



# Brackenhill Primary School

## Asthma Policy



### Our School Vision



At Brackenhill, success is for everyone. Whether you are a mighty Oak or a tiny acorn, you can achieve and become anything you want to be. No matter what part of the journey you join us on, we will support you every step of the way and nurture your growth to help you reach your full potential. By providing you with opportunities that inspire and ignite your curiosity, we will water your thirst for knowledge to instil within you a love for learning so that you may flourish.

No matter what the weather, rest assured you will never be left alone and there will always be somebody to shelter you. Whether you are a creative rose, a curious daffodil, a content sunflower or a cheeky dandelion, at Brackenhill Primary, you will be able to blossom within our colourful and vibrant garden. You will grow with others around you on fertile ground to create a better world for everyone rooted in respect and kindness. No matter where you disperse, you will take your seeds of knowledge with you, offering them to gardens all around the world, knowing you will always have a place at Brackenhill.

Approved by

Headteacher \_\_\_\_\_

Date: February 2024

Chair of Governors \_\_\_\_\_

Date: February 2024



# Brackenhill Primary School

## Introduction and background

Brackenhill Primary 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 and encourages pupils with asthma to achieve their potential in all aspects of school life.

The Principles of our school Asthma Policy

- The School recognises that asthma is an important condition affecting many school children and welcomes all pupils with asthma
- Ensures that children with asthma participate fully in all aspects of school life including PE
- Recognises that immediate access to reliever inhalers is vital
- Keeps records of children with asthma and the medication they take
- Ensures the school environment is favourable to children with asthma
- Ensures that other children understand asthma
- Ensures all staff who come into contact with children with asthma know what to do in the event of an asthma attack
- Will work in partnership with all interested parties including all school staff, parents, governors, doctors and nurses, and children to ensure the policy is implemented and maintained successfully.

This policy has been written with advice from the Department for Education and Employment, National Asthma Campaign, the local education authority, the school health service, parents, the governing body and pupils

1. This school recognises that asthma is an important condition affecting many school children and positively welcomes all pupils with asthma.
2. This school encourages children 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 teachers, and at least one member of staff in each class is provided with asthma training on a regular basis. The office staff have a list of school staff trained in this area.

## Asthma medicines

Immediate access to reliever medicines is essential. Pupils with asthma are encouraged to carry their reliever inhaler as soon as the parent, doctor or nurse and class teacher agree they are mature enough. The reliever inhalers of younger children are kept in the classroom in a place specified on the procedure in case of an asthma attack. All inhalers must be labelled with the child's name by the parent.

If a child has severe asthma, parents will be invited to provide the school with a labelled spare reliever inhaler. The class teacher will hold this separately in case the pupil's own inhaler runs out, or is lost or forgotten.

School staff can assist pupils in taking asthma medicines with parental consent in an emergency. All school staff will let pupils take their own medicines when they need to.



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## **Asthma attacks**

All staff who come into contact with pupils with asthma know what to do in the event of an asthma attack. Asthma training for staff will be provided periodically by the school.

In the event of an asthma attack the school follows the procedure outlined by Asthma UK in its school policy guide. This procedure is visibly displayed in every classroom (see Appendix 1).

## **Record keeping**

When a child or young person joins the school, parents are asked if their child has any medical conditions, including asthma, on the "pupil data and contacts form". This is updated at the beginning of each school year on the data collection form and recorded in the School's Information Management System. Class teachers are provided with a list of children in their class who have medical conditions.

Parents of children with asthma are then sent an Asthma UK school asthma card (Appendix 2) to give to their child's doctor or nurse to complete. Parents are asked to return them to the school. From this information the school keeps its asthma register, which is available to all school staff. Parents are also asked to update or exchange the card for a new one if their child's medicines or how much they take, changes during the year, and at the beginning of each school year. If a child has taken their inhaler, this will be recorded on a recorded sheet and the parents will be notified, please see Appendix 3 with process and Appendix 4 the recording sheet.

## **PE, games and activities**

Taking part in sports, games and activities is an essential part of school life for all pupils. Pupils with asthma are encouraged to participate fully in PE lessons, games and physical activities.

All teachers know which children in their class have asthma and 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. When PE takes place on the field, children whose asthma is triggered by exercise will be reminded to take their inhalers with them. If a pupil needs to use their inhaler during a lesson they will be encouraged to do so.

## **Out-of-hours sports clubs**

The health benefits of exercise are well documented and this is also true for children and young people with asthma. Brackenhill Primary School therefore encourages all pupils to participate in after school clubs where possible.

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. Leaders of clubs are informed if any of the children



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attending the club have notified the school of any medical conditions, including asthma.

## **School Trips and Outside Activities**

When a child is away from the school classroom on a school trip, club, outside sport or PE, their inhaler should accompany them and be made available to them at all times. The School Environment The school does all that it can to ensure the school environment is favourable to children with asthma. The school does not keep furry and feathery pets and has a non-smoking policy. Teachers will be aware of any child who has a fur or feather allergy and will act appropriately. As far as possible the school does not use chemicals in science and art lessons that are potential triggers for children with asthma. Children are encouraged to leave the room and go and sit in the break out area if particular fumes trigger their asthma.

## **The school environment**

Our school does all that it can to ensure the school environment is favourable to pupils with asthma. Generally we do not keep furry or feathery animals in the school buildings. The class teacher will liaise with parents of any asthmatic pupils within the class and if there are any concerns an alternative location will be found if furry or feathery animals come into school.

