



### Air Quality Standards and Recess Guidance

Dear Parents,

In January of 2008, all schools in Utah received guidance from the Utah Department of Health pertaining to air quality standards and recess procedures. Since that time, American Heritage School has complied and continues to comply with this guidance.

In recent years we have seen inversions, fires and other factors affect our outdoor air quality. There is concern about the effects of poor air quality on children's health and their ability to breathe easily. Because of this, we have adopted the following guidelines recommended by the Utah Department of Health:

What does the School do?

1. We check the local Particulate Matter (PM<sub>2.5</sub>) levels on a daily (and oftentimes during the winter season, hourly) basis. This information guides our outdoor physical activities. Our data source is Brigham Young University. Please note that we do not base our decisions upon readings from Salt Lake County, which we understand can have very different weather and air quality patterns from Utah County.
2. When the PM<sub>2.5</sub> level falls between 35.5 and 55.4, we instruct "sensitive" students to stay indoors.
3. When the PM<sub>2.5</sub> level falls between 55.5 and 90, we instruct "sensitive" students and students experiencing respiratory symptoms, such as with a cold or allergies, to stay indoors.
4. When the PM<sub>2.5</sub> level rises above 90, we cancel outdoor recess for all children and alternative play/exercise opportunities are offered indoors.

What should parents do?

- Parents, with advice from your health care provider, should contact the school health officer (Mrs. Wheeler) if your child is "sensitive" to poor air quality. We will not place a student in the "sensitive" category without parental instruction.
- Sensitive children may include those with significant or poorly controlled asthma, cystic fibrosis, chronic lung disease, congenital heart disease, compromised immune systems, or other respiratory problems.

For your information:

- ✓ The daily PM<sub>2.5</sub> level is located at [www.airquality.utah.gov](http://www.airquality.utah.gov).
- ✓ Additional information on air quality guidance for schools is located at [www.health.utah.gov/asthma](http://www.health.utah.gov/asthma).

We are committed to providing a safe and healthy school environment for your child! Please contact us if you have questions about this issue.

Sincerely,

Grant Beckwith  
Principal