

Kids grow and learn better in pollution-free schools



Spring 2012

EPA Region 10 Healthy Schools Team

Serving Alaska, Idaho, Oregon, Washington, and Tribal Nations

A Great Spring for Green and Healthy Schools

Greetings.

As the school year speeds rapidly towards the summer hiatus, it's time to celebrate our significant accomplishments. On April 23, the U.S. Department of Education revealed the nation's first Green Ribbon Schools Award winners. Seventy eight



Margo Young with her girls on an Earth Day outing on Hood Canal

schools in 29 States and D.C. were honored. Winners represented a diverse portfolio of schools, including 66 public and 12 private schools in both urban and rural communities. We are proud of the awardees, and commend the eight award winners from Washington and Oregon. More about Region 10 winners and their programs on page 2.

That's not all. On April 24th, three Boise Idaho students at Timberline High School were honored with the President's Environmental Youth Award (PEYA) for their outstanding restoration project on the Boise River. AP Environmental Science teacher Dick Jordan, who served as the team's sponsor, said that "this project represents an outstanding example of how students can truly make a difference and literally change the world and in the process develop

literally change the world and in the process develop communication and leadership skills that will last a lifetime." More about this success story on page 3.

Along with these two success stories, this edition is overflowing with healthy, helpful, articles on activities, games, new trainings and funding opportunities. One such game is the new online interactive game called <u>Lungtropolis™</u>. Launched by the American Lung Association, it is designed to help students, parents and teachers become better managers of asthma and its environmental triggers. All this with perfect timing, as we recognize May as National Asthma Awareness Month.

We encourage you to share this educational link and the other resources we've provided. It is easy. They are all designed to be "plug and play" ready to print or share electronically to support your education programs. We also invite you to share this newsletter by printing it and distributing it in your teacher lounges, offices or other places throughout your school or district.

How did you celebrate Earth Day and Healthy Schools Day?

With a little help from our project manager, Mr. Giovanni (little one in the stroller), the team restored an area around Martin Luther King Elementary School in Portland Oregon. By removing invasive plant species and replanting native vegetation, the area can be used to view birds, prevent run-off, create shade, and provide an area for student engagement and education. The area can also provide natural beauty for students and neighbors who shop in the Sunday farmers market which is held in the school's parking lot.

EPA Region 10 Children's Environmental Health

young.margo@epa.gov

or 206-553-1287



Angie (Giovanni's mom), Van, Alanna Conley (EPA Schools Coordinator), Diego (event organizer and Giovanni's dad)

Alanna Conley

Healthy Schools Coordinator

conley.alanna@epa.gov

or 503-326-6831



In This Issue

- Green Ribbon Award Winning Schools
- A Look Inside a Green Ribbon School
- Idaho School/Students
 -PEYA Award Winners
- Get Students Moving!
- Bed Bugs and Book Bags
- Bed Bug Quiz!
- Get the Bug-Pest Private Eye Game
- Hot Summer Tips for Facility Maintenance
- LungtropolisTM Game Helps Kids Manage Asthma
- Training Links to Discovery
- What's Happening in Your State

What in the World Triggers Asthma? What Every School Should Know. Webinar May 15, 2012 1 PM PST

Follow EPA on Facebook and Twitter!

HOT TOPIC

Congratulations to Eight Washington and Oregon National Green Ribbon Schools Award Winners

U.S. Department of Education Green Ribbon Schools Award is a competitive federal recognition program that started in September 2011. From an initial pool of more than 350 school applications, 98 schools were nominated by state education agencies, the District of Columbia and the Bureau of Indian Education to receive the award. The Department evaluated the nominees based on their comprehensive approach to creating "green" environments through reducing environmental impact, promoting health, and ensuring high-quality environmental and outdoor education.

Let's all join in congratulating our local Green Ribbon Schools Award winners from Oregon and Washington! We also applied all the innovative schools who applied. You are to be commended for your efforts and we encourage you to continue to promote green and healthy school activities.

Congratulations to Region 10 Green Schools Awardees!

