

Ready for Summer!

Although it might not feel like it yet, it's almost time for summer in the Pacific Northwest and Alaska. While our students and staff are enjoying a well-deserved break from school, many of you will be working on renovations, doing maintenance, and thinking about how quickly the new school year will be here. This edition of Healthy School News is full of learning opportunities such as webinars and conferences that will help you make informed decisions about creating healthy school environments. We hope the information here is useful and are always happy to hear how the newsletter can be improved or about topics of interest. Have a great end of school year and happy summer!



Sincerely,

Margo Young, EPA Region 10
Children's Environmental Health
Coordinator
young.margo@epa.gov or 206-553-1287



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Hot Topic



Bed Bugs: What Can You Do?

Simple strategies for the classroom and beyond

Your school district should have an action plan in place in case of a bed bug problem. In the classroom, you can help by planning ahead and being prepared. Monitor for bed bugs regularly, especially in trouble-prone areas such as lost and found piles, donations, and areas for storing personal items such as coats, bags, and backpacks.

1. **REDUCE CLUTTER!!!** Clutter provides hiding places and shelter for a wide range of problem pests. Cardboard boxes in particular are VERY attractive to many pests.
2. Seal cracks and crevices and choose classroom furnishings carefully.
3. **DON'T** use upholstered furniture in the classroom. Floor pillows, mats, and other fabric items should be laundered regularly and dried in a hot dryer.
4. Provide separate lidded tubs for storing students' personal items. Backpacks and coats are a great way for bed bugs to spread. Lost and found collections should also be stored in lidded plastic tubs whenever possible.
5. Vacuum thoroughly and regularly.

More information can be found here: http://www.ecy.wa.gov/programs/swfa/upest/fact_sheets/PP4BedbugsSpring2011.pdf

(Used with permission from Washington State University Extension)

Region 10 EPA contact: Juliann Barta, 206-553-1495, barta.juliann@epa.gov

May is Asthma Awareness Month

Asthma is a serious, life-threatening respiratory disease that affects over 25 million Americans, including 7 million children. Rates of asthma have risen sharply over the past thirty years, particularly among children ages 5 to 14. This month, EPA recommends these steps:

- Take smoking outside. One of the most common asthma triggers is secondhand smoke. Make your home and car smoke-free and do not smoke around children.
- Play it Safe. Ozone and particle pollution can cause asthma attacks. Schools should watch the [Air Quality Index \(AQI\)](#) and limit outdoor activities during poor air quality days.
- Reduce exposure to dust mites. Dust mites like stuffed furniture, blankets, and soft materials. Try to limit these items in the classroom and wash items once a week in hot water or place in the freezer to kill mites.
- Control animal allergens. When possible, keep pets out of the classroom and use integrated pest management (IPM) to control cockroaches and pests. More information on school IPM can be found here: <http://www.epa.gov/opp00001/ipm/>
- Clean up mold and control moisture. School personnel should wash and dry hard surfaces to prevent and remove mold, and should replace moldy ceiling tiles and carpet.

Check out EPA's asthma websites for more information:

<http://www.epa.gov/asthma/>

<http://www.epa.gov/iaq/espanol/asma.html>

Region 10 EPA contact: Susan Titus, 206-553-1189, titus.susan@epa.gov



Beware of “Friable” Asbestos and Take Action

The most important asbestos problem occurs when asbestos becomes “friable”, i.e. easily crushed by hand pressure, thereby releasing asbestos fibers into the air. The fibers are too small to see, so in most cases you wouldn't even know you are breathing them. EPA does not recommend removing asbestos unless it has become friable, so the presence of asbestos in your schools does not automatically require asbestos abatement.

Exposure to asbestos increases your risk of developing lung disease.

The best way to protect your students from asbestos exposure is to know where asbestos is located in your school buildings, to maintain these materials in good (non-friable) condition, and to remove any friable asbestos materials you become aware of. Only a certified Asbestos Building Inspector or certified Asbestos Risk Assessor can determine whether you have asbestos in your school buildings and whether the asbestos materials have become friable. Find your most recent asbestos building inspection report and use it to assess the condition of asbestos in your buildings. If such a report does not exist or is seriously out of date, you need to seek out professional assistance.



