in the scheme, and we'll send you everything you need.
2. We'll be in touch to help co-ordinate running the scheme however works best for you and can provide any more information you need.
3. We will send across the resources for the campaign, including the guides for student Champions, educational worksheets, and presentations.
4. When you've decided when you would like to do your sponsored walking challenge, we'll send you a bespoke link to our challenge website. You can then sign your school up and set up your school's profile on the site.
5. Once your school profile is set up, you can create Teams for your classes and invite your students to sign up with their own profile and join the team.
6. The Champions use their guide to keep track of their activities. Please keep us posted with how you're getting on! You can also upload your photos on the walking challenge website.
7. Need any guidance for your Champions' activities? Let us know and we can be in touch to support you and your Champions.

8. When it's time for your school to do their sponsored walk, pupils can get everything they need from the website. We'll be in touch over email with participants to celebrate their brilliant achievements whilst they're completing their sponsored walks.
9. Once the sponsored walking challenge is over and your Champions have completed their 3 building block activities, they've finished the scheme!
10. Let us know when your Champions have finished and we'll send certificates to celebrate their hard work. We will also send certificates for all the sponsored walk participants who supported the Champions through their walking too.



What can Clean Air Champions deliver for your pupils?

- **Complementing your school values and vision for your pupils**

The Clean Air Champions scheme can be a great catalyst for your pupils to engage with something new. It can be a brilliant teaching opportunity for your school's values and vision for their success.

- **Taking ownership and making the scheme their own**

Champions design the scheme and choose the activities that they would like, boosting independent working and leadership skills. They can completely take ownership of the scheme as their own project, tackling an issue that's important and relevant for them.

- **Expanding their knowledge and learning more about the world around them**

This could be building on topics they've already encountered in school or as something completely new, the Champions and their classmates can learn even more – especially about their local area and working with their wider community.

- **Understanding lung conditions like asthma and what this could be like for them and their friends or family**

One in every 11 children has asthma. Learning more about asthma and other lung conditions, pupils can support themselves and those around them with health conditions, building their understanding and empathy.

- **Co-operating with classmates or other Champions to deliver the project**

By organising the scheme together, pupils can build their own project planning, co-operation, and communication skills.

- **Teamwork in the sponsored walking challenge**

Pupils can take part in online teams as their class, working together to top the leader board or design their own targets to reach. They can decide their own additional goals to reach as a class if they would like and manage their Team Dashboard together.

- **Reinforcing E-safety knowledge and practices**

By signing up to our dedicated website, pupils can practice being safe online. They can sign up to the sponsored walk through our 'Managed Accounts' feature that ensures pupils have ownership of their online presence but with the safe supervision of a parent or guardian. Pupils can use profile picture avatars and practise uploading their information safely.



What will the student Champions do?

There are 3 building blocks that the student ambassador completes to become a Clean Air Champion:

Raise awareness ... of air pollution and how important clean air is.

“Use our resources pack to learn more about air pollution then spread the word about what you’ve found out. There are lots of ways to raise awareness. You could do a talk to your class, do a presentation in assembly about clean air or design a display board for inside your school. Choose the one you would like to do – or make up your own!”

Campaign for clean air ... make your voice heard!

“As a young change-maker, use your voice to make a difference. By completing a campaign action, you can make a statement and help make change happen.

You could write a letter to your MP to tell them what you’ve been learning about and ask them to take action to stop air pollution. You could also sign a petition or make your own petition and ask people in your community to sign it.”

Organise a sponsored walk ... see how switching from car journeys can help!

“With your teachers or fellow Champions, organise a sponsored walk with your whole school. Switching journeys in the car to walking, cycling, or riding your scooter can have a positive effect on the quality of air. This could be a walk to school week, a day of walking or a whole month of walking – you can design the challenge however works best for you. Sign-up using our dedicated website, join a team with your class and watch your school top the leader board!

Asking for sponsorship and fundraising is an important step in making a difference in the fight for clean air. Your sponsorship can pay for things like air quality monitors to tell us how much air pollution is in an area. The important information from the monitors can then show what needs to change and fight for clean air.”