Oregon

- Catlin Gable School Portland, Oregon
- Gladstone High School Gladstone, Oregon
- Sunnyside Environmental School Portland, Oregon
- Willamina Elementary School Willamina, Oregon

Washington

- Camelot Elementary School Auburn, Washington
- Secondary Academy for Success Bothell, Washington
- Tahoma Junior High School Ravensdale, Washington
- The Overlake School Redmond, Washington

U.S. DEPARTMENT OF EDUCATION



For a nationwide list of awardees visit <u>www.ed.gov/news/press-releases/obama-administration-names-78-schools-29-states-and-dc-first-ever-us-department.</u>

Would you like to learn from these winners? Stay tuned for a closer look into their programs. The Healthy School Newsletter will be featuring activities taking place in Oregon and Washington winning schools in September.

Interested in participating next year? The U.S. Department of Education's "Green Ribbons" are one-year recognition awards. The 2013 competition opens this summer. State agencies are encouraged to send their intent to submit by June 15, 2012 via email to green.ribbon.schools@ed.gov.

A Look Inside A Green Ribbon School

Green Ribbon winners show actions that schools can take to maximize energy and water conservation, work towards environmental literacy and reduce contaminants in and around the school. Many actions are no or low cost projects and can be achieved by schools with limited budgets. Here is a brief listing of activities happening in Green Ribbon Schools:

Some schools are:

- Using "certified green cleaning products
- Posting "no idling" signs in pick-up and drop-off locations
- Buying renewable energy or generating it on school premises
- Installing "green" roofs, rain gardens, rain barrels, and vegetable gardens
- Using buses that run on discarded cooking oil or other alternative fuels
- Installing energy and water efficient appliances

Students are engaging in environmental education by:

- Participating in school water, energy and waste reduction audits
- Conducting GPS mapping studies of creeks
- · Performing water quality testing
- · Creating and maintaining trails
- Reconstructing wetlands and going on wilderness adventures

If your school is ready to gain recognition and would like to apply, check this site for application dates and details. www.ed.gov/category/keyword/green-ribbon-schools-program

Monday, May 21

Nationwide Launching of Green Ribbon Schools

Inspirational Green Schools in Your State

Register at: May 21 EE
Webinar

https://www3.gotomeeting. com/register/168983382

2:30 to 4:00 PM. Pacific Daylight Time

Timberline High School Students Win the President's Environmental Youth Award

Carl Breidenbach, William D'Onofrio, and Nathan Wong, juniors at Timberline High School and members of Timberline's Boise Riverbank Restoration Group





in Boise, Idaho, were one of ten youth groups or schools to win the prestigious Presidential **Environmental Youth** Award presented by the **Environmental Protection** Agency. The three high school students earned the prestigious award for a two-year project that restored a portion of the Boise River, improving water quality, upgrading trout habitat, and created a beautiful riverside rest spot.

Annually, young people from around the country, kindergarten through high school, are invited to participate in the awards program as individuals or in groups. This is the first time an Idaho team has been recognized since the early 1980's.

For more information on the President's Environmental Youth Awards: http://www.epa.gov/enviroed/peya/ index.html

Get Students Moving * Start a Walking School Bus



Did you know that schoolage youth should get 60 minutes or more of moderate to vigorous physical activity every day? There are many activities to get students moving. One way to exercise, save gas and enjoy friends is to start a walking school bus. A walking bus is a group of children walking to school with one or more adults. It can be as informal as two families taking turns walking their children to school to as

structured as a route with meeting points, a timetable and a regularly rotated schedule of trained volunteers. To learn how to develop a walking school bus visit www.walkingschoolbus.org/. (U.S. Department of Agriculture & U.S. Department of Health and Human Services. (2000). Nutrition and you health: Dietary guidelines for Americans (5th ed.))

Get Schools Clean Safer Products for Healthy Schools

Cockroaches, mold, dander from animals in the classroom are known environmental asthma triggers found in schools. In



Look for the label!

addition, some literature suggests children with asthma may be affected by compounds found in cleaning agents, perfumes, and sprays that are used in poorly ventilated areas. There are, however, alternative products that are safer for people and the environment. The U.S. EPA's **Design for the Environment (DfE)** program helps consumers, businesses, and institutional buyers identify cleaning and other products that perform well, are cost-effective, and are safer for the environment.

