



## Rockwell Green Church of England Primary School

# Asthma Policy

Status:	STATUTORY
Responsible person:	HEADTEACHER
Responsible Governor:	CHAIR OF GOVERNORS
Approved by the Governing Body:	May 2025
Review Period:	Annually
Review Date:	May 2026

## ***Symptoms of an asthma attack***

Signs that a child may be having an asthma attack include:

- Their reliever inhaler (usually blue) isn't helping or they need it more than every four hours, or
- They can't talk or walk easily, or
- They're finding it hard to breathe, or
- They're coughing or wheezing a lot, or
- Their chest is tight or hurts, or
- Their peak flow is less than what it says on their asthma action plan.

## ***What to do if a child is having an asthma attack***

1. Call for help
2. Help them to sit up – don't let them lie down. Try to be calm
3. Help them take a puff of their reliever inhaler (usually blue), with their spacer if they have it, every 30 to 60 seconds - up to a total of 10 puffs
4. If they don't have their blue inhaler, it's not helping or if you are worried at any time, call 999 straightaway
5. While you wait for an ambulance, your child can use their blue reliever again, every 30 to 60 seconds (up to 10 puffs) if they need to.

The child's written Asthma Plan should be sent with the child if they go to hospital. If the child does not go to hospital their parents will be informed that they have had an asthma attack and have responded to their reliever. They will be advised to make an urgent same day appointment with their GP

Asthma UK (April 2019)

**Never be frightened of calling for help in an emergency.**

## **Background**

This school recognises that asthma is a widespread, serious but controllable condition affecting many pupils at the school. The school positively welcomes all pupils with asthma. This school encourages pupils with asthma to achieve their potential in all aspects of school life by having a clear policy that is understood by school staff, governors, parents and pupils.

## **Asthma medicines**

- Immediate access to reliever medicines is essential. Pupils with asthma are encouraged to carry their named reliever inhaler as soon as the parent/carer, doctor or asthma nurse and class teacher agree they are mature enough. The named reliever inhalers of younger children are kept in the classroom in an inhaler box.

An emergency asthma kit, containing a salbutamol inhaler and disposable spacer is also stored in the office. The emergency salbutamol inhaler will only be used by children who have either been diagnosed with asthma and prescribed an inhaler, or who have been prescribed an inhaler as reliever medication. The emergency inhaler will only be used if it is not possible to access the child's own inhaler. (*Guidance on the use of emergency salbutamol inhalers in schools Department of Health March 2015*)

## **Record keeping**

- When a child joins the school, parents/carers are asked if their child has any medical conditions including asthma on their enrolment form.
- All parents/carers of children with asthma are consequently sent an Asthma UK *School Asthma Card* to give to their child's doctor or asthma nurse to complete. Parents/carers are asked to return them to the school. From this information the school keeps its asthma register, which is available to all school staff. Staff will liaise closely with parents and follow the advice on the child's asthma card. *School Asthma Cards* are then sent to parents/carers of children with asthma on an annual basis to update. Parents/carers are also asked to update or exchange the card for a new one if their child's medicines, or how much they take, changes during the year.

If either the school asthma card or the spare inhaler are not returned to school by the given date then one reminder letter will be posted to the parents.

## **Exercise and activity – PE and games**

- Taking part in sports, games and activities is an essential part of school life for all pupils. All teachers know which children in their class have asthma and all PE teachers at the school are aware of which pupils have asthma from the school's asthma register.

- Pupils with asthma are encouraged to participate fully in all PE lessons. Teachers will remind pupils whose asthma is triggered by exercise to take their reliever inhaler before the lesson, and to thoroughly warm up and down before and after the lesson. The inhaler boxes from each class will be taken to PE lessons. If a pupil needs to use their inhaler during a lesson they will be encouraged to do so.

Classroom teachers follow the same principles as described above for games and activities involving physical activity.

### **Out-of-hours sport**

- There has been a large emphasis in recent years on increasing the number of children and young people involved in exercise and sport in and outside of school. The health benefits of exercise are well documented and this is also true for children and young people with asthma. As a school we encourage all pupils, including those with asthma to attend after school clubs as much as possible.
- All adults in school are aware of the potential triggers for pupils with asthma when exercising, tips to minimise these triggers and what to do in the event of an asthma attack.
- This information is also provided on the Asthma UK website.

### **After School Clubs**

Members of school staff and contracted suppliers will be aware of the needs of pupils with asthma during these activities and adhere to the guidelines outlined in this policy. If children with asthma attend an after school club, this will be clearly stated on the club register. The class inhaler boxes will be available on site if needed.

