



HEARTS ACADEMY TRUST

Asthma Policy

Adopted by Trustees: May 2022

To be reviewed: May 2025

HEARTS Academy Trust is committed to providing a happy, caring and safe learning environment for all within a values led context, where everyone feels valued and grows in confidence and independence.

We promote **HAPPINESS** through a creative, exciting and practical curriculum, which generates a love of, and interest in, learning and a resilience and hope which supports us through challenging times.

Great value is placed on pupils' self **ESTEEM** which is developed through a positive and motivated attitude to learning, a healthy lifestyle, good social skills, self-discipline and a positive self-image.

We promote the highest standards of **ACHIEVEMENT** in all areas of the curriculum and help all pupils to fulfil their potential regardless of gender, race or ability.

We foster **RESPECT and RESPONSIBILITY** for all by establishing good relations between the school, home and community. Pupils are taught respect for themselves, others and the environment. They are also taught to take full responsibility for their own choices and responsibility for themselves and their community.

We encourage **TRUTH** and honesty in all aspects of school life – relationships, work and the curriculum and learn to trust and accept others' individuality and uniqueness.

We develop **SPIRITUALITY and SERVICE** so that calm, quiet, reflective times which support deep thought are part of school life and beauty is appreciated. We promote a service culture that reflects our duty to support and show compassion to all members of the community and not just ourselves.



Children at the HEART

- The School recognises that asthma is an important condition affecting many school children and welcomes all pupils with asthma
- We ensure that children with asthma participate fully in all aspects of school life including PE
- We recognise that immediate access to inhalers is vital
- The school keeps records of children with asthma and the medication they take
- The school ensures the environment is favourable to children with asthma
- We ensure that other children understand asthma
- The school ensures all staff who come into contact with children with asthma know what to do in the event of an asthma attack
- We will work in partnership with all interested parties including all school staff, parents, carers, governors, doctors and nurses, and children to ensure the policy is implemented and maintained successfully
- Pumps should be checked at the beginning of each term to ensure that they are still properly named and in date. Parents should be given reasonable notice before pumps are due to expire and a replacement pump should be requested.

This policy has been written with advice from the Department for Education, Asthma UK and the school health service.

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 and pupils. Supply teachers and new staff are also made aware of the policy. All staff who come into contact with children with asthma are provided with training on asthma on a rolling programme, from the school nursing service.

Medication

Immediate access to reliever is vital. Children are encouraged to carry their reliever inhaler as soon as the parents, doctor or nurse and class teacher agree they are mature enough. The reliever inhalers of younger children are kept in the office. Infant aged children are administered their asthma pump in the office and all pumps and additional equipment are kept in accordance to the administering policy.

All inhalers must be labelled with the child's name by the parent. Siblings should not share a pump or spacer. Each class' pumps are stored together so that they can be collected efficiently for school trips. School staff are not required to administer medication to children except in an emergency however many of our staff are happy to do this. School staff who agree to do this are insured when acting in accordance with this policy. **All school staff will let children take their own medication 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 asthma. Children may also be diagnosed throughout a school year; this information should be shared with the school immediately.

All parents of children with asthma are given a 'School Asthma Card' to complete with their asthma clinic/nurse/GP, which is to be returned to the school to ensure attendance is not delayed.

It is imperative that relief is given in accordance with the information on the 'School Asthma Card'. From this information the school will update their medical records. Parents are required to inform the school if the medication changes.

The school holds inhalers for each child and they are regularly checked for expiry dates by a member of staff.

Each time a child has their pump, a text will be sent as a means of informing the parent of how many times relief has been needed in any one day.

PE

Taking part in sports is an essential part of school life. Teachers are aware of which children have asthma from their health protocols. Children with asthma are encouraged to participate fully in PE. Where necessary teachers will remind children, whose asthma is triggered by exercise to take their reliever inhaler before the lesson and as per the rest of the class continue to complete a warm up.

Each child's inhaler will be labelled and kept in a bag at the site of the lesson. If a child needs to use their inhaler during the lesson, they will be encouraged to do so.

The School Environment

The school does all that it can to ensure the school environment is favourable to children with asthma. Any school pets will be risk assessed taking into account children with allergies and asthma and the school has a non-smoking policy. As far as possible the school does not use chemicals in science and art lessons that are potential triggers for children with asthma. Children would be encouraged to leave the room and go and sit in an alternative environment if particular fumes trigger their asthma.

Making the School Asthma Friendly

The school ensures that all children understand asthma and links are made to the curriculum where appropriate. Children with asthma and their peers are encouraged to learn about asthma; information for children and teens can be accessed from the following website www.asthma.org.uk.

Children more at risk of an attack (as identified by parent) i.e. due to chest infection or increased blue pump use i.e. due to hayfever will wear a black band as an alert. Parents will inform the school office on the morning of each day where this is the case.

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 Inclusion Manager and Attendance Manager who will liaise with the school nursing service about the situation. The school recognises that it is possible for children with asthma to have special education needs because of asthma.

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.**
- 4. Wear a black band.**

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 told about the attack.

Emergency procedure

If...

- The child stops breathing
- The reliever has no effect after five to ten minutes
- The child is either distressed or unable to talk
- The child is getting exhausted
- You have any doubts at all about the child's condition

Call the emergency services on 999 immediately

A child should always be taken to hospital in an ambulance. School staff should not take them in their car as the child's condition may deteriorate.

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 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, give 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"/>

Expiry dates of medicines checked

Medicine	Date checked	Parent/carer's signature
<input type="text"/>	<input type="text"/>	<input type="text"/>

What signs can indicate that your child is having an asthma attack?

Parent/carer's signature Date

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)?

Does your child need to take medicines before exercise or play?

Yes No

If yes, please describe below

Medicine	How much and when taken
<input type="text"/>	<input type="text"/>

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 by doctor or nurse

Date	Name	Job title	Signature
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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 got 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

