

BENWICK PRIMARY SCHOOL



Asthma Policy

School Name: Benwick Primary School

Date Agreed at FGB: 8/12/25

Next Review: Dec 2025

Date shared with staff: 12/12/25

Signed: Role:

BENWICK PRIMARY SCHOOL ASTHMA POLICY

Introduction and Background

This policy has been written with advice from the Department for Education and Employment, Asthma UK, the Local Authority, Local Healthcare Professionals, the School Health Service, Parents, the Governing Body and Pupils.

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 Authority) and pupils. Supply teachers and new staff are also made aware of the policy. First-Aiders who come into contact with pupils with asthma are provided with training on asthma from a health care professional who has had accredited asthma training.

Asthma Medicines

Immediate access to reliever medicines is essential. Pupils with asthma are encouraged to use their reliever inhaler as soon as the parent/carer, doctor or asthma nurse and class teacher agree they are mature enough. The reliever inhalers of all children are kept in teacher's designated area and are available when the child requires them. These should be clearly named with the child's name when being brought to school. Dates on the pumps should be checked by class staff every half term.

Parents/Carers are asked to ensure that school is provided with a labelled reliever inhaler.

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 LA 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 registration form. Teachers are informed and inhalers are kept in classrooms.

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.

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.

The 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 definite no-smoking policy. The school does not use chemicals in science and art lessons that are potential triggers for pupils with 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 (for more details see below).

When a Pupil is Falling Behind in Lessons

If a child or young person is missing a lot of time from school or is always tired because their asthma is disturbing their sleep at night, the class teacher will initially talk to the parents/carer to work out how to prevent their child from falling behind. If appropriate, the teacher will then talk to the school nurse and special education needs coordinator 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

All first aid trained staff who come into contact with pupils with asthma know what to do in the event of an asthma attack.

In the event of an asthma attack the school follows the procedure outlined by Asthma UK:

Usual signs to look out for include wheezing, coughing, shortness of breath and a feeling of tightness in the chest. Pupils may struggle to breathe, talk, or walk and require their reliever inhaler (usually blue).

1. Encourage the pupil to sit up straight (on the floor or a chair) and try to help them stay calm. You can try some mindfulness strategies [here](#); you must remain calm yourself.
2. Use their reliever inhaler (or school emergency inhaler); with parent consent, schools can use an emergency inhaler to support those showing signs of an asthma attack. It is recommended by [Asthma UK](#) to take one puff of the reliever every 30-60 seconds up to a maximum of 10 puffs.
3. Call for medical support: if after 10 puffs they are showing worsening symptoms or are not improving, call 999.
4. Whilst waiting for an ambulance, repeat step 2 after waiting for 10 minutes.
5. After an asthma attack, an appointment with a GP is recommended as soon as possible.

This policy will be reviewed every 2 years.