



Winterton Community Academy Asthma Policy

Named School Asthma Champions / First Aiders: Mr Toby Cale, Mr Neil Hodge, Mrs Vicki Holmes, Mrs Kath Kynaston, Miss Mia Rawson

Date of Policy commencement: September 2025

Date of Policy Review: September 2026

Asthma is a condition that affects small tubes (airways) that carry air in and out of the lungs. When a person with asthma comes into contact with something that irritates their airways (an asthma trigger), the muscles around the walls of the airways tighten so that the airways become narrower and the lining of the airways becomes inflamed and starts to swell. Sometimes, sticky mucus or phlegm builds up, which can further narrow the airways. These reactions make it difficult to breathe, leading to symptoms of asthma (Source: Asthma UK).

As a school, we recognise that asthma is a widespread, serious, but controllable condition. This school welcomes all pupils with asthma and aims to support these children in participating fully in school life. We endeavour to do this by ensuring we have:

- Named staff members who are first aiders and Asthma Champions.
- Asthma Policy.
- Emergency Medication kept at all times by students with Asthma who need it.
- Request a copy of the Personalised Asthma Action Plan (PAAP) for each child with Asthma who has such a plan. It is the responsibility of parents / carers to ensure that the school has this information.
- Recorded and shared information about students with asthma with staff.
- Asthma Training for staff – all first aiders, the SENCO and PE department undertake asthma training on an annual basis. This training is planned for Wednesday 29th April 2026.

Asthma Register

Information about students who have an Asthma diagnosis is stored on the school Brom Com system. It is the responsibility of parents / carers to provide school with up to date information.

Asthma Champions (Leads)

This school has a group of staff who are first aid trained and Asthma Champions. It is the responsibility of the Asthma Champions to undertake regular training and to be aware of students who have Asthma. The Asthma Champion / first aider will communicate to parents/carers regarding any deterioration in a child's condition whilst at school (or on a school activity). This may be delegated to other members of staff as appropriate.

Medication including Inhalers.

Date Reviewed by EF: September 2025
Ref:

Next Review Date: September 2026

All children with asthma should always have immediate access to their reliever (usually blue) inhaler. The reliever inhaler is a fast-acting medication that opens up the airways and makes it easier for the child to breathe. (Source: Asthma UK). Some children will also have a preventer inhaler, which is usually taken morning and night, as prescribed by the doctor/nurse. This medication needs to be taken regularly for maximum benefit. Children should not bring their preventer inhaler to school as it should be taken regularly as prescribed by their doctor/nurse at home. However, if the pupil is going on a residential trip, we are aware that they will need to take the inhaler with them so they can continue taking their inhaler as prescribed. (Source: Asthma UK). Children are encouraged to carry their reliever inhaler as soon as they are responsible enough to do so. We would expect this to be by all pupils of secondary age. We recognise that all children may still need supervision in taking their inhaler.

School staff are not required to administer asthma medicines to pupils however many children have poor inhaler technique or are unable to take the inhaler by themselves. Failure to receive their medication could end in hospitalisation or even death. Staff who have had asthma training and are confident to support children as they use their inhaler should do so whenever possible. If we have any concerns over a child's ability to use their inhaler we will refer them to the school nurse/asthma specialist nurse and advise parents/carers to arrange a review with their GP/nurse. (Source: Asthma UK)

Personal Asthma Action Plans (PAAP)

Asthma UK evidence shows that if someone with asthma uses personal asthma action plan they are four times less likely to be admitted to hospital due to their asthma. As a school, we recognise that having to attend hospital can cause stress for a family. Therefore, we believe it is essential that all children with asthma that have a personal asthma action plan share this with school to ensure asthma is managed effectively within school to prevent hospital admissions. (Source: Asthma UK)

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/vaping policy. Pupil's asthma triggers will be recorded as part of their asthma action plans and the school will ensure that pupil's will not encounter their triggers, wherever possible.

