



CoViD 19 update

ASTHMA POLICY

At Arundel Court Primary Academy our school values are integral to everything we do and we believe that for a child to reach their full educational achievement.

Respect
Safe
High Expectations

Teamwork
Independent
Included

This policy has been written with advice from the Department for Education & Skills, Asthma UK, the Local 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. All staff who come into contact with pupils with asthma are provided with training on asthma from the school nurse who has had asthma training. Training is updated once a year.

In order to ensure a child's wellbeing and safety it is parents' responsibility to inform the school on a daily basis if there are any changes to their Childs normal asthma treatment.

Asthma medicines

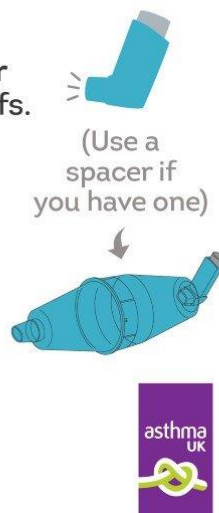
- Immediate access to reliever medicines is essential. Pupils with asthma are encouraged to carry their reliever inhaler as soon as the parent/carer, doctor or asthma nurse and class teacher agree they are mature enough. The reliever inhalers of younger children are kept in the classroom in asthma boxes.
- **Parents/carers are asked to ensure that the school is provided with a labelled reliever inhaler and Volumatic spacer. 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 any 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 reliever inhalers when they need to.

Asthma Attacks

All staff who comes into contact with pupils with asthma 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

If a child under 12 has 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 10 puffs.
- 3 Call 999 for an ambulance if:**
 - they don't feel better after 10 puffs
 - their symptoms get worse - e.g. cough, breathlessness, wheeze, tight chest or 'tummy/chest ache'
 - you're worried at any time.
- 4 Repeat step 2** if the ambulance takes longer than 15 minutes.



www.asthma.org.uk

Record Keeping

At the beginning of each school year or when a child joins the school, the 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 sent a letter and an asthma UK card to complete with. Parents return these to school with a spacer and inhaler. The child is then added to the school's asthma register and the information is kept available for all staff. These cards will be sent home to parents to be updated annually. Appendix 1 & 2

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.
- Pupils with asthma are encouraged to participate fully in all PE lessons. 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 easily accessible and pupils who need to take their inhalers will be encouraged to do so.

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 is well documented and this is also true for children and young people with asthma. Arundel Court Primary School has an inclusion policy and 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. All staff and sports coaches are provided with training from the school health professionals.

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 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.

Making the school asthma-friendly

- The school ensures that all pupils understand asthma. Asthma can be included in the National Curriculum Key Stages 1 and 2 in science, design and technology, geography, history and PE (for more details see *Asthma Resources for Pupils*, page 4).

When a pupil falls 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 health professionals and special education needs coordinator to support pupil's needs. The school recognises that it is possible for pupils with asthma to have special educational needs due to their asthma.

Appendix 1 Letter send to parents with an Asthma card

Dear Parent/Carer

Re: The School Asthma Card

Thank you for informing us of your child's asthma on his/her registration form. As part of accepted good practice and with advice from the Department for Education & Skills, Asthma UK and the school's governing bodies, our school has recently established a new School Asthma Policy for use by all staff. As part of this new policy, we are asking all parents and carers of children with asthma to help us by completing a school asthma card for their child/children. In order to ensure your child's wellbeing and safety it is your responsibility to inform the school on a daily basis if there are any changes to your Childs normal asthma treatment.

Please fill in the card and return it to the school within 7 days.

The completed card will store helpful details about your child's current medicines, triggers, individual symptoms and emergency contact numbers. The card will help school staff to better understand your child's individual condition. Please make sure the card is regularly checked and updated by your child's doctor or asthma nurse and the school is kept informed about changes to your child's medicines, including how much they take and when.

I look forward to receiving your child's completed school asthma card.

Thank you for your help.

Yours sincerely

Head teacher

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

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Signed: Revd. C Hetherington
Chair of Governing Body

Ms K Stocks
Headteacher

Policy Update: July 2020
Review date: July 2021