- ✓ Read EPA's “Asbestos in Schools” website: http://www.epa.gov/asbestos/pubs/asbestos_in_schools.html for more information.
- ✓ Perform a self-audit to determine if your schools are in compliance with the AHERA Asbestos Management Plan rules: <http://www.epa.gov/asbestos/pubs/ampauditchecklist.pdf>.
- ✓ Use the self-study guide to learn more: <http://www.epa.gov/region2/ahera/e23.pdf>.

All of these learning materials are free and can be duplicated without infringing any copyrights. If you need to hire an asbestos professional, search for “asbestos training professionals” in your favorite search engine; the training firms can help you sort out the types of specialties you may need. You can also contact Wally Reid at reid.wallace@epa.gov. or 206-553-6378.

President's Environmental Youth Award Winner from Washington!

On Monday, April 25, EPA Region 10 presented the President's Environmental Youth Award to the Green Team at the Tahoma Senior High School in Covington, WA. Cort Hammond, a senior, started the school's first environmental club in 2008 and by the end of the second year, the school's garbage output had been decreased from 100 to 60 cubic yards per week, saving the school \$24,000 in landfill expenses. In addition, the club has brought recycling, conservation, and community involvement to the high school. Other projects include an Adopt-a-Road program, Styrofoam recycling, restoration projects, energy reduction program, community outreach, and lunchroom food waste collection. Congratulations!



Cort Hammond, Clare Nance (teacher) and members of the Tahoma Senior High School Green Team. EPA's Linda Anderson-Carnaham sitting in left row front with award winners.

Are you Remodeling, Repairing, or Painting this Summer?

If you are remodeling, repairing, or painting your pre-1978 school this summer, there is a chance you will encounter lead paint. These tasks often generate dust, and if not managed properly can lead to the inhalation of lead dust by students and staff. There are specific lead-safe work practices that are required for kindergartens, day care centers, and any other school location where children between 0 and 5 years old routinely go. To learn more: <http://www.epa.gov/lead/pubs/renovaterightbrochure.pdf>

To get training: http://cfpub.epa.gov/flpp/searchrrp_training.htm

To find lead-safe certified firms: http://cfpub.epa.gov/flpp/searchrrp_firm.htm

NEW EPA RULE:
ALL CONTRACTORS NEED TO GET LEAD-SAFE CERTIFIED.
 FIND AN ACCREDITED TRAINER NEAR YOU >>

Encourage Your Students to Get Outside this Summer!

Here are some terrific resources for outdoor learning and environmental and sustainability education.

WASHINGTON



Environmental Education Association of Washington



E3 Washington
 Education - Environment - Economy

OREGON



Environmental Education Association of Oregon



Sustainable Oregon Schools Initiative

IDAHO



Idaho Environmental Education Association

ALASKA



Alaska Natural Resource and Outdoor Education

What's Happening In Your State

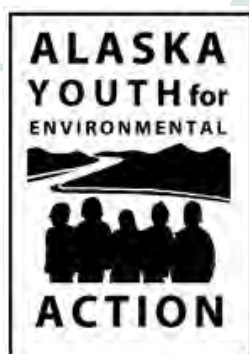
Alaska

Alaska Youth for Environmental Action (AYEA) is a youth-led leadership and civic action program of the National Wildlife Federation.

Teens from rural and urban communities around Alaska create campaigns and projects to raise awareness and change policy at the local and state level. This year AYEAs teens created a campaign to celebrate and protect

Wild Alaska Salmon by organizing a statewide Wild Salmon Day, collecting signatures on pledge cards, and travelling to Juneau and Washington DC. You can get involved by coming to a leadership training or by organizing right in your own community!

Find out more at www.ayea.org.



Oregon

June 21, 2011

[Sustainable Schools – Sustainable Solutions Conference](#), Engaging Students to Meet the Essential Skills, taking place at Gladstone High School, just south of Portland, Oregon.

Featured speaker Jaimie Cloud from the Cloud Institute for Sustainability Education and Oregon teachers, administrators and board members will deepen your understanding of Education for Sustainability, systems thinking and how to integrate them into your districts, schools and classrooms for success and in support of Oregon's Essential Skills.

