ECCLESTON PRIMARY SCHOOL

incorporating

Beechbuds Pre-School

Asthma Policy

Inspiring independent learners to thrive in a changing world

Introduction

At Eccleston Primary School we recognise that asthma is a widespread, serious, but controllable condition. The school welcomes all pupils with asthma. It 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.

The School recognises that pupils with asthma need immediate access to reliever inhalers at all times. We keep 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.

We aim to ensure that all pupils understand asthma. It 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. It understands that pupils with asthma may experience bullying and has procedures in place to prevent this. We 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.

Signs of an Asthma attack include:

- Persistent cough
- A wheezing sound coming from the chest (when at rest)
- Being unusually quiet
- The child complains of shortness of breath at rest, feeling tight in the chest (younger children may describe this a tummy ache)
- Difficulty in breathing (fast and deep respiration)
- Nasal flaring
- Being unable to complete sentences
- Appearing exhausted.

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.

Inhalers of younger children are kept in the classroom. 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. All school staff will let pupils take their own medicines when they need to.

When a child joins Eccleston Primary School, parents/carers are asked if their child has any medical conditions including asthma on their induction form. This information is updated yearly or as situations change.

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 at the site of the lesson. If a pupil needs to use their inhaler during a lesson they will be encouraged to do so. All support staff and welfare staff follow the same principles as described above for games and activities involving physical activity.

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 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 minimise these triggers and what to do in the event of an asthma attack. All staff are provided with training from the school nurse, who has had asthma training. Out of school coaches are recommended to have also had this training to cover any medical eventualities.

School environment

The school does all that it can to ensure the school environment is favourable to pupils with asthma. The school 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.

When falling behind

If a pupil misses lots of time because of asthma the class teacher will initially talk to the parents/carers to work out how to prevent their child from falling further behind. If appropriate, the teacher will then talk to the school nurse or SENDCO. The SENDCO or Head teacher will liaise between interested parties – school staff, school nurses, parents/carers, governors, the school health service and pupils.

Responsibilities

The Headteacher has overall responsibility for renewing and implementing the policy.

School staff

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. They must then tell parents/carers if their child has had an asthma attack. They must ensure pupils have their asthma medicines with them when they go on a school trip or out of the classroom. They can also keep an eye out for pupils with asthma experiencing bullying, liaise with parents/carers, the school nurse and special educational needs coordinators or Learning Support & Special Educational Needs Department if a child is falling behind with their work because of their asthma.

All teachers have a responsibility to understand asthma and the impact it can have on pupils during PE lessons or physical activity. 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. They must ensure pupils have their reliever inhaler with them during activity or exercise and are allowed to take it when needed. 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 pupils with asthma should wait at least five minutes.)

School nurses

The school nurse is able to provide training for staff and regular clinics allow all stakeholders the opportunity to ask for further advice throughout the year.

Pupils

Pupils have a responsibility to treat other pupils with and without asthma equally. They should allow any pupil having an asthma attack take their reliever inhaler (usually blue) and ensure a member of staff is called. They should treat asthma medicines with respect and know how to gain access to their medicine in an emergency. They must know how to take their own asthma medicines.

Parents/carers

Parents/carers have a responsibility to:

- tell the school if their child has asthma and inform the school about the medicines their child requires during school hours;
- inform the school of any medicines the child requires 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 and 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).

Parents should 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 and ensure that their child's reliever inhaler and the spare is within its expiry date.

Parents should keep their child at home if they are not well enough to attend school and ensure their child catches up on any schoolwork they have missed.

It is parents responsibility to ensure their child has regular asthma reviews with their doctor or asthma nurse (every six to 12 months).

All parents of children identified as asthmatic will be asked to complete an Asthma Care Plan with their child. A copy will be given to the child/family and an electronic copy kept on CPOMS. The Asthma Care Plan will be reviewed annually by the family and a member of school staff.

Review of the Asthma Policy
Reviewed: November 2026
Next Review Date: November 2027