

TO: Bayfield School Board
FROM: Dave Aslyn
DATE: July 7, 2014
SUBJECT: July District Administrator Report

1. Strategic Plan Update

The second informational mailing regarding the District's Strategic Plan is scheduled to go out next week. This mailing covers goals, strategies and measures for the academic achievement and resources priorities. A third edition will be mailed in August. The third edition will provide information on the goals, strategies and measures for the final two strategic priorities.

2. Federal School Lunch Program

The application was submitted for Bayfield's participation in the Federal School Lunch Program. If the District's application for the program is approved, the District would be eligible to provide free lunch for all of the District's students regardless of their economic status. The rate of reimbursement makes the program economically viable for the District. This Federal School Lunch Program operated similarly to the breakfast program currently in place in the District.

3. Wisconsin Asthma Coalition

Martin Medina of the Wisconsin Asthma Coalition recently conducted a walk-thru of the school in order to help with the District's ongoing efforts to provide healthy indoor air quality. A variety of areas were examined during the visit. Mr. Medina was able to validate some of the measures the District has taken in recent years and also identified some areas for improvement. His report is included in this packet.

4. COPS Grant

The District is working with the City of Bayfield to obtain a COPS grant. Notifications to successful grant applicants are expected sometime prior to the start of the Federal fiscal year which begins October 1st. If the proposal is successful, the District would have a School Resource Officer during the times school is in session. The officer would serve as a patrol officer for the City when school was not in session.



Bayfield Schools Report (Elementary, Middle, High School) School District of Bayfield School Walkthrough Program

Introduction

Asthma is one of the leading causes of school absenteeism. In the United States, children miss an estimated 14 million days of school per year because of asthma. Almost half of all children with current asthma reported missing one or more days of school in the last year to asthma. Asthma management in the school environment is imperative as children spend over 1,000 hours a years at school.

The goal of the Wisconsin Asthma Coalition (WAC) school walkthrough program is to increase school attendance by reducing exposure to environmental asthma triggers found within the school. This will be accomplished by:

1. Identifying areas that may inhibit good indoor air quality (IAQ) and lead to asthma triggers.
2. Identifying low- to no-cost solutions for elimination or reduction of environmental asthma triggers.
3. Providing recommendations to each school on how to resolve any existing IAQ problems (e.g. limiting number of plants, regular care of plants such as tossing dead plants and leaves, and requiring watering trays).
4. Increasing awareness to prevent future exposure to environmental asthma triggers in the school.

According to the U.S Environmental Protection Agency, there are five main triggers for asthma often found in school:

- Animals
- Dust mites
- Mold/mildew/moisture
- Pests
- Smoke exposure

Types of things we looked for:

- Ceiling stains indicting moisture.
- Upholstered furniture and stuffed animals which contain dust mites and dust.
- Excessive clutter which contains dust, dust mites and other allergens.

Expected outcomes:

- Increased awareness of potential asthma triggers found within each individual school.
- Implementation of low-/no-cost solutions to remove/reduce asthma triggers and improve IAQ.
- Increased school attendance by improving IAQ within the school.
- Reduced exposure to asthma triggers in the school environment.

Burden of Asthma in Wisconsin 2013 Report

The Burden of Asthma in Wisconsin 2013 report is published by the Wisconsin Department of Health Services. This comprehensive statistical report includes information on the following topics:

- Who has asthma in Wisconsin
- Factors associated with asthma
- Asthma management and quality of life
- Work-related asthma
- Health care utilization for asthma
- Asthma in government-funded programs
- Asthma mortality
- Meeting Healthy People 2020 asthma goals in Wisconsin

View the full Burden of Asthma in Wisconsin 2013 report at:

<http://www.dhs.wisconsin.gov/publications/p4/p45055.pdf>

Key Findings:

Bayfield County ranks 37th in the state for emergency department(ED) visits and 43rd in the state for hospitalizations related to asthma.

• **Prevalence**

- In 2011, 11.2 percent of children in Wisconsin had ever been diagnosed with asthma (lifetime asthma) and 7.6 percent had current asthma. Prevalence among children remained steady between 2005 and 2010.
- Wisconsin boys had higher lifetime asthma prevalence than girls (12.2 percent vs. 8.8 percent in 2008-2010).
- In 2010, Wisconsin non-Hispanic African American public middle and high school students reported higher lifetime asthma prevalence than non-Hispanic white students (25.8 percent vs. 12.0 percent).
- Nearly 56 percent of children with asthma reported missing school/work days due to asthma.