## **Making the School Asthma Friendly**

The school ensures that all children understand asthma. Asthma can be included in Key Stages 1 and 2 in science, design and technology, geography, history and PE of the national curriculum. Children with asthma and their friends are encouraged to learn about asthma; information for children and teens can be accessed from the following website [www.asthma.org.uk](http://www.asthma.org.uk).

## **When a Child is falling behind in lessons**

If a child is missing a lot of time from school because of asthma or is tired in class because of disturbed sleep and falling behind in class, the class teacher will initially talk to the parents. If appropriate the teacher will then talk to the school nursing team and special educational needs coordinator about the situation. The school recognises that it is possible for children with asthma to have special education needs because of asthma.

## **Staff with asthma**

If staff who have asthma wish to be added to the school asthma register they should provide details of their condition to the school office.

## **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, which is clearly displayed in all classrooms.

1. Ensure that the reliever inhaler is taken immediately.
2. Stay calm and reassure the child.



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3. Help the child to breathe by ensuring tight clothing is loosened.

## **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.



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## Appendix 1- How to deal with an Asthma attack

# What to do if a child has an ASTHMA ATTACK



### Actions to take if a child has an asthma attack and when to call 999.

- 1** Help them to sit up – don't let them lie down. Try to keep them calm.
- 2** Help them take one puff of their reliever inhaler (with their spacer, if they have it) every 30 to 60 seconds, up to a total of 10 puffs.
- 3** If they don't have their reliever inhaler, or it's not helping, or if you are worried at any time, call 999 for an ambulance.
- 4** If the ambulance has not arrived after 10 minutes and their symptoms are not improving, repeat step 2.
- 5** If their symptoms are no better after repeating step 2, and the ambulance has still not arrived, contact 999 again immediately.

**Important:** This asthma attack advice does not apply to MART inhalers.  
Speak to your GP or asthma nurse for more information.



A school asthma card contains contact details  
and essential information about a child's asthma.  
Scan the QR code to get yours.

[AsthmaAndLung.org.uk](https://www.AsthmaAndLung.org.uk)





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## Appendix 2 -Asthma Card

### 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**

- Help them sit up straight and keep calm.
- Help them take one puff of their reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs.
- 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.
- You can repeat step 2 if the ambulance is taking longer than 15 minutes.

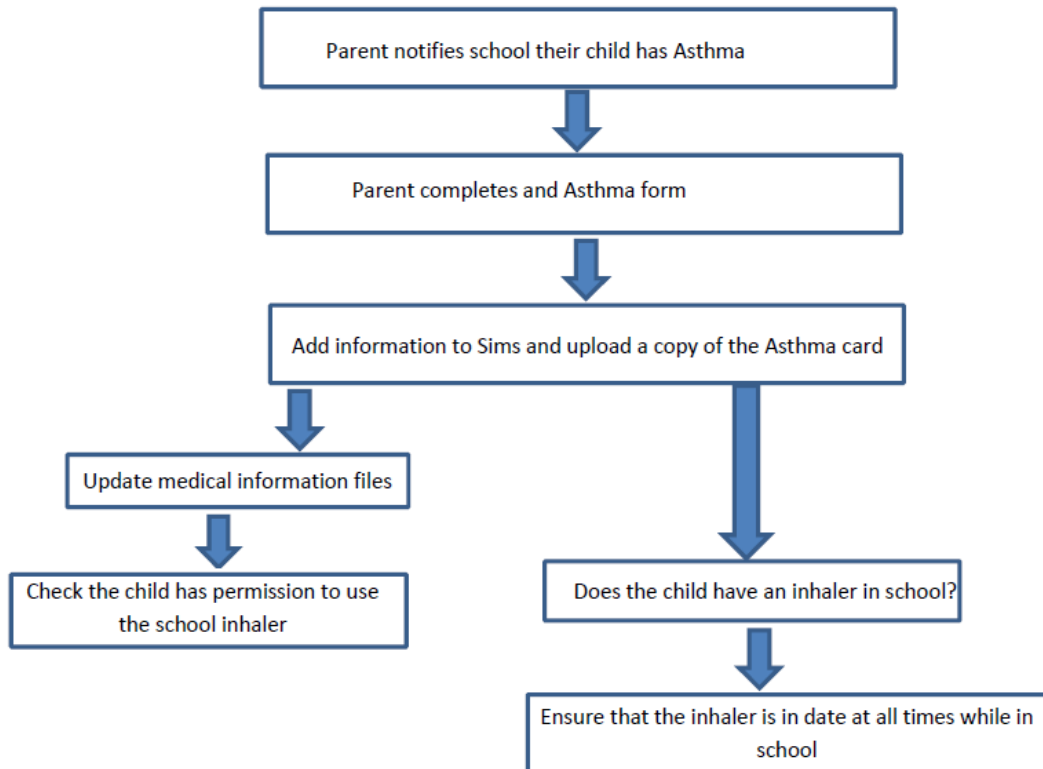
**Any asthma questions?**  
Call our friendly helpline nurses  
**0300 222 5800**  
(9am - 5pm; Mon - Fri)  
[www.asthma.org.uk](http://www.asthma.org.uk)

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## Appendix 3 – Asthma process



The normal way to use an inhaler (both adults and children) is: **1 or 2 puffs when needed. up to a maximum of 4 times in 24 hours** (regardless of whether you have 1 puff or 2 puffs at a time)

Every time a child that uses an inhaler in school, the time, date and amount of puffs must be logged and fed back to their parents.



