

## Somerles Junior School

### Asthma Policy

To be reviewed and ratified at the FGB Resources & Finance Committee: 15.10.18

Review: Autumn 2020

#### Introduction and Background

This policy has been written with advice from the Department for Education & Skills, Asthma UK, the local education authority, local healthcare professionals, the school health service, parents/carers, the governing body and pupils.

This school recognises that asthma is a widespread, serious but controllable condition affecting many pupils at the school. Somerles Junior School positively welcomes all pupils with asthma. Somerles Junior 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, their employers (the local education authority) and pupils. Supply teachers and new staff are also made aware of the policy. First aiders are provided with training on asthma from the school nurse or a member of staff who has attended 'Train the Trainer (Asthma) Training'. Training is updated annually.

The school:

- recognises that asthma is a widespread, serious but controllable condition and the school welcomes all pupils with asthma
- ensures that pupils with asthma can and do participate fully in all aspects of school life, including art lessons, PE, science, visits, outings or field trips and other out-of-hours school activities
- recognises that pupils with asthma need immediate access to reliever inhalers at all times
- keeps a record of all pupils with asthma and the medicines they take
- ensures that the whole school environment, including the physical, social, sporting and educational environment, is favourable to pupils with asthma
- ensures that all pupils understand asthma
- ensures that all staff (including supply teachers and support staff) are aware of which children suffer from asthma and the school's Administration of Medicines Policy
- understands that pupils with asthma may experience bullying and has procedures in place to prevent this
- will work in partnership with all interested parties including the school's governing body, all school staff, school nurses, parents/carers, employers of school staff, doctors, nurses and pupils to ensure the policy is planned, implemented and maintained successfully.

#### Asthma Medication

##### *Reliever Medication (blue)*

Parents are asked to ensure that the school is provided with a reliever inhaler and volumatic/spacer labelled with the child's name. Immediate access to reliever medicines is essential and all medication is held in the Medical Room. Inhalers are held in the Medical Room and use is supervised by a First Aider. In the event of an asthma attack, a first aider would take the reliever medicine to the pupil.

Children with a care plan for asthma will carry their inhaler at all times.



## Administering Medication

School staff are not required to administer asthma medicines to pupils (except in an emergency), however many of the staff at this school are happy to do this. School staff who agree to administer medicines are insured by the local education authority when acting in agreement with this policy. **All school staff will let pupils take their own medicines when they need to.**

## Record Keeping

At the beginning of each school year or when a child joins the school, parents are asked if their child has any medical conditions including asthma on their enrolment form. A list of medical conditions is held in the Medical Room and in the back of Class Registers.

## PE, Games and Activities

- 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 list of medical conditions (held in the back of the Class Registers and in the Medical Room or given to the PE coach delivering PE lessons). A T.A. trained in first aid is present during curriculum PE lessons. For extra curricular clubs, details of pupils who have asthma is shown on the club register.
- Pupils with asthma are encouraged to participate fully in all PE lessons. 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. If a pupil needs to use their reliever 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. It is therefore important that the school involve pupils with asthma as much as possible in after school clubs.
- PE teachers, classroom teachers and out-of-hours school sport coaches 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 (information on display in the Medical Room). All first aiders are provided with training from the school nurse or a member of staff trained in 'Train the Trainer (Asthma) training'.
- This school supports pupils with asthma participating in out of hours sports and activities. The school will ensure that all people leading out of hours activities know to contact the designated First Aider in the event of an asthma attack. For out of school activities, the Site Agent is the appointed First Aider.

## 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 to the Medical Room if anything triggers their asthma.

## Making the School Asthma Friendly

This school ensures that all pupils understand asthma through teaching via the national curriculum.

### When a Child is Falling Behind in Lessons

If a pupil is missing a lot of time at school or is always tired because their asthma is disturbing their sleep at night, the class teacher will initially talk to the parents/carers to work out how to prevent their child from falling behind. If appropriate, the teacher will then talk to the school nurse and special education needs coordinator about the pupil's needs. The school recognises that it is possible for pupils with asthma to have special education needs due to their asthma.

### Common Signs of an Asthma Attack

Coughing, shortness of breath, wheezing, tightness in the chest, being unusually quiet, difficulty speaking in full sentences, blue lips.

### What to do in the Event of an Asthma Attack

All staff are aware to contact a First Aider to assist pupils with asthma in the event of an asthma attack. In the event of an asthma attack, a first aider would take the reliever medicine to the pupil.

#### Do:

- Keep calm – do not panic
- Encourage the pupil to sit up and forward
- Do not hug or lie them down
- Make sure the pupil takes two puffs of their reliever inhaler (usually blue)
- Ensure tight clothing is loosened
- Reassure the pupil

**If no immediate improvement**, continue to make sure they take one puff of reliever inhaler every minute for ten minutes - or until their symptoms improve.

**Call 999** if the pupil's symptoms do not improve within 5-10 minutes or they are too breathless to talk, their lips are blue or if you are in any doubt.

### Responsibilities

Office staff are responsible for ensuring:

- Asthma records are kept up to date.
- Contacting parents/carers to request inhalers/volumatics/spacers are brought into school and appropriate permission forms are completed.
- Asthma Training is given where necessary.
- Updated policies are issued to all staff.

### Related Documentation

Supporting Children with Medical Needs and Administration of Medicines Policy

Code of Conduct - Behaviour Policy

## **Appendix 1**

### **Useful Contact Details**

#### **Asthma UK website**

Read the latest independent advice and news on asthma  
[asthma.org.uk](http://asthma.org.uk)

#### **Asthma UK Adviceline**

Ask an asthma nurse specialist  
**08457 01 02 03**  
[asthma.org.uk/adviceline](http://asthma.org.uk/adviceline)

#### **Asthma UK membership**

Become a member of Asthma UK and receive *Asthma Magazine* four times a year  
**020 7786 5000**  
[membership@asthma.org.uk](mailto:membership@asthma.org.uk)

#### **Asthma UK publications**

Request booklets, factfiles and other materials with independent, specialist information on every aspect of asthma  
**020 7786 5000**  
[info@asthma.org.uk](mailto:info@asthma.org.uk)

#### **Asthma UK Northern Ireland**

Peace House  
224 Lisburn Road  
Belfast BT9 6GE  
[ni@asthma.org.uk](mailto:ni@asthma.org.uk)

#### **Asthma UK Scotland**

4 Queen Street  
Edinburgh EH2 1JE  
[scotland@asthma.org.uk](mailto:scotland@asthma.org.uk)

#### **Where can I find out more?**

Asthma UK is dedicated to improving the health and well-being of the 5.2 million – including 1.1 million children – people in the UK with asthma.

#### **Asthma UK Cymru**

Eastgate House  
35–34 Newport Road  
Cardiff CF24 0SB  
[wales@asthma.org.uk](mailto:wales@asthma.org.uk)

#### **Asthma UK**

Summit House  
70 Wilson Street  
London EC2A 2DB  
T 020 7786 4900  
F 020 7256 6075  
[info@asthma.org.uk](mailto:info@asthma.org.uk)

