Newport School District Parents:

With school underway and your students in our care during the day, we want to ensure you that we are monitoring the air quality very closely and are taking appropriate precautions. The following document was provided by the Washington State Department of Health and the Northeast Tri County Health District. Utilizing this document, in coordination with continuous updates provided by the Tri County Health Department, the Newport School District will use the following procedures to ensure the well-being of our students. The webpage to be used is: [http://www.netchd.org/](http://www.netchd.org/)

<table>
<thead>
<tr>
<th>Air Quality Conditions</th>
<th>First, check local air conditions at <a href="https://fortress.wa.gov/ecy/enviwa/">https://fortress.wa.gov/ecy/enviwa/</a> and then use this chart.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Good</strong></td>
<td><strong>Moderate</strong></td>
</tr>
<tr>
<td>Recess (15 minutes)</td>
<td>No restrictions. Allow students with asthma, respiratory infection, lung or heart disease to stay indoors.</td>
</tr>
<tr>
<td>P.E. (1 hour)</td>
<td>No restrictions. Monitor students with asthma, respiratory infection, lung or heart disease. Increase rest periods or substitutions for these students as needed.</td>
</tr>
<tr>
<td>Athletic Events and Practices (Vigorous activity 2-3 hours)</td>
<td>No restrictions. Monitor students with asthma, respiratory infection, lung or heart disease. Increase rest periods and substitutions for these students as needed. Students with asthma should follow their Asthma Action Plan.</td>
</tr>
</tbody>
</table>

**Light Activities:** Playing board games, throwing and catching while standing, and cup stacking.

**Moderate Activities:** Yoga, shooting basketballs, dance instruction, and ping pong.

**Vigorous Activities:** Running, jogging, basketball, football, soccer, swimming, cheerleading, and jumping rope.
**Before and After School and Recesses**

No later than 7:15 A.M. daily our principals, using the latest reading from Tri-County Health, will determine if the air quality is good, moderate, unhealthy for sensitive groups, unhealthy, or very unhealthy/hazardous. Using the Air Pollution and School Activities Guide the principals will make the appropriate call regarding students being outside. Please know, all students will be notified that they have the option of staying inside if they feel distress due to the air quality. In addition, any student that has been identified with having asthma or any other respiratory difficulties will not be allowed outside until the air quality reading is good. Our principals will coordinate with Tri-County Health throughout the day to receive the latest reading and will allow students to go outside or keep them inside using those readings.

**P.E. Classes**

Again, our principals will monitor the latest air quality readings and if it shows in the good or moderate range, our P.E. teachers will take students outside but will limit activity for any student who has asthma or feels respiratory distress from the smoke. Past the moderate range, our P.E. classes will remain inside.

**After School Activities**

For the purpose of outside activities, our middle school and high school Athletic Directors and Discovery Center coordinators will check in with the district office no later than 2:00 P.M. daily where they will be given the latest air quality update. Once they receive the update they will follow these procedures.

1. The Athletic Director will coordinate with the head coach one (1) hour before the practice starts, or two (2) hours before an event begins, to determine if the practice can be outdoors or needs to be indoors or the event needs to be postponed/canceled.

2. The Athletic Director will communicate with the following people once a decision has been reached:
   a. Head coaches
   b. Building secretaries
   c. Visiting team athletic director, head coach and athletic trainer (if applicable)
   d. Any other event management staff

3. The head coach will immediately contact the team informing them of the decision.

4. If conditions visibly deteriorate during practice, the Athletic Director and Coach will be in contact and either end practice early or move practice indoors.

5. Coaches will not change from an indoor practice to outdoors without consent of the Athletic Director.

Breathing for anyone with seasonal allergies, asthma or other upper respiratory illness or condition is difficult at various times due to environmental factors. High pollen, smoke and other antigen counts (dust, mold, animal dander, etc.) along with temperature extremes and humidity play a significant role in performance and recovery. Being aware of this and of local conditions for those affected and those working with or directing a student-athlete is of significant importance. Tracking of specific, relevant information is done by the District office, building principals and Athletic Directors.
At all times students, as well as student athletes, know that they can access the indoors and special attention will be given to those in acute distress from a respiratory problem by the individual sport coach and other medical personnel as needed. However, all involved should be aware of or informed by the Athletic Director and the team’s coach that on a particular day or in certain circumstances, specific individuals may be affected temporarily. Awareness by all involved is paramount to successful outcomes.

As always, if you have any further questions or concerns, please contact:
Newport School District Office (509)447-3167
Newport High School (509)447-2481 or
Sadie Halstead Middle School (509)447-2426.