

Celebrate Children's Health Month With Sensible Steps to Go Green & Healthy

October brings with it the freshness of fall, a new school year, Children's Health Month, and a new edition of Healthy School News (HSN)! Just as the summer Olympics and Paralympics had us cheering on the athletes "Going for Gold", we'd like to challenge you and your school to **"Go Green & Healthy"** this year. This edition of HSN is filled with fresh **new resources** that offer no cost, low cost, and affordable steps



Alanna Conley

to help you create the healthiest possible learning environments. To support you beyond this newsletter, we launched a new Children's Environmental Health [website](#). There you will find user-friendly school assessments, success stories, and links to more in-depth training resources, such as the new Sensible Steps [guide](#) with specific ideas to help schools **"Go Green & Healthy."** Substituting fish for furry classroom pets and installing high-density door sweeps to keep out pests are only two of dozens of easy to execute steps you'll find along with low- to no-cost actions too. Newsletter or website, you'll find great ideas for your school. Challenge yourself to adopt at least 3 of these sensible steps right now.



Margo Young with her girls

Here's a place to start:

[Learn more about Sensible Steps](#)

[Seven tips to start your school year green](#)

[Healthy Schools Radio Broadcast with Margo Young](#)


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[EPA's Healthy School
Environments Portal](#)

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HOT TOPIC

Sensible Steps to Healthier School Environments

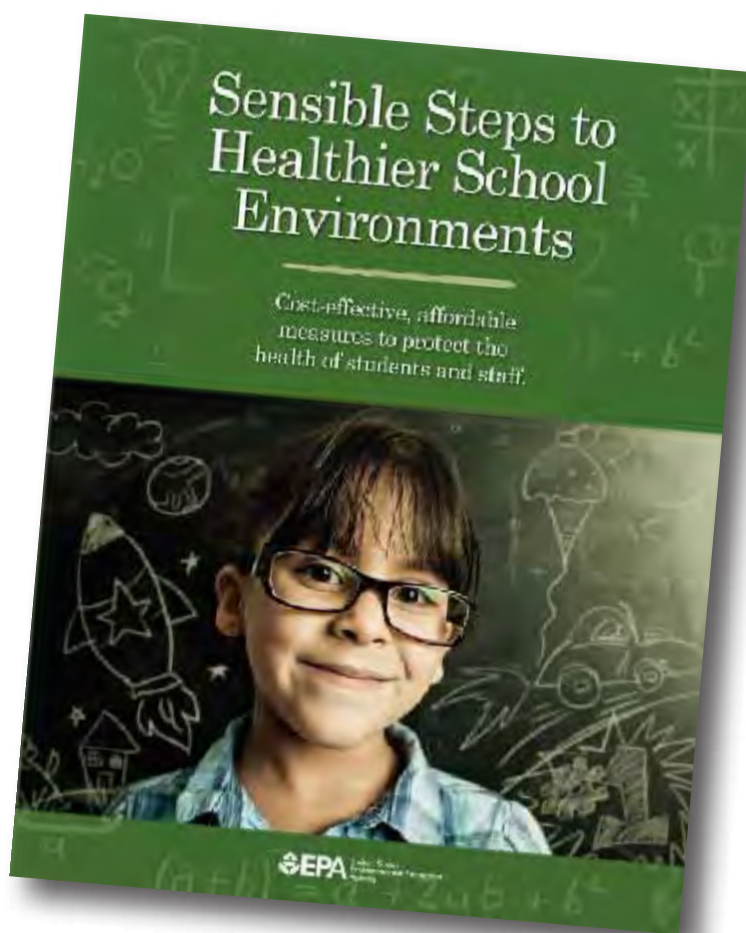
EPA has released an easy-to-use brochure for school administrators, parents and staff to help reduce and prevent exposures to common environmental health hazards in schools. The focus is on no cost or affordable steps for healthier indoor and outdoor school environments. The *Sensible* brochure also includes a handy school checklist to help assess areas for improvement in cost savings, energy efficiency and overall environmental health. In addition to the checklist, the guide provides the top ten ways to make your school healthier and it has resources for more information. Some of the topics covered are art and science supply safety, pesticides and pest management, UV radiation protection, chemical management, mold and moisture control.

Test how your school is doing on these sample questions from the Sensible checklist:

- ✓ Does school have a policy to ensure art materials, school supplies and toys purchased are labeled “Conforms to ASTM D4236”?
- ✓ Are there high-density door sweeps on all doors to keep out mice, rats, and roaches?
- ✓ Is the cleaning staff encouraged to use environmentally friendly cleaning products and wet dust whenever possible?
- ✓ Are students encouraged to wear protective, light weight clothing and/or sunscreen during peak sun intensity?
- ✓ Does school conduct cleanouts of all chemicals that are unnecessary, outdated and posing a health risk on a regular basis?
- ✓ Have anti-idling zones been established for all vehicles at the school?
- ✓ Is the humidity in the school maintained below 60%, and ideally between 30%-50%?
- ✓ Are all passenger pickup/drop-off areas located away from the school’s air intake supply, class windows and exit doors?