Design for the Environment evaluates products and their ingredients to ensure compliance with its <u>Standard for Safer Products</u>. Customers are also offered advice on safer alternatives for ingredients that do not meet its safety criteria.

Look for the logo. EPA allows safer products to carry **Design for the Environment logo**. This logo enables consumers to quickly identify and choose products that can help protect the environment and are safer for families.

To find a list of DfE products ranging from athletic field paint and hand soaps to toilet and window cleaners go to www.epa.gov/dfe

Get Your Bike • May 9 is National Bike to School Day

A variation on the walking school bus is the bicycle train, in which adults supervise children riding their bikes to school. Biking to school can be an enjoyable way to get students (and parents) moving while saving gas. May is National Bike



Month and the National Center for Safe Routes to School, in partnership with the League of American Bicyclists, is organizing the first-ever National Bike to School Day on May 9, 2012. Event registration is now open at www.

walkbiketoschool.org! Events that register will appear on the site as "Bike to School Day Pioneers." The website also includes new Bike to School Day and Walk to School Day event planning resources as well as a brand-new, GIS-powered mapping tool. Map-a-Route allows users to create and share bicycling or walking routes to school via easy-to-use maps.

Registering a Bike to School Day event provides organizers access to a variety of downloadable materials, including stickers, certificates, badges and classroom activities. In addition, each Wednesday, two registrants will be selected to win a Saris bike rack for the school of their choice. A total of 10 bike racks will be given away. At the end of Bike Month, a registered resource person will win a bike rack for their school or community.

Get Your School Ready ♥ 10 Hot Summer tips for Facility Maintenance



Special thanks to contributing writer, Mr. Ed Grubb of EPA, Region 8

Summer break is almost here. It is an opportunity for facilities and environmental safety specialists to perform summer maintenance checks on the school structure and grounds. Here are some tips to help save energy, prevent water damage, and promote student safety and healthy indoor air quality for next year:

- Always inspect and adjust sprinkler heads to ensure they are functioning properly and watering vegetation, not buildings, windows or doors
- ✓ Clean and jet sewer lines to promote adequate drainage when students and staff arrive for the new school year
- ✔ Repair all leaky gutters and downspouts
- Prior to students and staff return, flush all water fountains and water taps used for drinking and cooking for several minutes
- ✓ Inspect and assess all gas lines for leaks or damage
- ✓ Ensure proper functioning for all flues, ducts, and vent pipes that service boilers, furnaces and hot water heaters
- ✓ Keep floor drains filled with water to prevent the introduction of sewer gas into occupied spaces
- ✓ Inspect roof for damage and ensure proper water drainage by clearing all debris from roof drains and scuppers
- ✓ Inspect playground structures and ground materials. Check for splintered wood, torn netting and loose, broken or missing parts on play sets. Determine if additional ground material is needed and check for sharp objects before applying additional ground cover.
- Use non-toxic paints and renovation materials when possible

Get the Bugs Bed Bugs and Book Bags

Is your 3-5 grade class a little itchy? Could it be because of this little pest?

Bed bug sightings in schools are on the rise. The pest can be carried from home to the classroom via backpacks, textbooks, coats, gym shoes by staff and students.

To help prevent the spread of bed bugs, educators and students should:

- be aware of the bed bugs
- be able to identify them
- properly report to the appropriate contact so infestation does not spread.



To help educators and students, the University of Florida and Jacksonville Bed Bug Task Force created the "Bed Bugs and Book Bags" curriculum for grades 3-5. The curriculum follows learning standards for science and health educators. A thirty minute narrated bed bug presentation along with the curriculum can be found at http://entnemdept.ufl.edu/bug_club/Bed_bugs.html. The curriculum provides fun and informative activities to learn about identifying and controlling the spread of bed bugs.

