

## **Asthma Guidelines**

This policy has been written with advice from Asthma UK.

This 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. This school encourages pupils 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 staff that come into contact with pupils with asthma are provided with training on asthma from the school nurse who has had asthma training. Training is updated once a year.

### **Asthma medicines**

Immediate access to reliever medicines is essential. Pupils with asthma are encouraged to carry their reliever inhaler. Emergency reliever inhalers are kept in the medical room.

Parents/carers are asked to ensure that the school is provided with a labelled spare reliever inhaler, this will be kept in the medical room. 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 (except in an emergency), however many of the staff at this school are happy to do this. School staff who agree to administer medicines are insured by the local education authority when acting in agreement with this policy. All school staff will let pupils take their own medicines when they need to.

### **Record keeping**

At the beginning of each school year or when a child joins the school, parents/carers are asked if their child has any medical conditions including asthma on their enrolment form.

All parents/carers of children with asthma are consequently sent a school asthma card to complete. Parents/carers 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/carers are also asked to update the Medical Room if their child's medicines, or how much they take, changes during the year.

### **Exercise and activity**

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 all PE lessons. Pupils whose asthma is triggered by exercise should use their reliever inhaler before the lesson, take it with them and thoroughly warm up and down before and after the lesson. If a pupil needs to use their inhaler during a lesson they will be able to do so.

Classroom teachers 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 and sports coaches are encouraged to have training from the community school nurse, who has had asthma training.

The school does all that it can to ensure the school environment is favourable to pupils with asthma. As far as possible the school does not use chemicals in science and art lessons that are potential triggers for pupils with asthma.

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

If a pupil is missing a lot of time at school or is always tired because their asthma is disturbing their sleep at night, the class teacher will initially talk to the parents/carers to work out how to prevent their child from falling behind.

The school recognises that it is possible for pupils with asthma to have special education needs due to their asthma.

### **Asthma attacks**

All staff who come into contact with pupils with asthma are aware of the procedure to follow and know who to call in the event of an asthma attack.

pupils with diabetes they should not be singled out for special attention. This could make them feel different and may lead to embarrassment. If a pupil with diabetes does not feel confident participating in physical activity, teachers should speak to the pupil's parents to find out more about the pupil's

situation. The majority of pupils should be able to take part in any sport, exercise or physical activity they enjoy, as long as they are enabled to manage their diabetes.

### **During an activity**

It is important that the person conducting the activity is aware that there should be glucose tablets or a sugary drink nearby in case the pupil's blood glucose level drops too low. If the activity will last for an hour or more the pupil may need to test their blood glucose levels during activity and act accordingly.

### **Examination Procedure**

Older students who are sitting external examinations have to follow a strict procedure should they feel unwell during an examination. This is to ensure that any claim that hypoglycaemia affected a student's performance and ultimate grade can be rigorously defended by the school, and evidence produced to back up the claim.