

# English Martyrs' Catholic Primary School



## Asthma Policy

## Our Mission

Our children are all unique, beautiful **individuals** but together we are a **masterpiece**, brothers and sisters in **Christ**.

As witnesses of Christ, working together as a **Team**, we strive to promote the **Gospel Values** and Teachings of Jesus by providing a **caring, stimulating environment**, with **nurture, trust, love** and **tolerance** through our spirituality, learning and play. By making connections with Jesus, we promote **high ambitions** and **confidence** to achieve our goals.

## 1. Policy Statement

At English Martyrs' Catholic Primary School, we are committed to supporting pupils with asthma to ensure they have full access to education, including educational visits, physical education, sporting activities, and extracurricular activities.

We recognise that asthma is a common long-term medical condition that affects children in different ways and that prompt access to asthma medication is essential. The school will work collaboratively with pupils, parents/carers, healthcare professionals, and staff to provide a safe and inclusive environment.

This policy is aligned with the Department for Education's statutory guidance *Supporting Pupils at School with Medical Conditions* and good practice guidance from Asthma + Lung UK.

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## 2. Aims

The aims of this policy are to:

- Ensure pupils with asthma can participate fully in school life.
  - Provide effective support for pupils with asthma.
  - Ensure staff understand their roles and responsibilities.
  - Minimise the risk of asthma attacks occurring in school.
  - Ensure appropriate emergency procedures are in place.
  - Comply with statutory guidance regarding supporting pupils with medical conditions.
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## 3. Roles and Responsibilities

### Governing Body

The governing body will:

- Ensure suitable arrangements are in place to support pupils with asthma.
- Ensure this policy is reviewed regularly.
- Ensure staff receive appropriate training where required.

### Headteacher

The Headteacher will:

- Implement this policy.
- Ensure adequate staff awareness and training.
- Ensure asthma information is communicated to relevant staff.
- Ensure emergency procedures are understood.

### Staff

All staff will:

- Be aware of pupils with asthma in their care.
- Know how to respond to an asthma emergency.
- Allow immediate access to inhalers when required.
- Encourage pupils with asthma to participate fully in all school activities.

### Parents/Carers

Parents/carers are responsible for:

- Providing the school with up-to-date medical information.
- Completing any required medical forms or Individual Healthcare Plans.
- Ensuring medication is in date.
- Supplying the pupil's prescribed reliever inhaler and spacer where required.

### Pupils

Pupils are encouraged to:

- Carry and use their inhaler responsibly where appropriate.
- Inform a member of staff if they experience symptoms.
- Take reasonable responsibility for managing their asthma in accordance with their age and understanding.



## 4. Asthma Register

The school will maintain an up-to-date register of pupils diagnosed with asthma.

The register will include:

- Pupil name.
- Class/Form.
- Emergency contact details.
- Medication requirements.
- Details of any Individual Healthcare Plan (IHP).

Relevant staff will have access to this information.

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## 5. Individual Healthcare Plans

Where appropriate, pupils with asthma will have an Individual Healthcare Plan developed in partnership with parents/carers and healthcare professionals.

The IHP may include:

- Details of the condition.
- Medication requirements.
- Signs and symptoms of deterioration.
- Emergency procedures.
- Participation arrangements for school activities and trips.

Healthcare plans will be reviewed at least annually or sooner if medical needs change.

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## 6. Asthma Medication

Pupils should have immediate access to their reliever inhaler (usually blue) at all times.

Inhalers:

- Must be clearly labelled with the pupil's name.
- Should be easily accessible and never locked away.
- May be carried by pupils where agreed with parents and the school.

Staff will not routinely administer medication unless agreed as part of a healthcare plan or emergency procedure.



The school may maintain an emergency salbutamol inhaler in accordance with current regulations and guidance. Parents/carers will be informed if their child uses the emergency inhaler.

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## 7. Physical Education and School Activities

Pupils with asthma will be encouraged to participate fully in PE and sports.

Staff will:

- Be aware of pupils with asthma before activities begin.
- Ensure inhalers are readily available.
- Permit rest breaks if symptoms occur.
- Take account of weather, pollen levels, air quality, and other potential triggers where appropriate.

Asthma should not be used as a reason to exclude pupils from physical activity unless specifically advised by a healthcare professional.

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## 8. Educational Visits

The school will ensure that pupils with asthma can participate fully in educational visits.

Risk assessments will include consideration of:

- Access to medication.
- Environmental triggers.
- Emergency arrangements.
- Staff awareness of affected pupils.

Inhalers and healthcare plans will accompany pupils during visits.

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## 9. Recognising Asthma Symptoms

Staff should be aware of symptoms that may indicate worsening asthma, including:

- Persistent coughing.
- Wheezing.
- Breathlessness.
- Tightness in the chest.
- Difficulty speaking or completing activities.
- Increased need for inhaler medication.

Any concerns should be taken seriously and acted upon immediately.

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## 10. Emergency Procedures

If a pupil is experiencing an asthma attack:

1. Keep the pupil calm and seated upright.
2. Encourage slow, steady breathing.
3. Help the pupil take one puff of their reliever inhaler every 30-60 seconds, up to 10 puffs through a spacer if available.
4. Contact parents/carers.
5. Call 999 immediately if:
  - Symptoms do not improve after 10 puffs.
  - The pupil appears exhausted.
  - The pupil is too breathless to talk, eat or drink.
  - The pupil deteriorates at any time.
  - Staff are concerned for the pupil's safety.

If an ambulance has not arrived after 10 minutes and symptoms persist, repeat up to 10 puffs as directed. Staff should follow current NHS and asthma emergency guidance.

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## 11. Staff Training

The school will ensure relevant staff receive appropriate information and training regarding:

- Understanding asthma.
- Recognising symptoms.
- Emergency procedures.
- Use of inhalers and spacers.
- Individual Healthcare Plans.

Training records will be maintained by the school.

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## 12. Record Keeping

The school will maintain records of:

- Pupils with asthma.
- Healthcare plans.
- Medication administered.
- Emergency incidents.
- Staff training.

Records will be managed in accordance with data protection requirements.

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## 13. Monitoring and Review

This policy will be reviewed annually or earlier if:

- National guidance changes.
  - Significant incidents occur.
  - School procedures require amendment.
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**Approved by:** Quality of Education and Catholic Life and Mission Governor Committee

**Date Approved:** 28<sup>th</sup> September 2026

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