Contact: Lori Stole, lstole@zerowaste.org or 503-307-4067

Idaho

On May 6th, Idaho groups for early learning hosted the [Eco Healthy Child Care](#) Training Workshop. The science-based and award-winning Eco-Healthy Child Care® Train the Trainer session prepared staff from health departments, Idaho State Licensing, Head Start Education Program Managers and Child Care Health Consultant health care professionals to share low-cost and no-cost methods and resources with child care providers so that they can provide a healthier environment for the children in their care.

Washington

Hazards on the Homefront Teacher Guide and Free Workshops

The Hazards on the Homefront Teacher guide, originally developed by King County and updated with support from Department of Ecology, contains hands-on lessons about how household hazardous products affect our health and the environment and how proper disposal of these products and the use of safer alternatives can help protect us. The lessons encourage students to apply academic skills and subjects to real-life situations and address grade level standards in science, health, and communication. Two versions of the guide are available—one for teachers of grades 6-12 and one for teachers of grades 4-6 and can be downloaded from the [Washington Department of Ecology Web site](#).

Free teacher workshops are currently scheduled for King County teachers on August 9 (grades 4-6) or August 10 (grades 6-12) in Renton with an optional half-day and tour of King County's South Wastewater Treatment Plant on August 11. Clock hours and college credit are offered. For more information, visit <http://your.kingcounty.gov/solidwaste/education/hazwaste.asp>.

Join the New Northwest Kids Environmental Health Group Listserv!

Join this listserv to have share and access information on children's environmental health research, events, grant opportunities, and more. To join, go to <http://www.ecy.wa.gov/maillist.html>. Scroll down to Environmental Education and click on Northwest Kids Environmental Health Group. You will need to sign up in order to see the archives, and more importantly, to post and receive messages.

Learning Opportunities for Healthy Schools



Washington State Asthma Summit - Free! May 20, 2011, Tukwila, WA

Washington Healthy Schools Summit May 24-25, 2011

Seattle Airport Marriott, Seattle, WA

Please contact Carolyn Kramer for more information: carolyn@treeswing.org, 206-436-5092. Registration: May 3-May 16, 2011: \$130 for one day and \$240 for 2 days. Up to 10 free clock hours!

Creating a Green Chemistry Roadmap for Washington State May 25-26, 2011

The Boeing Company, Renton, WA

Please contact [Paula Del Giudice](mailto:Paula.Del.Giudice@boeing.com) with questions. No cost to attend but registration is required. Food and drink provided. Green Chemistry is a revolutionary approach to the way products are made. It aims to use safer chemicals and develop processes that are environmentally benign, economical, and function the same as or better than their toxic alternatives.

The workshop will pull together leaders from business, academia, non-profits, and government to help craft and shape a strategic vision for advancing green chemistry in Washington state.

National Asthma Forum June 9-10, 2011

Grand Hyatt Hotel, Washington, DC.

The National Asthma Forum provides a venue for dedicated asthma care leaders to learn the latest strategies and best practices in delivering high quality asthma care from experts and peers. Some of the highest performing asthma programs in the world will be at the National Asthma Forum to explore how asthma programs can be the leaders in helping communities bridge environmental gaps and deliver comprehensive health care.

Registration Fee: \$235.00. This fee covers the cost of meals provided during this event.

The 2011 Communities in Action National Asthma Forum [registration](#) is open.

Learning Opportunities for Healthy Schools



Who's in Charge of Environmental Health at Schools?

May 10, 2011 2:00pm EDT

Session Description: Children spend many hours each week in and around school buildings. Their short- and long-term health outcomes and ability to learn are affected by numerous environmental factors related to the school buildings, the school grounds, the school transportation system, and the use of various products and materials in and around the school. Many school buildings are old and they—and even newer buildings—can contain multiple environmental health hazards. While some districts self-report they have environmental health policies in place, no independent verification of these policies or their quality exists. Teachers and other adult staff are afforded some protections from hazards by Occupational Safety and Health Administration (OSHA) regulations, employment contracts, or occupational health services. But children who are more vulnerable to hazards than adults are not provided these protections.

Major environmental problems include: indoor air quality, lighting, pests and pesticides, heavy metals and chemical management issues, renovation of occupied buildings, noise, and cleaning processes and products. No federal or state agency is charged with ensuring children's health and safety in and around school buildings. No systematic means exists for collecting data about exposures that occur in the school setting.