### **School environment**

- The school does all that it can to ensure the school environment is favourable to pupils with asthma. The school does not keep furry or feathery animals and has a definitive no-smoking policy. As far as possible the school does not use chemicals in science and art lessons that are potential triggers for pupils with asthma. Pupils with asthma are encouraged to leave the room and go and sit in the school office if particular fumes trigger their asthma.

### **Making the school asthma-friendly**

- The school endeavours for all pupils to understand asthma. Asthma can be included in the National Curriculum for both Key Stages 1 and 2.

### **Asthma attacks**

- Asthma attacks don't usually happen out of the blue. For around 80% of people, asthma symptoms get gradually worse for a few days or more before an asthma attack.
- All staff who come into contact with pupils with asthma know what to do in the event of an asthma attack.
- In the event of an asthma attack the school follows the procedure outlined by Asthma UK in its *awareness poster* (see below). This procedure is visibly displayed in the staffroom and every classroom.

## If a child under 12 has an asthma attack

- 1 Help them sit up straight and keep calm.
- 2 Help them take one puff of their reliever inhaler (usually blue) every 30-60 seconds up to 10 puffs.
- 3 Call 999 for an ambulance if:
  - they don't feel better after 10 puffs
  - their symptoms get worse – e.g. cough, breathlessness, wheeze, tight chest or 'tummy/chest ache'
  - you're worried at any time.
- 4 Repeat step 2 if the ambulance takes longer than 15 minutes.



[www.asthma.org.uk](http://www.asthma.org.uk)



Speak to an asthma expert nurse on the Asthma UK helpline

[0300 222 5800](tel:03002225800)

Monday to Friday, 9am to 5pm

### Roles and Responsibilities

#### Governors have a responsibility to:

- ensure the health and safety of their employees (all staff) and anyone else on the premises or taking part in school activities (this includes pupils). This responsibility extends to those staff and others leading activities taking place off site, such as visits, outings or field trips. Employers therefore have a responsibility to ensure that an appropriate asthma policy is in place
- make sure the asthma policy is effectively monitored and regularly updated
- provide indemnity for teachers to administer medicine to pupils with asthma who need help.

#### Head teacher has a responsibility to:

- plan an individually tailored school asthma policy with the help of school staff and the support of their employers
- plan the school's asthma policy in line with devolved national guidance
- liaise between interested parties – school staff, school nurses, parents/carers, governors, the school health service and pupils
- ensure the plan is put into action, with good communication of the policy to everyone
- ensure every aspect of the policy is maintained
- assess the training and development needs of staff and arrange for them to be met
- regularly monitor the policy and how well it is working
- delegate a staff member to check the expiry date of spare reliever inhalers (every six months) and maintain the school asthma register

- report back to the governors about the school asthma policy.

**All school staff have a responsibility to:**

- understand the school asthma policy
  - know which pupils they come into contact with have asthma
- know what to do in an asthma attack
- allow pupils with asthma immediate access to their reliever inhaler
- tell parents/carers if their child has had an asthma attack
- tell parents/carers if their child is using more reliever inhaler than they usually would
- ensure pupils have their asthma medicines with them when they go on a school trip or out of the classroom
- be aware that a pupil may be tired because of night-time symptoms
- keep an eye out for pupils with asthma experiencing bullying
- liaise with parents/carers

**Doctors and asthma nurses have a responsibility to:**

- complete the school asthma cards provided by parents/carers
- ensure the child or young person knows how to use their asthma inhaler (and spacer) effectively
- provide the school with information and advice if a child or young person in their care has severe asthma symptoms (with the consent of the child or young person and their parents/carers)
- if appropriate offer the parents/carers of every child a written personal asthma action plan. Every young person should also be offered a written personal asthma action plan themselves.

**Pupils have a responsibility to:**

- treat other pupils with and without asthma equally
- let any pupil having an asthma attack take their reliever inhaler (usually blue) and ensure a member of staff is called
- tell their parents/carers, teacher or any adult in the school when they are not feeling well due to their asthma
- treat asthma medicines with respect
- know how to gain access to their medicine in an emergency
- know how to take their own asthma medicines.

**Parents/carers:**

Parents/carers have a responsibility to:

- tell the school if their child has asthma
- ensure the school has a complete and up-to-date school asthma card for their child
- inform the school about the medicines their child requires during school hours
- inform the school of any medicines the child requires while taking part in visits, outings or field trips and other out-of-school activities such as school team sports
- tell the school about any changes to their child's medicines, what they take and how much
- inform the school of any changes to their child's asthma (for example, if their symptoms are getting worse or they are sleeping badly due to their asthma)

- ensure their child's reliever inhaler (and spacer where relevant) is labelled with their name
- provide the school with a spare reliever inhaler labelled with their child's name
- ensure that their child's reliever inhaler and the spare is within its expiry date
- ensure their child has regular asthma reviews with their doctor or asthma nurse (recommended every six to 12 months)