After completing their three activities and to help celebrate their brilliant achievement, the Champions will receive:

- **a letter**
- **a certificate**
- **a pin badge.**

There will also be letters and certificates for all the sponsored walk pupil participants, to say thank you for their amazing support and congratulate them on their hard work.

When can we do it?

You can complete the Clean Air Champions scheme whenever suits your school.

We would recommend doing the scheme around the summer term – better for enjoying the walking challenge in the sunshine! Clean Air Day also takes place in June which can be a great central date to focus the ambassador activities around.

We'll send you your resource pack when you get in touch with us first, so you can use these at any time in the year.

Our dedicated website for organising the sponsored walk through will remain open the whole year too, so you can choose the time that would work best for your school. We'll send you the link when you're ready to sign up and create your teams.

Your free resource pack

We've put together a resource pack, so your school and your Champions have everything they need at their fingertips.

This includes:

- A guide for the Clean Air Champions to plan and record their activities
- A lesson plan for learning about clean air
- Guidance for parents & guardians worried about their child's asthma
- Short videos explaining air pollution
- Ready-made presentations for students to use explaining both asthma and air pollution

As well as various worksheets for:

- **Clean Air FAQs**
All the key info that the Champions need, in one place.
- **Air Pollution & Climate Change**
Exploring how these two big topics are closely connected.
- **Air Pollution & Our Health**
How can air pollution affect us and our bodies? This sheet talks through both long- and short-term effects.
- **Air Pollution, School & Me**
Helping the students understand how air pollution can affect them and what their local area might be like for clean air.

- **‘Clean Air Word Connections’ Exercise and ‘Where Does Air Pollution Come From?’ Poster**

Pupils can review their knowledge with these quick and fun exercises

- **My ‘Key Facts’ Poster**

Pupils can keep track of what they’ve found most interesting and choose what information resonated for them.

Organising the sponsored walking challenge

One in every four cars on the road during the morning rush hour are on the school run.

After learning about the dangers of air pollution and how emissions from vehicles can contribute hugely to this, Champions will organise a sponsored walk to promote how active travel can have a positive effect on the quality of air.

We're here to support you and your Champions in organising the walk and keeping it accessible and flexible for your classes. You can design the walk however works best for you and your students – it could be a walk to school week, a whole month or a group walk on a single day – whatever works!

More information about your school's sponsored walk ...

- The sponsored walk is designed for the whole school to be able to take part in, promoting walking and active travel prompted by their Clean Air Champion ambassador
- We have a dedicated website that can be used to co-ordinate the whole sponsored walk.
- We will send you a bespoke link so you can set up your school's profile on the site. Once your school's profile is added, you can create Teams for each participating class.

- Pupils can join online teams in their classes and as their school. There are other interactive elements too like unlockable achievement badges, leader boards, posting updates on your page and uploading photos.
- On the website, there will be Schools, Classes, and Individuals sections so participants will be able to see leader boards by whole school, classes across schools and for individual students.
- Pupils can sign up themselves or their parents can sign up on their behalf through a 'Managed Account' if they would prefer, so using the site is controlled and safe for the students.
- The site has Strava and Fitbit app integration, as well as participants being able to manually add distance in miles to their profiles if they aren't using these apps.
- An avatar profile picture is available too, so students don't have to upload a photo themselves as well if they would prefer not to.
- There are three extra 'Superstars' badges and if these are achieved, the student profile will appear on the site in a 'wall of fame' style celebration.

These badges are the 'Switch a journey by car' badge, 'Check the air in your local area' badge, and 'Take the clean air quiz' badge. This year's Superstars could be next year's Clean Air Champions!

- The website also handles all the fundraising, so pupils can collect payments on their online page and direct their supporters there to donate (just like a Just Giving page) – no more sponsorship forms and carrying cash donations.
- It is free to sign up to the website and there is no minimum fundraising target – individual students can choose their own target. Every donation makes a difference, and we are keen to keep the challenge as accessible and fun as possible.

Getting in touch with the team

We are on hand to support you, your Champions, and your school through out the scheme.

We'd love to hear from you – whether you have questions, would like any resources posted out or to share how your school is getting on with the scheme - you can email us anytime at

community@asthmaandlung.org.uk



Any questions?

Get in touch with us at
community@asthmaandlung.org.uk

Find out more at
asthmaandlung.org.uk