

This policy has been written with advice from parents or carers, Asthma UK, the Education Authority, local healthcare professionals, and the school nurse.

Carryduff Primary 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 (CCMS/ EA) and pupils. Supply teachers and new staff are also made aware of the policy. Members of staff who hold First Aid training will have received training on asthma as part of this.

Asthma Medicines

- Immediate access to the Asthma medicines is essential. Pupils with asthma are encouraged keep them in the classroom unless otherwise advised. In primary we recommend a box with a lid, which teacher can keep in their desk.
- Parents/carers are asked to ensure that the school is provided with an in-date, labelled inhaler.
- School staff are not required to administer asthma medicines to pupils (except in an emergency and at Foundation Stage where it is recorded), however staff at this school are happy to do this. School staff who agree to administer medicines are insured by the EA when acting in agreement with this policy. All school staff will let pupils take their own medicines when they need to.

Record Keeping

- When joining the school (in Primary 1 or at any other time), parents/carers are asked if their child has any medical conditions including asthma on their enrolment form. This is checked annually. Parents are required to inform the school if their child receives a new diagnosis of asthma.
- All parents/carers of children with severe Asthma complete a Care Plan with their respiratory nurse annually. The Care Plan gives detail of the child's symptoms or signs when they may be in medical distress or require their inhaler eg. Chronic breathlessness, coughing, gasping etc. A copy of this must be provided to the school.

This information is retained by the school on the medical register, which is available to all school staff. Parents/carers are asked to keep us informed of changes throughout the school year. These changes may include if their child's medicines are altered, how much they take, changes during the seasons, etc.

Exercise and Activity & PE

- 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 external

PE teachers at the school are made aware of which pupils have asthma from the school's medical register.

- Pupils with asthma are encouraged to participate fully in all PE lessons. Teachers and CAs will remind pupils whose asthma is triggered by exercise, to take their inhaler before the lesson, and to thoroughly warm up and down before and after the lesson. It is agreed with all 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.
- Classroom teachers follow the same principles as described above for games and activities involving physical activity.

After School 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 involves pupils with asthma as much as possible in after school clubs.
- After school 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. Parents need to make the provider aware that their child uses an Asthma inhaler.

School Environment

The school does all that it can to ensure the school environment is favourable to pupils with asthma. The school does not keep furry or feathery animals and has a smoke free policy. As far as possible the school does not use chemicals 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. If appropriate, the teacher will then talk to the SENCO about the pupil's needs.
- The school recognises that it is possible for pupils with asthma to have special education needs due to their asthma.

Asthma attacks

Staff members trained in first aid know what to do in the event of an emergency. They will follow the procedure outlined by Asthma UK.



You're having an asthma attack if you are experiencing any of these:

- Your blue reliever isn't helping, or you need to use it more than every four hours
- You're wheezing a lot, have a very tight chest, or you're coughing a lot
- You're breathless and find it difficult to walk or talk
- Your breathing is getting faster and it feels like you can't get your breath in properly

Asthma attacks can be fatal – three people die from asthma attacks in the UK every day. If you're having an asthma attack, it is vital that you act now.

What to do in an asthma attack:

- Sit up straight
Don't lie down. Try to keep calm.
- Take your blue inhaler
Take one puff of your reliever inhaler every 30-60 seconds, up to a maximum of 10 puffs.
- Call 999 if you don't feel better
Do this if you feel worse at any point, or if you don't feel better after using 10 puffs of your reliever inhaler.
- Take your blue inhaler again after 15 minutes
If you're waiting for the ambulance for longer than 15 minutes, take one puff every 30-60 seconds, up to a maximum of 10 puffs.

Important: This asthma attack information is *NOT* for people on a **SMART or MART regime**. If you are on a SMART or MART regime, speak to your GP or asthma nurse to get the right asthma attack advice for you.