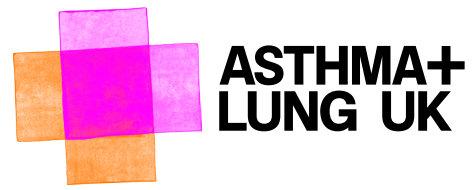


How your school can become

Supported by



Asthma Fit

Being an **asthma fit** school means that you are making a commitment to the health and wellbeing of children and young people with asthma at your school. It's achievable and has real benefits for the whole school community:

- School staff are equipped with the knowledge and skills to support children with asthma.
- Parents and carers are reassured that school staff are able to support their child to reach their full potential in a supportive, inclusive school.
- Children and young people with asthma feel safe and supported to take part in all school activities.
- Children and young people's views are at the forefront of the school's asthma care.

How to improve your school's support for children with asthma

When making improvements to your school's asthma support, it's important to listen the views and opinions of children, young people, parents/carers and school staff, as this will help create a responsive, inclusive and supportive environment.

1 Create an asthma policy

- Create an asthma policy based on the needs of your school (guidance can be found in your resource pack)
- Consult the statutory government guidance for the devolved nations. Details of how to find the guidance can be found in *Supporting pupils and students: Developing a medical conditions policy in your resource pack*.
- Ensure the school asthma policy is visible to the whole school community and reviewed annually.

2 Improve staff understanding how asthma affects your school

- Identify a named asthma lead, champion or team (consider the value of more than one person in this role). The school leadership team must be supportive of the role/s.
- Source, agree and provide regular whole school staff asthma training. You can find training on supporting children with asthma on the **Education for Health website** or by contacting your local school nursing service.

- Create a school asthma register/list of children with asthma or suspected asthma, which is reviewed annually. Record the number of children with asthma as % of the whole school role. You should expect at least 5% of the pupils/students on the school role to be on this register. If the number is lower than 5%, it's likely that there are pupils/students with asthma that you don't know about!

3 Support every child with asthma

- Every child/student will bring a copy of their current asthma action plan into school, which has been discussed and completed at an asthma review with their healthcare professional. The action plan will provide information on how to recognise an asthma attack and what to do.
- Every child or young person will have their own reliever inhaler (and spacer) which is easily and quickly accessible, kept in the original pharmacy box. Consider where this will be kept or how young people carrying their own reliever inhaler (and spacer) will be monitored.
- Staff will record when children use medication (whenever possible) and share this information with parents/carers.
- Consider holding an 'emergency inhaler' for use if the child's own inhaler is not available. This does not replace the child's own inhaler. Consult the government's **Emergency asthma inhalers for use in schools guidance**. Holding an emergency reliever inhaler is not mandatory but is an option for schools who choose to do so.

4 Improve your community's understanding of asthma

- Support pupils and students to understand their asthma, using written resources or encouraging contact with their healthcare professional.
- Introduce measures to raise awareness of asthma across the whole school community, such as running an assembly, celebrating World Asthma Day or holding an awareness stall at your next event.

Becoming an asthma fit school might feel challenging at first, but we're here to support you.

You can contact our free helpline for advice on:

Telephone: 0300 222 58000 | Email: helpline@asthmaandlung.org.uk

WhatsApp: 07999 377775.

Asthma + Lung UK

The White Chapel Building, 10 Whitechapel High Street, London SE1 8QS

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