Speakers: Jerome A. Paulson, MD, FAAP, Associate Professor of Pediatrics & Public Health at George Washington University.

Register: <https://www2.gotomeeting.com/register/526925730>

An Update for School Nurses in School-based Asthma Management

May 16, 2011, 2:30pm-3:30pm EDT

The American School Health Association is sponsoring the “Asthma Control: Are you doing YOUR Part? An Update for School Nurses in School-based Asthma Management.” The webinar will provide school nurses with information on the six guidelines-based priority messages from the National Asthma Education and Prevention Program's (NAEPP) Guidelines Implementation Panel (GIP) Report, as well as advances in school-based asthma management and techniques to overcome barriers to controlling asthma in the school setting.

Register: <https://www3.gotomeeting.com/register/618838166>

Safely Managing Chemical Spills and Disposal in the Educational Environment

May 11, 12pm EDT

From the classroom to the custodial supply room, properly managing chemicals requires a proactive plan for safely containing and cleaning up chemical spills, both from accidents and deteriorating chemical containers. Additionally, you must utilize a thorough chemical waste storage and disposal program that protects students, teachers, staff and the environment from the dangers of hazardous chemicals. [Join an interactive, 75-minute webcast](#) to hear industry experts from the North American Hazardous Materials Management Association. Flinn Scientific and WC Environmental discuss best practices for managing chemical spills, from absorption and containment to cleanup and disposal. You will also learn fundamentals for safely storing chemical waste and properly disposing of chemicals that are spilled, old or unused.

Speakers: Dave Waddell – North American Hazardous Materials Management Association,

Dr. Irene Cesa – Flinn Scientific Incorporated, Russ Phifer – WC Environmental, LLC, Roger Young – K12Masters.com, Justin Turner - SchoolDude.com

Register: <https://cc.readytalk.com/cc/schedule/display.do?udc=1odnxctppo7j>

Improving your School's Air: Integrated Pest Management and Green Cleaning

May 10, 3:30 MDT

Session Description: Two of the biggest culprits of toxics and pollutants in our schools are the cleaning products we use and the effects of having and dealing with unwelcome pests. Poor indoor air quality is linked to sick students, teachers, and staff as well as poor academic and work performance. Join us for a practical approach to 1) choosing safer cleaning products and systems and 2) reducing pests and the use of pesticides. Develop a green cleaning program in 5 steps and prevent pests using successful, cost-effective, and least-toxic methods.

Speakers: VelRey Lozano – EPA, Myla Kelly - Peaks to Prairies

Register: <https://www3.gotomeeting.com/register/241900942>

Toxic Chemicals in Your School: School Chemical Cleanout, Polychlorinated Biphenyls, Lead, and Asbestos

May 17, 3:30 MDT

Session Description: The Environmental Protection Agency, Region 8 has made toxic chemical management in Indian Country schools a priority. The primary objective is to make Indian Country Schools safer for school children. Exposure to toxic chemicals can result in short term and long term adverse health effects for students, teachers, and staff. Join us for a discussion of voluntary and regulatory programs related to School Chemical Cleanout, polychlorinated biphenyls, lead and asbestos. Basic steps to make your school healthier for students, teachers, and staff will be provided.

Speakers: Matt Langenfeld - EPA, Jim Maley – EPA

Register: <https://www3.gotomeeting.com/register/959550846>

Reducing your Footprint - Energy Conservation and Waste Reduction

May 24, 3:30 MDT

Session Description: Energy efficiency in any building, especially schools, is critical to saving costs and for the well being of the planet. This can occur through lighting improvements, control upgrades, and a variety of other simple, and some more complex, techniques. Decreasing paper consumption, changing lunch policies, implementing basic recycling systems, and properly disposing of E-Waste and mercury also can help you cut costs and reduce waste. We'll share local success stories on all these issues, share the latest advances in energy efficient techniques, and give practical strategies to reduce your school's waste and lower your costs.

Speakers: Myla Kelly - Peaks to Prairies, Tim Tolman – McKinstry

Register: <https://www3.gotomeeting.com/register/607865222>



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 Margo Young at young.margo@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