If you answered “no” to any of the questions, *Sensible Steps* has tips that may help. See the complete checklist and learn more at www.epa.gov/region8/humanhealth/children/SensibleSteps.pdf

To receive hard copies for distribution or personal use, please contact R10’s Public Environmental Resource Center at 206 553-1200, 800-424-4EPA (4372) or epa-seattle@epa.gov



Pests and Asthma Do Not Take A Summer Break!

School is back in session and as with each new year, September can bring to light the good, bad and ugly of a long summer hiatus. In this section we thought we'd address two things that do not honor the rules of summer break, pests and asthma. To assist you to address and manage both, we've provided in-depth resources for you. Hopefully, you will share these with other administrators, teachers, facility managers, groundskeepers, school nurses, and pest control professionals.

Pests: No Holiday for Invaders

Millions of children and staff have returned to school to find that pests have not taken the ritual summer break. Cockroaches, rodents, flies and stinging insects may have chosen your school as their vacation hideaway. Some may contribute to indoor air quality issues creating hidden asthma triggers.

Since children are at a higher risk of being affected by pesticides than adults, these educational resources will help you and your staff take immediate action and plan for long-term control of these damaging invaders. To learn about more about the health impacts of pesticides and the economic benefit of an effective integrated pest management (IPM) program, visit <http://www.epa.gov/pesticides/ipm/> or contact Juliann Barta at 206-553-1495 or barta.juliann@epa.gov.

More Healthy and Cost Effective Pest Management Resources:

The IPM Calculator is a free online tool allowing schools to assess pest risks. Using geographic location, current pest problems and facility condition, the calculator estimates overall pest risk in a school. Set up a free account today.

<http://www.ipmcalculator.com/>

EPA's Pest Control in the School Environment: Adopting Integrated Pest Management

<http://www.epa.gov/pesticides/ipm/brochure/>

Idaho Department of Agriculture's Urban Pest Management Program

<http://www.agri.state.id.us/Categories/Pesticides/urbanPest/indexurbanPest.php>

Washington State University's School IPM Web site

<http://schoolipm.wsu.edu/>

Oregon's School IPM Web site

http://www.ipmnet.org/tim/IPM_in_Schools/IPM_in_Schools-Main_Page.html

Asthma: Never Takes Vacation

Asthma is a year-round serious and sometimes life-threatening respiratory disease. It affects 24.6 million Americans, including 7.1 million children. And since Asthma is a leading cause of school absenteeism, with 10.5 million school days missed due to asthma, here are three excellent resources to help you reduce your absentee rates.

Asthma causes 10.5 million missed-school days per year!



JaNea's school **GO's for GREEN** by reducing asthma triggers so students can breathe easy.

5 Tips for Asthma Management in Schools

<http://www.asthmacommunitynetwork.org/node/9271>

Asthma Management: A Priority for Schools

<http://epa.gov/iaq/schools/asthma.html>

Safe Routes to School and Traffic Pollution: Get Children Moving and Reduce Exposure to Unhealthy Air

http://www.saferoutespartnership.org/sites/default/files/pdf/Air_Source_Guide_web.pdf

Free Training for School Nurses – Managing Asthma Triggers

Since school nurses often play a significant role in managing asthma this **free** online training course, [Managing Asthma Triggers](#) may be of interest. The course is developed in partnership with the National Association of School Nurses (NASN), and the U.S. Environmental Protection Agency (EPA). Nurses are eligible to receive 2.5 continuing nursing education units. Find more information at: [Managing Asthma Triggers](#).

Slow the Spread of Flu – Steps to Clean and Disinfect

The timing of flu is unpredictable and can vary from season to season. January or February are generally peak periods in the U.S., however seasonal flu activity can begin as early as October and continue to occur as late as May. Since it is not possible to predict how mild or severe the 2012-2013 school season will be, we should all be prepared.

Proper cleaning and disinfecting techniques in schools can slow the spread of flu. Research shows a clear link between poor indoor air quality, sick students and teachers, and poor academic and occupational performance. Are you doing all you can do? The following resources may provide some new tips to enhance your preparedness.

