



**The Redeemer**  
Church of England Primary School

**Asthma**

Date: 2024 2025

## Asthma

The Redeemer CE Primary School recognises that asthma is a widespread, serious, but controllable condition. Here at school we have many children with asthma. We welcome all pupils with asthma and aim to support these children in participating fully in school life.

This is achieved through:

- Supporting and welcoming children with asthma
- Encouraging children with asthma to take control of their condition
- Keeping an up to date medical/asthma list in each classroom.
- Ensuring that all pupils have access to their reliever inhaler as and when required.
- Keeping a record of all medicines the children take.
- Creating a whole school environment, including the physical, social, sporting and educational environment, that is favourable to children with asthma.
- Implementing and maintaining an effective asthma policy that is understood and supported by the whole school and local health community
- Promote asthma awareness pupils, parents and staff.
- Ensuring all relevant staff have regular asthma training and know what to do in an emergency.

### **Medication and Inhalers**

All children with asthma have immediate access to their reliever (usually blue) inhaler at all times in the classroom, school trips, swimming etc. Children are encouraged to take their own inhaler when they require it. All pumps must be labelled and in the original packaging with the doctors prescribed dosage. Children's reliever inhalers are kept in their relevant classroom in the clearly labelled medication box. School staff are not required to administer asthma medicines to pupils, however many children have poor inhaler technique, or are unable to take the inhaler by themselves, therefore it is important that staff observe children as they take their inhaler. Failure to receive their medication could end in hospitalisation or even death. Please refer to the medicines policy for further details about administering medicines. Staff who have had asthma training are happy to support children as they use their inhaler. This can be essential for the well-being of the child. If we have any concerns over a child's ability to use their inhaler we will refer them to the school nurse and advise parents/carers to arrange a review with their GP/nurse.

The reliever inhaler is a fast acting medication that opens up the airways and makes it easier for the child to breathe (Source: Asthma UK).

Some children will also have a preventer inhaler, which is usually taken morning and night, as prescribed by the doctor/nurse. This medication needs to be taken regularly for maximum benefit. *Children should not bring their preventer inhaler to school* as it should be taken regularly as prescribed by their doctor/nurse at home. However, if the pupil is going on a residential trip, we are aware that they will need to take the inhaler with them so they can continue taking their inhaler as prescribed. (Source: Asthma UK).

### **Record Keeping**

When a child joins the school, parents/carers are asked for all relevant medical information on their child. This information will be stored on the Schools Information Management System under the children's individual record and with the inhaler in the relevant class medical box with the correct forms (see appendix A). Dependant on the severity of the asthma, a Health Care Plan may be drawn up for a child. Parents are requested to update these records annually or more frequently if the condition or medication changes.

### **Triggers**

Where possible:-

We avoid feathery or furry animals in school

We avoid pollen producing plants

There is a complete ban on smoking in or on the premises.

### **Staff training**

Staff will need regular asthma updates. The Head Teacher is responsible for assessing and arranging for training needs to be met.

### **Exercise and activity**

Taking part in sports, games and activities is an essential part of school life for all pupils. All staff will know which children in their class have asthma and all PE teachers at the school will be aware of which pupils have asthma from the school's asthma register. (Source: Asthma UK)

Pupils with asthma are encouraged to participate fully in all activities. PE 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. It is agreed with PE staff that pupils who are mature enough will carry their inhaler with them and those that are too young will have their inhaler labelled and kept in a box at the site of the lesson. If a pupil needs to use their inhaler during a lesson they will be encouraged to do so. (Source: Asthma UK) For some children this may also be required prior to the daily mile.

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. It is therefore important that the school involve pupils with asthma as much as possible in and outside of school. The same rules apply for out of hours sport as during school hours PE. (Source: Asthma UK)

### **When asthma is effecting a pupil's education**

The school are aware that the aim of asthma medication is to allow people with asthma to live a normal life. Therefore, if we recognise that if asthma is impacting on their life as a pupil, and they are unable to take part in activities, tired during the day, or falling behind in lessons we will discuss this with parents/carers, the school nurse, with consent, and suggest they make an appointment with their asthma nurse/doctor. It may simply be that the pupil needs an asthma review, to review inhaler technique, medication review or an updated Personal Asthma Action Plan, to improve their symptoms. However, the school recognises that Pupils with asthma could be classed as having disability due to their asthma as defined by the Equality Act 2010, and therefore may have additional needs because of their asthma.