Bed Bug Quiz - TRUE OR FALSE



- 1. Bed bugs can fly and "Jump"
- 2. Bed bugs has 6 legs
- **3.** Along with humans, bed bugs can feed on pets and birds
- 4. Everyone gets a rash from bed bug bites
- **5.** Putting clothing in a dryer for 1 hour on high heat can kill bed bugs and eggs
- **6.** Report bed bug sightings to school administrator

(Answers on last page)

Get the Bugs *Pest Private Eye Game

The University of Nebraska--Lincoln Extension released an



award winning integrated pest mana gement training video. The full version of Pest Private Eye and the Case of IPM in Schools (Pest PI), a role playing video game, is now available on their website at http://pested.unl.edu/pestpi. Pest PI teaches children and the educators about pests and

how to control them using Integrated Pest Management.

Also on the website you'll find links to online versions of a Teacher's guide and comic book, a user's survey (http://www.zoomerang.com/Survey/WEB22FHK578845), and other resources about pests and IPM.

MAY IS NATIONAL ASTHMA MONTH

Are you looking for new methods to engage parents, teachers and your community this spring? Here are quick and easy links with step-by-step instructions to help!

Get Playing! Lungtropolis[™] Game Helps Kids Manage Asthma

Written in cooperation with Gail Schiemann, Lung Health Manager, ALA-MP

May is Asthma Awareness Month and the American Lung Association launched a new resource for kids, parents, and caregivers that engages kids in managing their asthma.

<u>Lungtropolis</u>™—a new, interactive web-based learning game to help teach children ages 5-10 how to manage their asthma effectively—is now available online. In the Lungtropolis kids game, developed



by the American Lung Association in partnership with ORCAS (Oregon Center of Applied Science), children become "Asthma Control Agents" as they fight to defeat the Mucus Mob.

Lungtropolis Parents

offers caregivers comprehensive information and resources to understand and help manage a child's asthma. To learn more about Lungtropolis™ or other American Lung Association activities in your area, visit www.lungmtpacific.org.

Asthma is the most common chronic childhood disorder in the nation, affecting an estimated seven million children younger than 18. It is also one of the main illness-related reasons for school absenteeism, accounting for more than 14 million lost school days every year. Approximately 17 million people require medical attention because of an asthma episode and more than 3,000 asthma-related deaths occur worldwide. The following links contain information for schools, and parents, to assist in managing asthma and their environmental triggers. Just a few clicks could also provide insights on low to no-cost options for diminishing asthma triggers, increasing student attendance and enhancing the learning environment.

Asthma Resources

Make Plans to Educate – National Asthma Awareness Month

http://www.epa.gov/asthma/pdfs/awm/event_planning_kit.pdf

Ready? Set? Go With Asthma! Exercise-Induced Asthma

http://aafa.org/display.cfm?id=4&sub=82&cont=703

American School Health Association

http://www.ashaweb.org/i4a/pages/index.cfm?pageid=3420

Ten Ways to Manage Asthma, and its Triggers in the School Environment

http://www.epa.gov/asthma/triggers.html http://www.epa.gov/asthma/awareness.html

CDC's Healthy Youth and Schools

http://www.cdc.gov/HealthyYouth/asthma/

Love Phone apps? Download the Air Quality Index mobile app

Poor air quality can affect asthma. With this app, check how clean or polluted your air is and what associated health effects might be a concern for you.

http://m.epa.gov/apps/airnow.html

SAVE THE DATE AND CELEBRATE

Washington Healthy Schools Summit- In the Community and Inside Juvenile Justice May 17 and 18

Seattle Airport Marriott, Seattle, WA
To register: http://treeswing.org/healthyschoolssummit/
Up to 10 free clock hours offered.

Be SunWise, Join in Don't Fry Day May 25, 2012



Get your hats, sunscreen, sunglasses, shade and cool T-shirt. The National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as Don't Fry Day. The Council's goal is to encourage sun safety awareness by reminding everyone to protect their skin while enjoying the outdoors on Don't Fry Day and every day. Learn more about the event and find posters,



stickers, and outreach materials at www.epa.gov/sunwise/dfd.html. To learn more about the EPA SunWise program visit www.epa.gov/sunwise.

