



Suffolk Asthma Friendly School Guidance

The requirements to meet to become an “Asthma Friendly School” are shown in the table below along with guidance and examples of how the school can meet the requirements.

In addition, Healthy London Partnership (HLP) have published a [London schools’ guide for the care of children and young people with asthma](#), which can be adopted by our schools in Suffolk. This provides a clear and easy to follow guide that schools need to consider when creating their asthma policy. It also includes templates and resources that schools can adapt and use within their own organisation to help meet the asthma friendly standards. Links to additional resources are also included for our schools’ reference.

Please create your own templates based on the templates provided by Suffolk County Council as well as the templates provided by the Healthy London Partnership guidance.

Standard		Additional resources
1	The school must implement asthma policy and monitor it through annual audit using the checklist provided (see below)	Refer to pages 5 to 10 of the London schools’ guide for guidance when creating your school’s asthma policy. Another useful tool is the Beat Asthma – Supporting Pupils with Asthma Legal Requirements checklist .
2	The school must have an up-to-date register of children with asthma to support the pupils throughout the school year.	Sample asthma register is found on Page 18 of the London schools’ guide . Suffolk sample asthma register
3	The school must have a copy of their pupils’ Asthma Annual Plan to effectively support them.	A sample asthma plan is found here: Asthma UK – asthma plan for a child . Please see further information about Individual Asthma Care Plans.
4	The school must have access to an emergency asthma kit and can evidence that it is regularly checked and has well trained staff who can use them during emergency	Department of Education – Emergency Inhaler Policy Sample consent form Sample letter for parents to inform them of inhaler use. A sample emergency asthma kit checklist can be found on page 29 of the London schools’ guide or you can use the Suffolk emergency asthma checklist .



5	All staff should complete Asthma training and be able to support asthmatic children well at school	Free training is available from Education for Health on Supporting Children and Young People's: Improving Asthma Care Together .
6	Each school is recommended to have a named Asthma Champion who can provide leadership in this area.	For roles and responsibilities, refer to page 7 of the London schools' guide .

Individual asthma care plan

Our children are exposed to different types of triggers for Asthma every day, some of which could be fatal. All children with asthma **must** have an **individual annual asthma care plan** which is completed by the child's GP/asthma nurse/asthma specialist and a copy should be shared with the school. A sample asthma plan can be found at the [Asthma UK website](#).

Please inform parents about an asthma annual plan, and encourage them to check if their child has one; if not make sure they contact their GP/Asthma nurse to ensure their child has an annual plan.

The school should ask for a copy of this plan and help pupils to effectively manage their condition.

Car idling

Vehicle idling is when the vehicle's engine is kept running whilst the vehicle has stopped. Car idling contributes to **air pollution**. If you keep your car off for 10 minutes, then that prevents 1 pound of carbon dioxide from getting into the air. Car idling also impacts the health of children, especially those prone to respiratory disease such as asthma.

Encourage parents to stop car idling during pick-up and drop-up of children at schools. For more information, leaflets and posters, please see the [Suffolk County Council anti-idling page](#).