What You Should Know for the 2012-2013 Influenza Season

<http://www.cdc.gov/flu/about/season/flu-season-2012-2013.htm>

How To Clean and Disinfect Schools To Help Slow the Spread of Flu

<http://www.flu.gov/planning-preparedness/school/cleaning.html>

Green Cleaning and Infection Control

<http://www.healthyschoolscampaign.org/programs/gcs/2012webinars/archives.php#IC>

Five Simple Steps to Green Cleaning in Schools

<http://www.healthyschoolscampaign.org/programs/gcs/steps.php>

Pediatric Environmental Health Specialty Unit: A Resource for Schools

The Pediatric Environmental Health Specialty Unit is a consultation service that works with health care providers, government and non-profit agencies, schools and families to address environmental exposures and health effects in children. Services include telephone and face-to-face consultation, clinical referral, training in environmental medicine for clinicians and students, and public outreach.

The NW PEHSU often works on school related exposures and health effects. Cases range from informational inquiries to larger investigations, relating to individual students and whole student populations. In 2009, air quality problems were identified at the South Shore School in Seattle. NW PEHSU worked with the local health department, school board and private firms in data review and risk communication, and ultimately students were temporarily relocated. The NW PEHSU has also helped write letters to school boards with regards to air quality and schools near industrial sites and heavy traffic ways. Faculty have participated in outreach events at schools, such as career presentations, and presented to landscapers and maintenance crews about the health effects of pesticides.

PEHSU is a national network funded by the EPA and ATSDR. Faculty includes experts in pediatrics, exposure science, toxicology, environmental medicine and more. The NW PEHSU is based at the University of Washington, and serves Region 10 of the US EPA: Washington, Oregon, Alaska and Idaho. For more information please visit <http://depts.washington.edu/pehsu>. To contact the PEHSU with an environmental health concern call 1-800-KID-CHEM.





New Research Shows a Healthy Recess Can Reduce Bullying, Expand Learning Time in Schools

Strengthening recess transforms the school climate, paving the way for less bullying and more focus on learning, according to new evaluation findings from Mathematica Policy Research and Stanford University.

http://www.rwjf.org/vulnerablepopulations/product.jsp?id=74194&cid=XEM_A5905

Region 10 School Teachers Garner White House Praise for Excellence

"These teachers get 'gold stars' for preparing future generations of environmental stewards," said Kate Kelly, Director of the Office of Air, Waste & Toxics for EPA Region 10. *"In addition to being inspiring leaders, these educators have made learning about the environment interesting and fun."*

Selected for "their demonstrated excellence in preparing classes with an environmental focus that reflected real-life community challenges and created a powerful bond between their students and the natural world," Deirdre Bingaman, a Donnelly Elementary School teacher from Idaho, and Mike Town, a Redmond High School teacher from Washington, were selected as 2 of 18 teachers nationwide to receive the Presidential Innovation Award for Environmental Educators. Susan Milan, a South Whidbey Elementary School teacher also from Washington, was selected as the regional honorable mention winner.

The Presidential Innovation Award for Environmental Educators recognizes and supports teachers from both rural and urban education settings who make use of experiential and environmental opportunities that use creativity and community engagement to help students develop a sense of civic responsibility and stewardship in ecosystem.

For more information about the award and other winners: <http://www.epa.gov/education/teacheraward/winners.html>



Kate Kelly presents Award to Mike Town



Green Ribbon Schools 2012-2013

U.S. Department of Education

Last year's launch of the national [Green Ribbon Schools Award program](http://www2.ed.gov/programs/green-ribbon-schools/webinar.html) was met with resounding success. Thirty states participated, constituting 66 public institutions, 8 charter schools, and 12 private schools. Among them are 43 elementary, 31 middle, and 26 high schools, with several of the 78 schools enrolling various configurations of primary and secondary grades. Oregon and Washington recognized winners with celebratory events and have submitted their intent to participate again in 2012-2013 competition. Alaska will join them this year as well. For schools looking to get involved, or learn more, here's a list of webinars providing training for promoting healthy and efficient school environments: <http://www2.ed.gov/programs/green-ribbon-schools/webinar.html>

U.S. DEPARTMENT OF EDUCATION

GreenRibbonSchools

WEBINARS

NEW! Green Strides Webinar Series

To register for one or all sessions, go to:

<http://www.epa.gov/schools/webinars.html>

Fall and winter schedule for all striving for healthy schools AND Green Ribbon Awards:

Oct. 10, 2011 The School Day Just Got Healthier (USDA)

Oct. 17, 2012 Why Environmental Health in School Matters (EPA)

Oct. 24, 2012 Investigating the Climate System (NASA)

Nov. 7, 2012 Integrated School Health Tools for Districts (EPA)

Nov. 14, 2012 Train Like an Astronaut (NASA)

Nov. 28, 2012 Hands on the Land (DOI)

Dec. 5, 2012 President's Council on Fitness, Sports and Nutrition Programs (PCFSN)

