

SUNNYSIDE ACADEMY

ASTHMA POLICY AND PROCEDURES

As a school our belief is that every child deserves to reach their potential.

The Principles of Sunnyside Asthma Policy

Sunnyside

- recognize that asthma is an important condition affecting many school children and welcomes all pupils with asthma
- ensures that children with asthma participate fully in all aspects of school life including PE, art lessons, science, educational visits, outings, field trips and other out of hours activities
- recognises that immediate access to reliever inhalers is vital
- keeps records of children with asthma and the medication they take
- ensures the school environment is favourable to children with asthma
- ensures that other children understand asthma
- ensures all staff who come into contact with children with asthma know what to do in the event of an asthma attack
- will work in partnership with all interested parties including all school staff, parents, governors, doctors and nurses, and children to ensure the policy is implemented and maintained successfully

Sunnyside encourages children 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 and pupils. All new staff are made aware of this policy through the induction process.

Medication - Parents are responsible for ensuring that school has the correct medication.

Children are encouraged to carry their reliever inhaler as soon as the parents, doctor or nurse and class teacher agree they are mature enough. The reliever inhalers of younger children are kept in the classroom. Parents are asked to ensure that the school is provided with a labelled spare reliever inhaler. The class teacher will hold this separately in case the child's own inhaler runs out or is lost or forgotten. All inhalers must be labelled with the child's name and dosage by the parent. School staff are not required to administer medication to children except in an emergency however many of our staff are happy to do this. All school staff will let children take their own medication when they need to.

Record keeping

At the beginning of each school year, or when a child joins the school, parents are asked if their child has any medical issues. This information is kept centrally in the main office and on Scholarpack. If a child has asthma then a form will be given to the parents for them to complete see *Appendix A*. Information regarding all children in Sunnyside with asthma is displayed in the medical room and this list is updated by the lead first aider.

PE

Taking part in sports is an essential part of school life. Teachers are aware of which children have asthma from the asthma register. Children with asthma are encouraged to participate fully in PE. Teachers will remind children whose asthma is triggered by exercise to take their reliever inhaler before the lesson and complete a warm up of a couple of short sprints over five minutes before the lesson. Each child's inhalers will be labelled and kept in a box at the site of the lesson. If a child needs to use their inhaler during the lesson, they will be encouraged to do so.

The School Environment

Sunnyside does all that it can to ensure the school environment is favourable to all children, including those with asthma. The school does not keep furry and feathery pets and is a no smoking building. As far as possible the school does not use chemicals in science and art lessons that are potential triggers for children with asthma.

Making the School Asthma Friendly

Sunnyside ensures that all children understand asthma. Asthma can be included in Key Stages 1 and 2 in science and PE. Children with asthma and their friends are encouraged to learn about asthma.

Asthma Attacks

Children with asthma learn from their past experience of attacks; they usually know just what to do and will probably carry the correct emergency treatment. All staff who come into contact with children with asthma must know what to do in the event of an asthma attack. Because asthma varies from child to child, it is impossible to give rules that suit everyone; however the following guidelines may be helpful. These are clearly displayed in the medical room.

During the attack

1. **Ensure that the reliever medicine is taken promptly and properly.** A reliever inhaler (usually Blue) should quickly open up narrowed air passages; try to make sure it is inhaled correctly, preferably with the aid of a spacer. Preventer medicine is of no use during an attack; it should be used only if the child is due to take it.
2. **Stay calm and reassure the child.** Attacks can be frightening, so stay calm and do things quietly and efficiently. Listen carefully to what the child is saying and what he or she wants; the child has probably been through it before. Try tactfully to take the child's mind off the attack. It is very comforting to have a hand to hold but don't put your arm around the child's shoulder as this is very restrictive.
3. **Help the child to breathe.** In an attack people tend to take quick shallow breaths, so encourage the child to breath slowly and deeply. Most people with asthma find it easier to sit fairly upright or leaning forwards slightly. They may want to rest their hands on their knees to support their chest. Leaning forwards on a cushion can be restful, but make sure that the child's stomach is not squashed up into the chest. Lying flat on the back is not recommended.

In addition to these three steps loosen tight clothing around the neck and offer the child a drink of warm water because the mouth becomes very dry with the rapid breathing.

After the attack

Minor attacks should not interrupt a child's concentration and involvement in school activities. As soon as the attack is over, encourage the child to continue with normal school activities. **The child's parents must be told about the attack.**

MAJOR ATTACK - RED CARD ALERT- Follow our school procedures.

Ring 999 if:

- The reliever has no effect after five to ten minutes
- The child is either distressed or unable to talk
- The child is getting exhausted
- You have any doubts at all about the child's condition.

NEVER LEAVE THE CHILD ALONE

ALWAYS CONTACT PARENTS

LETTER FROM PARENTS/CARERS TO THE SCHOOL GIVING INFORMATION ON THEIR CHILD'S ASTHMA

Dear Headteacher,

ASTHMA

I am writing to inform you that _____(name of child in full) has asthma. I understand that you require information on my child's asthma to help you identify the areas and activities in the school which may give rise to an asthmatic attack and details of my child's medication.

The information which you require is as follows:-

1. The triggers of an asthmatic attack are:

2. I confirm that:-

*(a) The asthma medication which has been prescribed by my child's doctor will be administered by me before and after the school day and the medication is not required to be given to my child during the school day.

*(b) My child is able to take responsibility for the self administration of his/her asthma medication and is able to carry his/her asthma inhaler during the school day.

*(c) My child is not able to self administer the contents of the reliever inhaler whilst he/she is at school which has been prescribed by his/her doctor. I am writing to ask if staff of the school will assist my child when he/she requires to use the asthma inhaler and medication. Details of the inhaler and medication are as follows:-

.....Name of Inhaler and Medication Dosage

.....Method of administering the medication

.....Times of the school day when the medication is to be administered.

**Delete whichever does not apply*

3. The medication will be delivered personally by me to the school and I will ensure that a spare asthma inhaler is supplied to the school for use by my child.

Signed: _____ (Parent/Guardian)

Home address: _____

Date: _____