• **Asthma care**

- Hospitalizations and ED visits in which asthma was identified as the primary diagnosis vary seasonally, with the highest number of visits occurring in the fall.
- While most children with current asthma were taught to recognize asthma symptoms (96.2 percent), what to do during an attack (93.9 percent) and how to use an inhaler (96.3 percent), only 46.9 percent of children with current asthma indicated that their doctor or health care provider gave them an asthma action plan.

• **Mortality**

- Between 2002 and 2011 there were approximately 65 deaths per year in Wisconsin for which asthma was the underlying cause. Additionally, an average of 159 deaths per year during this time period listed asthma as a contributing cause of death.
- African Americans were four times more likely to die of asthma than whites (35.4 vs. 7.9 per million from 2006-2011).

Wisconsin Asthma Plan 2009-2014

The Wisconsin Asthma Plan was created by the Wisconsin Asthma Coalition and funded in part by the Wisconsin Department of Health Services through a U.S. Centers for Disease Control and Prevention Cooperative Agreement.

The overarching goals of the *Wisconsin Asthma Plan 2009-2014* flow from the vision and mission statements of WAC.

- Expand and improve the quality of asthma education, prevention, management and services.
- Decrease the disproportionate burden of asthma in disparately impacted populations.

The Wisconsin Asthma Plan addresses four pillars for asthma management in Wisconsin:

- Surveillance
- Standardized quality care
- Education
- Environment

The school walkthrough program falls under Environment, objective C:
Reduce exposure to asthma triggers in school environments

Download the complete Wisconsin Asthma Plan 2009-2014:
<http://www.chawisconsin.org/documents/A2WACPlan2009.2014.pdf>

Bayfield Schools Overview & Recommendations

Date of school walkthrough: May 28th, 2014

People in attendance:

- Martin Medina- Wisconsin Asthma Coalition
- David Aslyn- Superintendent, School District of Bayfield
- Steve Dunn- Building and Grounds Supervisor, School District of Bayfield
- Sue Marincel- District Nurse, School District of Bayfield

Rooms included in the school walkthrough program:

A105, E102, E106, E201, E203, E205, E212, E214, E216, E218, E311, E313, E316, E318, E320, H501, H503, H504, H505, M302, Kitchen, Smudging Room

Overview of findings & recommendations:

Trigger: Classroom pets

Reason for investigation: Pet's dead skin flakes, urine, feces, saliva, and hair/feathers can trigger asthma.

Found: Birds and baby chicks

Recommendations:

- Remove animals from school, if possible; if not, keep animals in cages or localized areas and away from upholstered furniture and carpets. Keep cages clean.
- Visit www.chawisconsin.org for a sample "NO PET" policy.
- Acceptable animals include: fish, amphibians, butterflies, non-poisonous snakes. Just remember to keep the cages and tanks as clean as possible. Change the floor covering as often as possible.

Trigger: Dust/dust mites

Reason for investigation: Dust mites like to live in dark and damp environments and along with dust can trigger asthma.

Found: Upholstered and stuffed chairs/sofas/seat cushions/pillows

Recommendations:

- Remove all upholstered (stuffed) furniture and replace with wooden or plastic furniture.

Found: Open book shelves

Recommendations:

- Avoid open bookshelves whenever possible as they can be hard to clean and dust thoroughly.
- Utilize baskets and trays to store items on the bookshelves. This makes it easier to clean and dust. Trays and baskets with lids are most preferable.

Found: Stuffed animals and blankets

Recommendations:

- Wash stuffed animals and blankets in hot water or place in the freezer overnight at least once a week.
- Store stuffed animals and blankets in closed containers.

Found: Tennis balls on chair and table legs

Recommendations:

- Remove tennis balls.
- Consider racquetballs as they do not have fibers that easily trap dust.

Found: Carpeting/area rugs

Recommendations:

- Carpets should be removed, if possible.
- If carpets cannot be removed or replaced with hard flooring, continue to vacuum carpeting on a daily basis.

Found: Curtains, blinds and drapes

Recommendations:

- Wash fabric curtains in hot water or place in the freezer overnight on a weekly basis.
- Dust blinds on a weekly basis.
- Replace curtains and blinds with pull down shades whenever possible.