Association of Asthma Educators National Conference August 3-5

Building Bridges...Closing the Gap in Asthma Disparities Portland Marriott Downtown Waterfront, Portland, OR http://www.asthmaeducators.org/conference

National School Backpack Awareness Day September 19, 2012

On the third Wednesday of each September, the American



Occupational Therapy Association (AOTA) celebrates National School Backpack Awareness Day™! Join AOTA and occupational therapy practitioners, educators, and students across the country on September 19, 2012, as we help others live life to its fullest by avoiding the pain and

injury that can come from heavy backpacks and bags. Learn more at www.aota.org/Practitioners/Awareness/School-Backpack-Awareness.aspx

Green Apple National Day of Service September 29, 2012

The Center for Green Schools at the U.S. Green Building Council (USGBC) will host the first ever Green Apple Day of Service. For one day, advocates from around the world, including USGBC staff, chapters and students, international green building councils, elected officials, teachers, parents, students and more, will come together in support of healthy, sustainable schools by taking real action in their communities. On one day, our vast network of champions will demonstrate the strength and breadth of our movement, leaving a meaningful and lasting local impact.

http://mygreenapple.org/greenservice.aspx

International Walk to School Day © October 3, 2012

School Pest Management Workshop October 2nd and 3rd, 2012 - Boise, Idaho

This workshop is intended for school facility managers, groundskeepers, custodial staff, pest control professionals, and anyone interested in implementing an integrated pest management program in their school district. There will be discussion on weed, bee, wasp, and ant control. The EPA R10 contact for more information or to pre-register is Juliann Barta, 206-553-1495 barta.juliann@epa.gov

WHAT'S HAPPENING IN YOUR STATE

ALASKA

The Alaska Safe Routes to School (SRTS) Program is currently accepting grant applications between the dates of January 31 and May 30, 2012.

Visit the <u>grants</u> section of our website for more information about funding opportunities available to your community in the areas of infrastructure improvements, education, encouragement, enforcement, and evaluation projects which increase the number of students walking and bicycling to school safely.

www.dot.state.ak.us/stwdplng/saferoutes/

OREGON

School Well Testing

Oregon Health Authority (OHA) and the Oregon Department of Environmental Quality (DEQ) are teaming up to assist the United States Department of Agriculture (USDA) in getting Oregon schools to participate in their School Water Testing Program. The USDA is offering free well water testing to schools across the country. The test analyzes for over 100 pesticides and pesticide degradation products in water samples. The data will be used for risk assessments of these chemicals to specifically address the drinking water component for children during their developmental years.

Within OHA, the Healthy Homes & Schools Program coordinated with the Drinking Water Program and sent letters to all schools on wells within Oregon, informing them of the USDA's free testing program. OHA then partnered with DEQ to collect the samples from the schools. Sampling began in early April 2012, and 20 schools have been scheduled for sample collection to date. The School Water Testing Project is expected to run through December 2012. If schools are interested in participating in this project, please contact Justin Waltz at (971) 673-0440 or visit www.ams.usda.gov/AMSv1.0/pdp.

State Integrated Pest Management (IPM) Requirements and OSU Assistance

IPM is a common-sense strategy that focuses on long-term solutions to pest problems based on better understanding of pest biology with minimum impact on human health and the environment. In an IPM approach, pesticides are not relied upon as the only response to a pest problem, but are part of an integrated approach with other tactics. When needed, only low-impact products are used. Effective July 1, 2012, Oregon Revised Statutes (ORS) 634.700 - 634.750 require Oregon school districts to have an IPM Plan in place, a designated IPM Coordinator, and a list of

acceptable low-impact pesticides. The law also includes license requirements for those who apply pesticides on school property. Oregon State University IPM Program provides technical assistance to schools to improve pest management while reducing costs, workload, and pesticide use. To learn more about the IPM requirements and training visit www.ipmnet.org/tim/IPM_in_Schools/IPM_in_Schools-Main_Page.html and for a pamphlet on the IPM law visit www.ipmnet.org/tim/IPM_in_Schools/School%20IPM%20 -%20Final%20-%20for%20Website2.pdf.

Sustainable Schools Conference- Building the Pillars of Sustainability, June 9, 2012

Learn how to increase your school and district's education effort for sustainability while improving its environmental, health, safety and social performance. Learn how to get recognized for your efforts with the new <u>Oregon Sustainable School Awards and U.S. Department of Education's Green Ribbon Schools Awards.</u>

To register and learn more visit <u>www.sustainableschools.</u> <u>org/our-services/2012-conference</u>, or contact: Lori Stole, lstole@zerowaste.org or 503-307-4067.

