

Tarbiyyah Primary School

Asthma Policy

Date: September 2026

Prepared by: Headteacher

Agreed with: Chair of Trustees

To be reviewed and updated: September 2027

Asthma Policy

At Tarbiyyah Primary School (TPS), we understand that asthma is a serious but controllable condition which causes the airways in the lungs to narrow making it difficult to breathe. Sudden narrowing produces what is usually called an 'asthma attack'.

Aims

The school aims to:

- Assist in the management and control of this widespread, serious but controllable condition among children.
- Create an environment that is favourable to all asthma sufferers and encourage those pupils who suffer with asthma to fully participate in all aspects of the school.
- Ensure that all staff who have pupils with asthma in their care, know who those pupils are and know the school's procedure to follow in the event of an asthma attack.
- Ensure that the school area is cleaned daily to minimize the impact of dust and airborne particles which can affect Asthma.

Asthma medicines

Immediate access to reliever medicines is essential. Pupils with asthma are encouraged to carry their reliever inhaler as soon as the parent/carer, doctor/asthma nurse and class teacher agree they are mature enough. The reliever inhalers of younger children are kept in their classroom.

It is advised that the school is provided with a labelled, in date spare inhaler. These are held in case the pupil's own inhaler runs out or is lost or forgotten and are kept in the medical aid room. All inhalers must be labelled with the child's name by the parent/carer.

If a parent/carer has stated that their child requires an inhaler in school but does not supply an **in-date inhaler**, the school will take the following action:

- Phone the parent/carer and request that the inhaler is brought into school without delay.
- If the parent/carer fails to supply the inhaler as requested the parent will be called again and informed that they will need to come to the school to take the child home.

All school staff will facilitate pupils to take their medicines when they need to.

Record Keeping

When a child joins the school, parents/carers are asked on the registration form to declare any medical conditions (including asthma) that require care within school, for the school's records.

Parents are requested to update details about medical conditions (including asthma) and emergency contact numbers, on the registration form which is given out with the continuing enrolment letters.

All parents/carers of children with asthma are given the administering medicines form to complete and return to school. From this information, the school keeps its asthma records.

Parents are requested to update the school about any change in their child's medication, treatment or that the child no longer needs an inhaler. (See Appendix A)

Exercise and activity – PE and Games

All children are encouraged to participate fully in all aspects of school life including PE. Properly managed, asthma should not prevent a child from undertaking physical activity. Children are encouraged/reminded to use their inhalers before exercise and during exercise if needed. Each pupil's inhaler will be labelled and kept in a box at the site of the lesson.

School Environment

The school endeavours to ensure that the school environment is favourable to pupils with asthma. The school will take into consideration, any particular triggers to an asthma attack that an individual may have and will seek to minimise the possibility of exposure to these triggers.

Asthma Attacks –School's Procedure

In the event of an asthma attack, staff will follow the school procedure:

- ❖ Encourage the pupil to use their inhaler
- ❖ Summon a first aider who will bring the pupil's Inhaler Information Form and will ensure that the inhaler is used according to the dosage on the form
- ❖ If the pupil's condition does not improve or worsens, the First Aider will follow the 'Emergency asthma treatment' procedures
- ❖ The First Aider will call for an ambulance if there is no improvement in the pupil's condition or if there is any doubt about a pupil's condition.
- ❖ **At no time should the pupil be left unattended.**

Access and Review of Policy

The Asthma Policy will be accessible to all staff and the community through the school's website as well as in the staffroom folder.
This policy will be reviewed yearly.

HOW TO RECOGNISE AN ASTHMA ATTACK
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The signs of an asthma attack are:

- Persistent cough (when at rest)
- A wheezing sound coming from the chest (when at rest)
- Difficulty breathing (the child could be breathing fast and with effort, using all accessory muscles in the upper body)
- Nasal flaring
- Unable to talk or complete sentences. Some children will go very quiet.
- May try to tell you that their chest 'feels tight' (younger children may express this as tummy ache)

CALL AN AMBULANCE IMMEDIATELY AND COMMENCE THE ASTHMA ATTACK PROCEDURE WITHOUT DELAY IF THE CHILD

- Appears exhausted
- Has a blue/white tinge around lips
- Is going blue
- Has collapsed

What to do if a child has an asthma attack

- Keep calm

- Encourage the child or young person to sit up and slightly forward – do not hug or lie them down
- Make sure the child or young person takes two puffs of reliever inhaler (usually blue) immediately – preferably through a spacer
- Ensure tight clothing is loosened
- Reassure the child
- Continue to make sure the child or young person takes one puff of reliever inhaler every minute for five minutes or until their symptoms improve.
- Give a maximum of ten puffs

Call 999 or a doctor urgently if:

- The child or young person's symptoms do not improve in 5–10 minutes
- The child or young person is too breathless or exhausted to talk
- The child or young person's lips are blue
- You are in doubt
- Ensure the child or young person takes one puff of their reliever inhaler every minute until the ambulance or doctor arrives.

