

Dear Parent/Carer

### **Asthma Attacks Spike in September**

As part of our school asthma policy, we would like to ensure that all our children with asthma have a personal asthma action plan in school, so that we have all the correct information about your child to enable us to support them with their asthma.

If your child has not had a recent asthma review at your GP surgery and/or does not have an up-to-date action plan in school, please could we ask that you make an appointment at your surgery for an asthma review during the holiday so that you have an action plan you can bring back to school at the beginning of term.

Data shows that every year in September there is a peak in admissions for children having an asthma attack. The cause of this is not clear, however it is believed that when the children return to school they are exposed to a number of new environmental factors that can trigger an asthma attack. Children are also exposed to new viruses which can be another trigger of an asthma attack. If children with asthma return to school with their lungs in the best possible condition, then an asthma attack maybe prevented.

Asthma UK's website has lots of useful information about asthma <https://www.asthma.org.uk/> including the importance of an asthma review every 6-12 months and continuing to take your preventer inhalers even when you feel well.