

St. John's C.E. Primary School



St. John's Vision statement

Shine like stars

Through God's love, we will flourish and develop our gifts in our nurturing community, as we strive to be an inspiration to all.

Your light must shine before people, so that they will see the good things you do and praise your Father in heaven.' Matthew 5:16

Policy: Asthma Policy

Reviewed: September 2026

Future Review: September 2027

Introduction

Asthma is a long-term condition that affects your airways - the tubes that carry air in and out of your lungs. You could say that someone with asthma has 'sensitive' airways that are inflamed and ready to react when they come into contact with something they don't like.

Asthma tends to run in families, especially when there's also a history of allergies and/or smoking. When a person with asthma comes into contact with something that irritates their sensitive airways even more (an asthma trigger), it causes their body to react in three ways:

1. the muscles around the walls of the airways tighten so that the airways become narrower
2. the lining of the airways becomes inflamed and starts to swell
3. sticky mucus or phlegm sometimes builds up, which can narrow the airways even more.

These reactions cause the airways to become narrower and irritated - making it difficult to breathe and leading to asthma symptoms, such as chest tightness, wheezing, or coughing.

Having asthma has implications for a child's schooling and learning. Appropriate asthma care is necessary for the child's immediate safety, long-term wellbeing, and optimal academic performance. Whilst some older children may be fully independent with their condition younger children, children with learning difficulties or those newly diagnosed are likely to need support and assistance from school staff during the school day, to help them to manage their asthma in the absence of their parents/carers.

The 2010 Children, Schools and Families Act, and the Children and Families Act 2014 introduced a legal duty on schools to look after children with medical conditions. This is inclusive of children with asthma, and it is therefore essential that all school staff and those who support younger children have an awareness of this medical condition and the needs of pupils during the school day.

Purpose of this document

This policy sets out how we, as a school, support students with asthma. We work closely with pupils, parents/carers and health colleagues to ensure we have robust procedures in place to support asthma management.

To enable schools to effectively manage children and young people with asthma in a school setting and be an Asthma Friendly School:

- The school should have an up-to-date asthma policy that is self-audited regularly
- The school will maintain a register of children and young people with asthma that will be shared with school, staff and the School Nursing Service if required
- Every child with asthma will have a Care Plan in place
- Staff will be trained around asthma, signs and symptoms through their First Aid training
- Pupils will have easy access to their inhalers and spacers. These are kept in their classrooms.

Parents/Carers

- Inform the school if their child has asthma.
- Ensure their child has an up-to-date Care Plan in place with the school.
- Inform the school of any changes to their child's condition.
- Ensure their child has regular reviews with their doctor or specialist healthcare professional.
- Parents need to confirm in writing, where consent is not given to the school, to administer salbutamol in the case of an emergency.

Medicines

- Inform the school about the medicines their child requires during school hours.
- Provide the school with one inhaler and spacer, labelled with their full name and date of birth, in the original packaging detailing the prescription.
- It is the parent's responsibility to ensure new and in date medicines come into school on the first day of the new academic year. Ensure that their child's medicines are within their expiry dates.
- Inform the school of any medicines the child requires while taking part in visits, outings, field trips and other out-of-school activities such as school sports events.

School Staff

- Read and understand the school's asthma policy and attend First Aid Training with Asthma as part of the training.
- Be aware of the potential triggers, signs and symptoms of asthma and know what to do in an emergency.
- Know which students have asthma. The asthma list is in the staffroom.
- Be aware that asthma can affect a student's learning and provide extra help when needed.
- Be aware of children with asthma who may need extra support.
- Allow all students to have immediate access to their emergency medicines and that they are aware where their own inhaler is stored. All staff attending off site visits should be aware of any students on the visit with asthma. They should be trained about what to do in an emergency.
- Ensure students with asthma are not excluded from activities they wish to take part in.
- Understand asthma and the impact it can have on students. If school identify a pattern or are concerned about an individual pupil, they will inform parents/carers and advise medical advice should be sought.
- Maintain effective communication between parents/carers and inform parents/carers if their child has been unwell at school or if there is a pattern of asthma symptom.
- Liaise with parents/carers, the student's healthcare professionals, and special educational needs coordinator and welfare officers if a child is falling behind with their

work because of their condition.

- If an inhaler has been used it is to be recorded in the pupil's medical file.

School Environment

- The school environment, as far is possible, is kept free of the most common allergens that may trigger an asthma attack.
- Smoking is explicitly prohibited on the school site.
- Staff will be made aware of high air pollution, high pollen days and reduce exposure or modify student activities/medications accordingly.