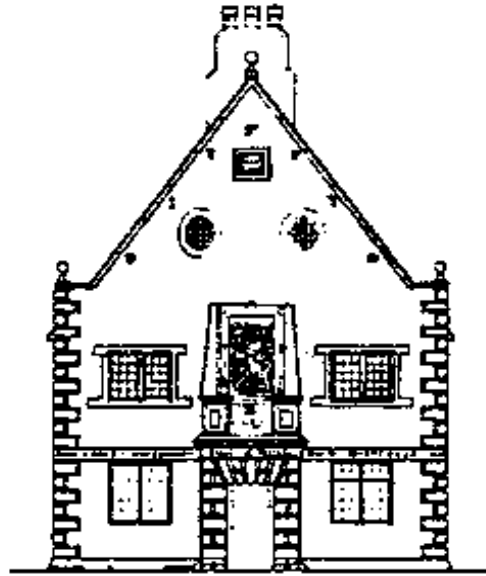


Bunny C of E Primary



Asthma Policy

Spring 2025

Next review Spring 2027

ASTHMA POLICY

Introduction

The school recognises that asthma now affects many children. We aim to encourage the children to participate fully in all aspects of school life. Parents, staff and children need to be aware that inhalers are a part of everyday living and nothing unusual. We are already an asthma friendly school and have a no-smoking policy.

Principles

The School;

- Recognises that asthma is an important condition affecting many school children and welcomes all pupils with asthma
- Ensures that children with asthma participate fully in all aspects of school life including PE
- Recognises that immediate access to reliever inhalers is vital
- Keeps records of children with asthma and the medication they take
- Ensures the school environment is favourable to children with asthma
- Ensures that other children understand asthma
- Ensures all staff who come into contact with children with asthma know what to do in the event of an asthma attack
- Will work in partnership with all interested parties including all school staff, parents, governors, doctors and nurses, and children to ensure the policy is implemented and maintained successfully

Treatment and Action

Common triggers of asthma attacks;

- Viral infection
- Allergies
- Vigorous exercise
- Cold, dry weather or strong winds
- Excitement or prolonged laughing
- Pets
- Cigarette smoke

Signs and Symptoms

- Difficulty breathing out
- Coughing
- Wheezing
- Speaking with difficulty

- Distress and anxiety
- Blueness of skin

Medication

Immediate access to reliever inhalers is vital. Children are encouraged to carry their reliever inhaler as soon as the parent, doctor or nurse and class teacher agree they are mature enough. The reliever inhalers of younger children are kept in the classroom. Parents are asked to ensure that the school is provided with a labelled spare reliever inhaler. The class teacher will hold this separately in case the child's own inhaler runs out or is lost or forgotten.

All inhalers must be labelled with the child's name by the parent. School staff are not required to administer medication to children except in an emergency, though many of our staff are happy to do this. School staff who agree to do this are insured by the local education authority when acting in accordance with this policy. **All school staff will let children take their own medication when they need to.** Staff check that all asthma sufferers have their inhalers with them on all school visits.

Treatment

There are two types of treatment;

1. **Relievers** – Treatments which give relief in about 5 minutes by opening up the airways when the symptoms of asthma appear. Usually a combined inhaler and can be given every 4 hours.
2. **Preventative** – These are taken regularly to damp down the sensitivity of the air passages so that attacks no longer occur or are only mild. These are usually brown but there is no need for these to be in school.

Awareness

a) Children

The school ensures that all children understand asthma. Asthma can be included in key stages 1 science, design and technology, geography, history and PE of the national curriculum. Children with asthma and their friends are encouraged to learn about asthma.

b) Staff

1. Training from school nurse/community practice nurses
2. Every class has a list of asthma sufferers placed in the register
3. There is a list of asthma sufferers by the medical cabinet box in the staffroom.

Asthma attacks

All staff who come into contact with children with asthma know what to do in the event of an asthma attack. The school follows the following procedure:

- 1. Ensure that the reliever inhaler is taken immediately**
- 2. Stay calm and reassure the child**
- 3. Help the child to breathe by ensuring tight clothing is loosened**

After the attack

Minor attacks should not interrupt a child's involvement in school. When they feel better they can return to school activities.

The child's parents must be told about the attack

Emergency procedure

Call the child's parent and 999 urgently from the office if:

- The reliever has no effect after five to ten minutes
- The child is either distressed or unable to talk
- The child is getting exhausted
- You have any doubts at all about the child's condition **call an ambulance**

When a child is falling behind in lessons

If a child is missing a lot of time from school because of asthma or is tired in class because of disturbed sleep and falling behind in class, the class teacher will initially talk to the parents. If appropriate, the teacher will then talk to the school nurse and special educational needs co-ordinator about the situation. The school recognises that it is possible for children with asthma to have special educational needs because of asthma.

Record keeping

At the beginning of each school year, or when a child joins the school, parents are asked to complete a medical form. From this information the school keeps a medical register which is available for all school staff. If medication changes in between times, parents are asked to inform the school.

PE

Taking part in sports is an essential part of school life. PE teachers are aware of which children have asthma from the asthma register. Children with asthma are encouraged to participate fully in PE. Teachers will remind children whose asthma is triggered by exercise to take their reliever inhaler before the lesson and complete a warm up of a couple of short sprints over five minutes before the lesson. If a child needs to use their inhaler during the lesson they will be encouraged to do so.

Policy reviewed: Spring 2025, Summer 2026