### **Safe storage**

- Asthma inhalers are fully labelled with the prescription label and stored appropriately in the child's classroom and are easily accessible for the child.
- All inhalers are sent home with children at the end of the school year. They are not stored in school over the summer holidays
- It is the parent's responsibility to ensure new and in date inhalers come into school on the first day of the new academic year

### **Responsibilities**

#### Parents

- Tell the school if their child has asthma (complete an asthma card – appendix B)

- Ensure that their child's medicines are within their expiry dates
- Ensure their child has regular reviews with their doctor or specialist healthcare professional

Staff

- Be aware of the potential triggers, signs and symptoms of asthma and know what to do in an emergency (see the asthma flow plan - appendix c)
- Understand the school's asthma policy
- Know which children have asthma and be familiar with their medication and/or Health Care Plan
- Complete the medication form each time the child takes an inhaler (appendix A)
- Maintain effective communication with parents including informing them if their child has been unwell at school
- Ensure children who carry their medicines with them, have them when they go on a school trip or out of the classroom
- Be aware that long term conditions can affect a pupil's learning and provide extra help when children need it
- Be aware of children with asthma who may need extra social support
- Use opportunities to raise pupil awareness about asthma
- Understand asthma and the impact it can have on children. (Children should not be forced to take part in activity if they feel unwell)
- Ensure all children with asthma are not excluded from activities they wish to take part in
- Ensure that the inhalers are washed if used daily at the end of each week to ensure that there is no blockage

Name:

Medication:

Expiry:

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# School Asthma Card

To be filled in by the parent/carer

Child's name

Date of birth

Address

Parent/carer's name

Telephone - home

Telephone - mobile

Email

Doctor/nurse's name

Doctor/nurse's telephone

This card is for your child's school. **Review the card at least once a year and remember to update or exchange it for a new one if your child's treatment changes during the year.** Medicines and spacers should be clearly labelled with your child's name and kept in agreement with the school's policy.

## Reliever treatment when needed

For shortness of breath, sudden tightness in the chest, wheeze or cough, help or allow my child to take the medicines below. After treatment and as soon as they feel better they can return to normal activity.

| Medicine             | Parent/carer's signature |
|----------------------|--------------------------|
| <input type="text"/> | <input type="text"/>     |

If the school holds a central reliever inhaler and spacer for use in emergencies, I give permission for my child to use this.

Parent/carer's signature  Date

## Expiry dates of medicines

| Medicine             | Expiry               | Date checked         | Parent/carer's signature |
|----------------------|----------------------|----------------------|--------------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>     |

Parent/carer's signature  Date

What signs can indicate that your child is having an asthma attack?

Does your child tell you when he/she needs medicine?

Yes  No

Does your child need help taking his/her asthma medicines?

Yes  No

What are your child's triggers (things that make their asthma worse)?

Pollen  Stress

Exercise  Weather

Cold/flu  Air pollution

If other please list

Does your child need to take any other asthma medicines while in the school's care?

Yes  No

If yes please describe below

| Medicine             | How much and when taken |
|----------------------|-------------------------|
| <input type="text"/> | <input type="text"/>    |

## Dates card checked

| Date                 | Name                 | Job title            | Signature / Stamp    |
|----------------------|----------------------|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |

To be completed by the GP practice

## What to do if a child is having 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 a maximum of 10 puffs.
- 3 Call 999 for an ambulance if:
  - their symptoms get worse while they're using their inhaler - this could be a cough, breathlessness, wheeze, tight chest or sometimes a child will say they have a 'tummy ache'
  - they don't feel better after 10 puffs
  - you're worried at any time.
- 4 You can repeat step 2 if the ambulance is taking longer than 15 minutes.



**Any asthma questions?**

Call our friendly helpline nurses

**0300 222 5800**

(9am - 5pm; Mon - Fri)

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

Asthma Flow Chart

