



Long Mountain CE Primary School and Pre School

'...let your light shine before others, that they may see your good deeds and glorify your Father in heaven.' Matthew 5: 15-16

Asthma Policy

At Long Mountain CE Primary School and Pre School, each policy reflects our Christian ethos and vision. We are an inclusive Church of England school community where each child knows they are loved and valued for who they are and can grow to their full potential.

This policy was written/reviewed in:	November 2022
This policy was adopted by governors on:	November 2022
This policy is due for review in:	November 2025
Signed by the headteacher:	
Signed by the Chair of Governors:	

Safeguarding

Long Mountain fully recognises the contribution it can make to protect children and support pupils in school and beyond. We are fully committed to safeguarding our pupils through prevention, protection and support. We are also committed to actively promoting the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs; the pupils are encouraged to develop and demonstrate skills and attitudes that will allow them to participate fully in and contribute positively to life in modern Britain. It is our duty to protect children and young people against the messages of all violent extremism and to prevent terrorism. Any concerns should be referred to the Designated Child Protection Person who have local contact details for PREVENT and Channel referrals. In order to ensure that we comply with the spirit of the Single Equality Act 2010 and the nine protected characteristics in the act, we will endeavour to make as many reasonable adjustments as is appropriate.

This 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 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) who come into contact with pupils with asthma know what to do in an asthma attack;
- 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.

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. 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, their employers (the local education authority) and pupils.

Supply teachers and new staff are also made aware of the policy. The asthma leads (Mrs Rowe & Mrs Wagstaff) have training updated once a year, or as often as is possible depending upon school priorities. Key messages will be shared with all staff and, in the event of a child requiring a higher level of intervention to support them, specialist training will be sought for all adults who may come into contact with that child.

Asthma Medicines:

- Immediate access to reliever medicines is essential. The reliever inhalers of all children are kept in the classroom in an easily accessible place. Individual asthma plans may indicate that a child needs their inhaler to be taken onto the playground at break times and during PE lessons. If they need to be taken outside, they will be kept on a picnic bench near an adult on duty.
- All inhalers must be labelled with the child's name by the parent/carer.
- 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.
- On school trips, pupils in KS2 will be given their asthma medication to carry in their own bag. Group leaders will be made aware that they have a child with asthma in their group and this will be noted on the trip records. KS1 children (and any children in KS2 who may experience problems with personal organisation) will have their asthma medication carried by their group leader who will remain with the child at all times.

Record keeping

- At the beginning of each school year or when a child joins the school, parents/carers are asked if their child has any medical conditions including asthma on their enrolment form. From this information the school keeps its asthma register, which is available to all school staff; a visual allergy and asthma record is in all classrooms, offices and the staff room.
- Parents are asked to update the school if their child's asthma management plan changes.

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. 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 each pupil's inhaler will be labelled and kept in a box easily accessible within the classroom. If a pupil needs to use their inhaler during a lesson they will be encouraged to do so. (see above)

Classroom teachers follow the same principles as described above for games and activities involving physical activity. Pupils with asthma are encouraged to participate fully in all PE lessons. 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 minimize these triggers and what to do in the event of an asthma attack.

General Principles

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.

When a pupil 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.

Asthma attacks

All staff who come into contact with pupils with asthma must 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 School Asthma Pack.

Roles and Responsibilities

Asthma UK recommends the following roles in developing an asthma policy:

Employers

Employers 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
- report to parents/carers, pupils, school staff and local health authorities about the successes and failures of the policy
- provide indemnity for teachers who volunteer to administer medicine to pupils with asthma who need help.

Head teacher

The headteacher has the responsibility to:

- plan an individually tailored school asthma policy with the help of school staff, school nurses, local education authority advice 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
- ensure all supply teachers and new staff know the school asthma policy
- regularly monitor the policy and how well it is working
 - delegate a staff member to check the expiry date of spare reliever inhalers and maintain the school asthma register (Mrs Wagstaff)
- report back to their employers and their local education authority 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
- ensure pupils who have been unwell catch up on missed school work
- 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, the school nurse and SENDCO (Miss Edwards) if a child is falling behind with their work because of their asthma.

PE teachers PE teachers have a responsibility to:

- understand asthma and the impact it can have on pupils:

Pupils with asthma should not be forced to take part in activity if they feel unwell.

They should also not be excluded from activities that they wish to take part in if their asthma is well controlled.

- ensure pupils have their reliever in take it when needed haler with them during activity or exercise and are allowed to
- if a pupil has asthma symptoms while exercising, allow them to stop, take their reliever inhaler and as soon as they feel better allow them to return to activity. (Most wait at least five minutes) pupils with asthma should
- remind pupils with asthma whose symptoms are triggered by exercise to use their reliever inhaler immediately before warming up
- ensure pupils with asthma always warm up and down thoroughly.

School nurses have a responsibility to:

- help plan/update the school asthma policy
- if the school nurse has an asthma qualification it can be their responsibility to provide regular training for school staff in managing asthma
- provide information about where schools can get training if they are not able to provide specialist training themselves.

Doctors and asthma nurses have a responsibility to:

- complete an asthma management plan/asthma care plan for parents to be shared with school
- ensure the child or young person knows how to use their asthma inhaler (all pupils with asthma need a 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)

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 PE teacher when they are not feeling well
- 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 have a responsibility to:

- tell the school if their child has asthma
- ensure the school has a complete and up-to-date school asthma plan for their child
- inform the school about the medicines their child requires during school hours
- inform the school of any medicines the child enquires 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 spacer is within its expiry date**
- keep their child at home if they are not well enough to attend school
- ensure their child catches up on any school work they have missed
- ensure their child has regular asthma reviews with their doctor or asthma nurse (every six to 12 months)
- ensure their child has a written personal asthma action plan (see Appendix 2) to help them manage their child's condition.

Medication

If a child has asthma, they probably have a preventer (BROWN or PURPLE) inhaler every day at home which should stop them needing their BLUE inhaler regularly in school.

They will have a BLUE inhaler in school that can be used when they are coughing, wheezing (whistling noise) or when they are out of breath.

It can be used before exercise if needed.

TWO puffs of their BLUE inhaler should be enough if they are using it correctly and with a spacer. This should last for FOUR hours.

BLUE inhaler before PE. The only exception to the above is to have 2 more puffs if they get out of breath when exercising.

If their blue inhaler is not lasting for 4 hours then they can have more but please contact their parent/carer who will decide what to do.

Asthma Attack Procedure

If their blue inhaler is not working we must proceed under the assumption the child is having an asthma attack:

Symptoms:

They are continually coughing

They are short of breath

They have difficulty talking or finishing a sentence without taking a breath

Phone 999 and then contact the parent/carer.

The child can have up to 10 puffs of the blue inhaler (one puff every 2 minutes through the spacer) until help arrives.

Record the number of puffs given and the times of these puffs; share this with the paramedics when they arrive at school.