Exercise and activity

Taking part in sports, games and activities is an essential part of school life for all pupils. All staff will know which children in their class have asthma and all PE teachers at the school will be aware of which pupils have asthma from the school's asthma register. (Source: Asthma UK) Pupils with asthma are encouraged to participate fully in all activities. 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 pupils who are mature enough will carry their inhaler with them. If a pupil needs to use their inhaler during a lesson, they will be encouraged to do so. (Source: Asthma UK) 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, 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 and outside of school. The same rules apply for out of hours sport as during school hours PE. (Source: Asthma UK) The PE department will refer any concerns about individual pupils to the Asthma champion who will contact parents / carers.

When asthma is affecting a pupil's education

The school are aware that the aim of asthma medication is to allow people with asthma

to live a normal life. Therefore, if we recognise that if asthma is impacting on the pupil's life and they are unable to take part in activities, are tired during the day, or falling behind in lessons we will discuss this with parents/carers, the school nurse, with consent, and suggest they make an appointment with their asthma nurse/doctor. It may simply be that the pupil needs an asthma review, to review inhaler technique, medication review or an updated Personal Asthma Action Plan, to improve their symptoms. However, the school recognises that pupils with asthma could be classed as having disability due to their asthma as defined by the Equality Act 2010, and therefore may have additional needs because of their asthma.

Day to day management

As a school we require that children with asthma that have a personal asthma action plan provided by their doctor / nurse should be shared with the school. These plans inform us of the day-to-day symptoms of each child's asthma and how to respond to them in an individual basis.

However, we also recognise that some of the most common day-to-day symptoms of asthma are:

- dry cough
- wheeze (a 'whistle' heard on breathing out)
- shortness of breath when exposed to a trigger
- tight feeling chest.

Where a child responds well to their own medication they can usually remain in school however parents/carers should be kept informed to monitor symptoms. Three or more symptoms that require reliever medication within a week can be a sign of deterioration of a child's asthma and therefore every effort will be made to communicate with parents regarding any symptoms that require medication.

Asthma Attacks and Emergency Management

The department of health guidance on the use of emergency salbutamol inhalers in schools (March 2015) states the signs of an asthma attack are:

- persistent cough (when at rest)
- a wheezing sound coming from the chest (when at rest)
- difficulty breathing (the child could be breathing fast and with effort, using all accessory muscles in the upper body)
- nasal flaring
- unable to talk or complete sentences; some children will go very quiet
- may try to tell you that their chest 'feels tight' (younger children may express this as tummy ache).

If the child is showing these symptoms, we will follow the guidance for responding to an asthma attack recorded below. However, we also recognise that we need to call an ambulance immediately and commence the asthma attack procedure without delay if the child:

- *appears exhausted
- *is going blue
- *has a blue/white tinge around lips
- *has collapsed

It goes on to explain that in the event of an asthma attack:

- keep calm and reassure the child

- encourage the child to sit up and slightly forward
- use the child's own inhaler
- remain with the child while the inhaler and spacer are brought to them
- shake the inhaler and remove the cap
- place the mouthpiece between the lips with a good seal, or place the mask securely over the nose and mouth
- immediately help the child to take two puffs of salbutamol via the spacer, one at a time. (1 puff to 5 breaths)
- if there is no improvement, repeat these steps up to a maximum of 10 puffs
- stay calm and reassure the child, stay with the child until they feel better.
The child can return to school activities when they feel better.
- If we have had to treat a child for an asthma attack in school, it is important that we inform the parents/carers and advise that they should make an appointment with the GP
- if the child has had to use 6 puffs or more in 4 hours the parents should be made aware and they should be seen by their doctor/nurse
- if the child does not feel better or there is concern at ANYTIME before 10 puffs have been reached, we will call 999 FOR AN AMBULANCE and call for parents/carers
- if an ambulance does not arrive in 10 minutes another 10 puffs will be given in the same way
- a member of staff will always accompany a child taken to hospital by an ambulance and stay with them until a parent or carer arrives

References

Asthma UK www.asthma.org.uk

Department for Health (2014) Guidance on the Use of Emergency Inhalers in Schools. BTS/SIGN guidelines for CYP Asthma.