WASHINGTON

Sustainability Education Summer Institute (SESI) 2012, July 23-25

SESI is an opportunity for K-12 teachers and administrators and teacher education faculty and administrators to deepen their knowledge of Sustainability Education and apply it to their schools and programs. The concurrent session strands will be:

- Introduction to Sustainability Education: Bringing Sustainability Education into your Classroom
- Current Trends and Topics in Sustainability: Making Sense for Teachers
- Research, Practices & Policies in Sustainability Education
 To learn more and register visit: http://islandwood.org/school_programs/educators/sesi-2012

Washington Department of Health Launches New Website - A healthy dose of information

The Washington State Department of Health is launching a newly redesigned website on June 1, 2012.

Visit today to gain information about the whooping cough epidemic and other resources.

Visit www.doh.wa.gov

TRAINING - LINKS TO DISCOVERY

Council of Educational Facility Planners International Regional Conferences

- May 9-10, Extreme School Makeover, Creating 21st Century Learning Environments in Older Schools, Denver, CO
- June 6-8, Communities Engage, Discern and Connect in Bellevue, WA

www.cefpi.org/i4a/pages/index.cfm?pageid=3351

Children's Environmental Health Research Webinar Series, 1pm to 2:30pm PST

- May 10, 2012 Successful Asthma Management
- June 14, 2012 Healthy Homes
- July 12, 2012 Affordable Care Act
- August 9, 2012 Children's Environmental Health Research
- September 13, 2012 National Children's Study
 Register early at www.epa.gov/region8/humanhealth/children/webinars.html

Clean Green Healthy Tribal School Training videos

http://tribalp2.org/resources/in-depth_resources/cleangreen-healthy-tribal-schools.php

Indoor Air Quality Implementation: 3 Easy Steps

www.energy.wsu.edu/Documents/3step_iaq_program.pdf

Nominate a Teacher Today: Nominations due June 8, 2012

The Richard C. Bartlett Environmental Education Award

The Richard C. Bartlett Environmental Education Award is given to an outstanding high school teacher who successfully integrates environmental education into their curriculum and engages students in interdisciplinary solutions to environmental challenges. The award recognizes an educator who can serve as an inspiration and model for others.

http://www.neefusa.org/bartlettaward

FUNDING OPPORTUNITIES

USDA's Farm to School Grants: Deadline to apply is June 15th

The funding is intended for school districts or schools, along with State and local agencies; Indian tribal organizations; agricultural producers or groups of agriculture producers; and non-profit entities working in partnership with school districts or schools, to either initiate or further develop existing farm to school initiatives.

http://www.fns.usda.gov/cnd/f2s/f2_grant_program.htm

\$20 Million Available for Clean Diesel Projects: Closing date for proposals is June 4, 2012

The U.S. Environmental Protection Agency (EPA) has announced the availability of up to \$20 million in FY 2012 grant funding to establish clean diesel projects aimed at reducing harmful pollution from the nation's existing fleet of diesel engines and improving air quality and Americans' health. Projects can reduce air pollution from older school buses and other diesel engines. States, tribes, local governments, and non-profits are eligible to apply for these grants.

Request for Proposals forms and related documents: http://www.epa.gov/otaq/diesel/prgnational.htm





Answers to the Bed Bug Quiz 1. F, 2. T, 3. T, 4. F, 5. T, 6. T

Healthy School NEWS is published by the U.S. Environmental Protection Agency Region 10. Region 10 includes the states of Washington, Idaho, Alaska and Oregon and the tribes within those boundaries. For general information about school environmental health or to provide feedback on this newsletter, please contact Alanna Conley at conley.alanna@epa.gov. To be added or removed from the distribution list, please email pollow.george@epa.gov with your request. Contact Region 10's Public Environmental Resource Center, the education, publication and information gateway to EPA's Region 10 Office, for free publications and educational resources for your school. Call at (800) 424-4EPA or email epa-seattle@epa.gov.

EPA Environmental Education: www.epa.gov/enviroed/ EPA Children's Environmental Health: www.epa.gov/children