

Why is asthma important?

Asthma is the most common long-term medical condition affecting children and young people

1 in 11 are affected by the condition, which is around **3 in every London classroom**

Many have badly managed asthma, with **over 20,000 admitted to hospital every year** in England. Over 4% of these have such a severe episode that they are admitted to intensive care

Children die in London because of asthma every year. **90% of asthma deaths are preventable**: these children should have gone on to lead full and productive lives.

If a child's asthma is controlled they will be less likely to have an asthma attack, miss school, clubs and sports and will have better overall quality of life.

Aside from parents, a supportive school is the most important protective factor in helping children and young people to stay healthy and avoid risks. Your school can help children and young people with asthma lead the same full lives as their peers.

Did you know...?

Asthma is the most common chronic medical reason for students missing school. Absenteeism due to illness represents a barrier to achievement and standards.

School Governor Factsheet: Asthma in Schools

London's annual **#AskAboutAsthma** campaign raises awareness of 4 simple measures that can make a big difference to how children and young people experience their asthma – having an asthma plan and regular review, using inhalers properly and knowing how air pollution affects them.

This campaign has been running for 7 years, led by NHS England – London's babies, children and young people's transformation team. This year's campaign takes place from **11-17 September 2023**. There are lots of ways for schools to get involved, [find out more here](#).

What does Ofsted say?

Schools' support for pupils' health and wellbeing is evaluated in the new Ofsted inspection framework. The importance of developing pupils' understanding and commitment to their own and others' health and wellbeing is also highlighted in Ofsted's supplementary PSHE guidance for inspectors undertaking subject survey visits.

Have you thought about...?

- Does your school have a register of students with asthma (and other long-term conditions)? This can help to keep them safe.
- Does the office hold up to date medication and an asthma plan for all pupils with the condition – or, for secondary pupils, does the school ensure pupils carry their own medication?
- Could the school hold an 'emergency asthma bag' in case anyone has an attack on site? This can include inhalers that schools can now source directly from [pharmacies](#).
- Asthma can be seen as a stigma by some children meaning they don't want to use their inhalers. Teachers and other staff can promote an inclusive classroom environment by teaching about asthma and common triggers more generally. Find some lessons plans [here](#) and see our [spotting signs of asthma poster](#) to help you get started.
- Could your school become an Asthma Friendly School?
 - ☐ The benefits include all staff being trained in managing asthma including attacks
 - ☐ Find out more here: [Asthma Friendly Schools](#)