



Townlands C of E Primary Academy

Asthma Policy

Approved by: Rachael Johnson (Chair of Governors)

Date: March 2025

Next review due by: March 2027 (but can be revised as needed)

Background

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

Townlands C of E Primary Academy recognises that asthma is a widespread, serious but controllable condition. The academy positively welcomes all pupils with asthma and encourages pupils with asthma to achieve their potential in all aspects of school life by having a clear policy that is understood by staff.

Asthma

Asthma is a condition that affects small tubes (airways) that carry air in and out of the lungs. When a person with asthma comes into contact with something that irritates their airways (an asthma trigger), the muscles around the walls of the airways tighten so that the airways become narrower and the lining of the airways becomes inflamed and starts to swell. Sometimes, sticky mucus or phlegm builds up, which can further narrow the airways. These reactions make it difficult to breathe, leading to symptoms of asthma (Source: Asthma UK).

Asthma Medicines

Immediate access to reliever medicines is essential. Pupils with asthma have their own inhaler in school. The reliever inhalers of younger children are kept in the classroom. During PE lessons, inhalers are taken to the lesson to be administered when necessary. At break and lunchtimes, inhalers stay in the classroom and they can be easily accessed when required.

Parents/carers are asked to ensure that the academy is provided with a labelled spare reliever inhaler. All inhalers must be labelled with the child's name by the parent/carer.

Academy staff are not required to administer asthma medicines to pupils (except in an emergency), however many of the staff at this academy are happy to do this. All academy staff will let pupils take their own medicines when they need to. An adult will provide assistance if a child uses a spacer.

Spare Emergency Reliever Inhaler

The emergency salbutamol inhaler should only be used by children, for whom written parental consent for use of the emergency inhaler has been given, who have either been diagnosed with asthma and prescribed an inhaler, or who have been prescribed an inhaler as reliever medication. The inhaler can be used if the pupil's prescribed inhaler is not available (for example, because it is broken, or empty). The spare inhaler is kept in the school office and is accessible to all staff.

Record Keeping

At the beginning of each academic year or when a child joins the academy, 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 required to complete an Asthma Care Plan form. From this information the academy keeps its asthma register, which is available to all academy staff. Asthma Care Plan forms need to be updated on an annual basis. Parents/carers are also asked to update the Asthma Care Plan form if their child's medicines, or how much they take, changes during the year (see Appendix 1).

Taking part in sports, games and activities is an essential part of academy life for all pupils. All teachers know which children in their class have asthma and the Sports Coach is made aware of which pupils have asthma from the academy's asthma register.

Pupils with asthma are encouraged to participate fully in all PE lessons. The Sports Coach/class teacher 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 each pupil's inhaler will be 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.

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

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 and is seated in an upright position.**

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 informed about the attack.

Emergency procedure

If the pupil does not feel better or you are worried **at any time** before reaching 10 puffs from the inhaler, call **999 for an ambulance**.

If the ambulance has not arrived after 10 minutes, give an additional 10 puffs as detailed above.

In the event of an ambulance being called, the pupil's parents or carers should always be contacted.

In the event of a pupil being taken to hospital by ambulance, they should always be accompanied by a member of staff until a parent or carer is present.

Out-of-hours sport

PE teachers, classroom teachers and out- of hours academy 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.

Academy environment

The academy does all that it can to ensure the academy environment is favourable to pupils with asthma. As far as possible the academy does not use chemicals in science and art lessons that are potential triggers for pupils with asthma.

Appendix 1



Asthma Healthcare Plan

Pupil Name:

Date of Birth:

Year Group:

Name of Parent/carer and contact numbers:

Mother:

Mobile number:

Father:

Mobile number:

Address:

GP:

Medical Condition: **Asthma**

Known Asthma Triggers

Daily Asthma Management

Type of Inhaler	Name of Inhaler/ colour	How many puffs?	How often?	When is it needed?	Spacer used?
Preventer Inhaler (if applicable):					
Reliever Inhaler					

Please tick when your child may need to take their reliever inhaler:

- ☐ Before exercise
- ☐ After exercise
- ☐ When there is high pollen
- ☐ During cold weather
- ☐ Other (Please describe) _____

If my asthma gets worse, I will-

Take my preventer medicine as normal

Take _____ puffs of my reliever inhaler (usually blue) every 4 hours if needed

See my nurse or doctor within 24 hours if I don't feel better

URGENT! If your reliever inhaler isn't lasting four hours you need to take emergency action now. See
'What to do in an asthma attack'

Emergency procedure:

Signs of an asthma attack-	What to do in an asthma attack-
• Increased coughing or wheezing • Shortness of breath • Pale, sweaty, or anxious appearance • I need my reliever inhaler (usually blue) three or more times a week • I'm waking up at night because of my asthma • Chest tightness • Difficulty speaking in full sentences • My reliever inhaler isn't working	1. Stay calm and reassure the child. 2. Sit up straight – try to keep calm. 3. Take one puff of your reliever inhaler (usually blue) every 30 to 60 seconds up to 10 puffs. 4. If you feel worse at any point, or you do not feel better after 10 puffs, call 999 for an ambulance. 5. If the ambulance has not arrived after 10 minutes and your symptoms are not improving, repeat step 3. 6. If your symptoms are no better after repeating step 3, and the ambulance has still not arrived, contact 999 again immediately. 7. If you do not have your blue reliever inhaler, call 999 straight away. There is an emergency spare reliever inhaler in the office.

Post-Emergency Actions

- Notify parents immediately.
- Record the incident and steps taken.
- Review the health care plan if needed.

Other important information/ Other things my doctor or nurse says I need to do if my asthma gets worse

Consent

I can confirm that my child has been diagnosed with asthma and/or has been prescribed an inhaler. My child has a working, in-date inhaler, clearly labelled with their name, which they will bring with them to school every day.

In the event of my child displaying symptoms of asthma, and if their inhaler is not available or is unusable, I consent for my child to receive salbutamol from an emergency inhaler held by the school for such emergencies.

The above information is, to the best of my knowledge, accurate at the time of writing and I give consent to school staff administering medicine in accordance with the school policy. I will inform the school immediately if there is any change in dosage or frequency of the medication or if the medicine is stopped. I will also inform the school if there are any changes to the above information before the review date.

Signed: _____(parent) Date: _____

Date for Review of Plan: September 2026