Found: General clutter

Recommendations:

- Remind staff that papers & general clutter is difficult to clean.
- Encourage staff to organize classroom to reduce clutter.

Trigger: Mold/moisture/mildew

Reason for investigation: Inhaling mold spores can cause an asthma attack and mold growth can occur in less than 12 hours.

Found: Appliances (mini-fridges, microwaves, coffee pots)

Recommendations:

- Prohibit personal refrigerators and small appliances in the classroom.
- Require an impermeable solid surface such as a rubber tray to collect any residual water
- Clean appliances on a daily basis.

Found: Plants

Recommendations:

- Limit number of plants in the classroom.
- Require watering trays.
- Encourage regular maintenance, such as tossing dead leaves and emptying full water trays.
- Utilize low maintenance plants.

Found: Classroom sinks next to carpeting.

Recommendations:

- When possible place hard flooring or an impermeable floor mat next to the sink.
- Keep area around sink counter tops free from clutter.

Synopsis:

The school walkthrough program found several types of common asthma triggers in classrooms at Bayfield Elementary, Middle and High School. Overall, the majority of asthma triggers stemmed from dust and dust mite related issues. Carpeting, stuffed animals and tennis balls on chair legs were common asthma triggers found.

Please note, asthma is a multi-faceted disease. There are many factors outside of the school environment that relate to asthma. Potential external factors may include exposure to asthma triggers at home or other environments, limited access to healthcare or medication and/or limited knowledge about how to manage asthma. Collaboration is a great strategy to overcome these barriers. The Wisconsin Asthma Coalition is happy to provide support to identify local resources, establish local partnerships or even to create a local asthma coalition.

Smudging was identified as a concern for asthma within the district. Smudging is a spiritual practice of burning medicinal herbs to remove negative energy. The district staff showcased the external facility built specifically for the purpose of smudging in the district. The Wisconsin Asthma Coalition would agree this is a reasonable compromise to protect students within the school building from secondhand smoke while respecting the customs and traditions of students and their families who do partake in smudging. However, third hand smoke may be a concern as standing next to someone who smells of smoke could trigger an asthma attack. Please see additional information regarding smudging at this end of this report provided by Fight Asthma Milwaukee (FAM) Allies.

Overall, Bayfield Elementary, Middle and High School is doing a great job creating an asthma friendlier environment for students. The triggers outlined in this report are a great way to supplement the great work the district is currently doing to address environmental asthma triggers.

Next Steps:

After reviewing this report, please share the document with teachers and other school administrators. Please do not feel the need to address every asthma trigger at once. Try identifying students with asthma that have the highest rates of asthma complaints, absenteeism, declining grades or other behavioral concerns. Focusing on the areas these students spend the most time in are great places to start.

As time and resources permit, create a plan to address the remaining triggers identified in the report. The Wisconsin Asthma Coalition strongly advises schools complete their own school walkthrough on an annual basis to monitor new or reoccurring asthma triggers. Please utilize the school walkthrough toolkit folder to learn how to complete the school walkthrough program on your own. The same resources are also available on our website, www.chawisconsin.org.

The Wisconsin Asthma Coalition strongly recommends the district create and retain policies that prohibit the idling of buses outside of school buildings. In addition, it is important to revisit district dress code policy to ensure staff members are prohibited from coming to work smelling of tobacco smoke.

The Wisconsin Asthma Coalition is committed and will continue to share resources with your district as they become available.



SMUDGING AND ASTHMA: PURIFY YOURSELF, HONOR YOUR HEALTH

Smudging is a spiritual practice of burning medicinal herbs to remove negative energy. Smudging can make breathing problems worse for people with asthma or other respiratory issues.

SMUDGING AND ASTHMA



Here are some ways to lower the risks of smudging:

- Spend less time smudging people who have asthma.
- Smudge outside only.
- Open windows when smudging indoors.
- Smudge indoors when people with asthma are not present (let about two hours pass before a person with asthma goes into those rooms).



The smoke from anything that burns can make asthma worse and cause asthma attacks:

- Smoking.
- Campfires.
- Grilling.
- Gas stoves.
- Outdoor wood stoves.
- Candles.
- Incense.
- Smudging.



The smoke that is caused by burning is made up of tiny particles that can be breathed into the lungs. Those particles cause swelling of the airways, which can lead to an asthma attack. Because of this, doctors and other health care workers often say people with asthma should avoid the smoke from burning products, including smudge sticks.

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