Any child who is no longer asthmatic, or no longer requires an inhaler, will have to be notified by the parents on a declaration form.

APPENDIX A

Assalaamu alaykum wa rahmatullaahi wa barakaatuh,

Dear Parent/Guardian,

Our records show that your child _____ in Year _____ is asthmatic.

If your child is likely to need asthma treatment while at school, please ensure that your child has two inhalers at school at all times, including school trips, clearly marked with his or her name and must be replaced before they reach their expiry date. Please ask your GP to prescribe a new inhaler and spacer.

At the end of each school year, inhalers can be taken home and used normally.

Please complete the form below so that the school has the necessary information about your child's asthma. **Please return this form without delay**

JazakAllah Khayran

School Administrator

Child's Full Name _____ Age _____
Class _____

Tick the appropriate statements.

- ☐ I agree to ensure that my child has in-date inhalers and spacer (if prescribed) in school
- ☐ My child requires an inhaler and I have provided two (2) to the school office.
- ☐ My child requires a spacer and I have provided this to the school office
- ☐ My child does not require a spacer
- ☐ I need to obtain an inhaler/spacer for school use and will supply this/them as soon as possible

Signed _____

Date _____

I am the person with parental responsibility.

Parental Update (only to be completed if your child no longer has asthma)

My child _____ no longer requires an inhaler in school or on school visits.

Signed _____

Date _____

I am the person with parental responsibility.

For office use:
Provided by parent (Yes/No):
Location:
Expiry date:
Date of phone call requesting inhaler/spacer:
Date of letter (attach copy):
1 st inhaler with pupil/In classroom:
2 nd inhaler advised In office/ medical room
Spacer (if required):
Record any further follow up with the parent/carer:

*Example letter to send to parent/carer who has not provided an in-date inhaler.
Please amend as necessary for the individual circumstances*

Assalamu alaykum wa rahmatullaahi wa barakaatuh,

Dear Parent/Guardian,

Following today's phone call regarding [Name of pupil]'s asthma inhaler, I am very concerned that an inhaler has not been provided.

You have stated on [name of pupil]'s Asthma Information Form that [name of pupil] requires an inhaler in school and you have agreed to provide an inhaler [and spacer]. Please ensure that:

- an inhaler
- a spacer is provided without delay.

If [name of pupil] no longer requires an inhaler, please request his/her Asthma Information form from the school office and complete the parental update section.

Please be aware that in the absence of an inhaler, should [name of pupil] suffer an attack, staff will not be able to follow the usual Asthma Emergency inhaler procedures, they will be reliant on calling 999 and awaiting the Emergency Services.

Jazak Allah Khair

School Administrator

Asthma Information Form

Please complete the questions below so that the school has the necessary information about your child's asthma. **Please return this form without delay.**

Child's Full Name..... Age Class

1. Does your child need an inhaler in school? Yes/No

2. Please provide information on your child's current treatment. (Include the name, type of inhaler, the dose and how many puffs? Do they have a spacer?

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3. What triggers your child's asthma?

.....

It is advised to have a spare inhaler in school. Spare inhalers may be required in the event that the first inhaler runs out is lost or forgotten. Inhalers must be clearly labelled with your child's name and must be replaced before they reach their expiry date. I agree to ensure that my child has in-date inhalers and a spacer (if prescribed) in school.

Signed:.....

Date.....

I am the person with parental responsibility

Tick the appropriate statements:

- ☐ My child carries their own inhaler.
- ☐ My child requires a spacer and I have provided this to the school office
- ☐ My child does not require a spacer
- ☐ I need to obtain an inhaler/spacer for school use and will supply this/these as soon as possible

4. Does your child need a blue inhaler before doing exercise/PE? If so, how many puffs?

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5. Do you give consent for the following treatment to be given to your child as recognised by Asthma Specialists in an emergency?

- Give **6 puffs of the blue inhaler via a spacer**
- Reassess after 5 minutes
- If the child still feels wheezy or appears to be breathless they should have a further **4 puffs of the blue inhaler**
- Reassess after 5 minutes
- **If their symptoms are not relieved with 10 puffs of blue inhaler then this should be viewed as a serious attack:**
- **CALL AN AMBULANCE and CALL PARENT**
- **While waiting for an ambulance continue to give 10 puffs of the reliever inhaler every few minutes**

CIRCLE: Yes/No

Signed:.....

Date.....

I am the person with parental responsibility

Please remember to inform the school if there are any changes in your child's treatment or condition

Jazak Allah Khair

School Administrator

Parental Update Form

(Only to be completed if your child no longer has asthma)

My child no longer has asthma and therefore no longer requires an inhaler in school or on school visits.

Signed:.....

Date.....

I am the person with parental responsibility