Dec. 12, 2012 Solar Energy: Power for Earth, the ISS, and Exploring Other Worlds! (NASA)

Dec. 19, 2012 Chipmunk Cheeks and Chicken Legs: Body Systems and Life in Space (NASA)

Jan. 9, 2013 Using Remote Sensing to Quantify Changes over Time (NASA)

Jan. 16, 2013 Food for Thought: Space Food and Nutrition (NASA)

Jan. 23, 2013 Farm to School Program (USDA)

Jan. 30, 2013 Eyes on the Earth- Global Climate Change (NASA)

Green Classroom Professional Certificate Program

The Center for Green Schools at the U.S. Green Building Council proudly introduces this new online certificate program that encourages sustainable practices in classrooms to further the mission of creating green schools for everyone within this generation.

Designed for pre-K–12, teachers, paraprofessionals, administrators, and other pre-K–12 stakeholders, group discounts are available.

<http://www.centerforgreenschools.org/main-nav/takeaction/Prepare/Greenclassroom.aspx>

What are your students doing to help promote green schools?

Eastgate Elementary in Bellevue, Washington, has gone green! They instituted waste reduction and recycling, energy and water conservation, pollution prevention actions and achieved a higher level of certification in the King County Green Schools program in April 2012.

- [Learn more about Eastgate Elementary's conservation achievements.](#)

Send us your stories! We'd like to hear what you're doing to "green your school." Each quarter, a different school will be selected and featured on our website and in the [Healthy School News](#).

To be considered, submit an article on ***Successes with Greening My School***. Article requirements: 250 word maximum, provide specific actions taken to "green your school" and the benefits. Include a picture and statement of permission to use the photo, school officials' contact names and numbers. Send to [Alanna Conley](mailto:AlannaConley@epa.gov) (conley.alanna@epa.gov).



WHAT'S HAPPENING IN YOUR STATE

Alaska

**EPA Welcomes Mary Ann Porter
Alaska Tribal Air Liaison**

EPA is pleased to announce the placement of Mary Ann Porter as Tribal Air Liaison in the Anchorage Office. Skilled at educational outreach, Mary Ann looks forward to helping others identify and locate quality information and resources for assessment and solutions to environmental issues in Alaska communities and schools.

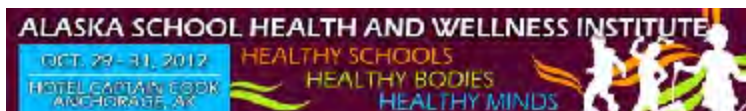
Mary Ann worked with the Parks Service at Western Arctic National Parklands stationed in Kotzebue as Chief, in Yakutat as Yakutat Tlingit Tribes as Tribal Environmental Director and has a long history of involvement with indoor air quality, healthy homes and schools related work.

Mary Ann looks forward to connecting to Alaska communities and can be reached at: 907-271-1481 or porter.maryann@epa.gov.

Alaska Environmental Literacy

Deadline for comment is November 30, 2012.

You are invited to review and provide input to the Alaska Environmental Literacy Draft Plan. The draft is available online at: <http://eed.alaska.gov/tls/akelp/>. The website provides multiple methods for offering comments.

**The 7th Annual School Health and Wellness Institute**

October 29 to 31, 2012 at Captain Cook Hotel in Anchorage

For more information: www.akshwi.com

**Alaska Tribal Conference on Environmental
Management (ATCEM)**

November 6-9, 2012 at Anchorage Hilton Hotel

Topics related to school environmental health provided.

For information: <http://www.anthc.org/cs/dehe/sustops/atcem.cfm> or call James Temte at 907.729.3749 or jrtente@anthc.org

Eco-Healthy Child Care Train-the-Trainer

November 9, 2012 in Fairbanks, Alaska

For information: http://www.cehn.org/EHCC_TtT_Registration

ALASBO Conference

December 2-5, 2012 at Hotel Captain Cook, Anchorage

For information: <http://www.regonline.com/builder/site/Default.aspx?EventID=1084821>

CEFPI Conference

December 8-9, 2012 at King Career Center, Anchorage

For information: <http://www.cefpi.org/i4a/pages/index.cfm?pageid=4945>

Alaska Energy Efficiency For Schools

According to the U.S. Environmental Protection Agency, energy costs are second only to personnel costs as the leading draw on K-12 school district operating budgets. Check out new resources, programs and curriculum: http://www.akenergyefficiency.org/educators/for_schools

Region 10 launched a new Children's Environmental Health website. Check out your new resource for healthy children, healthy schools, healthy homes www.epa.gov/region10/children

WHAT'S HAPPENING IN YOUR STATE**Idaho****Three Idaho Districts Initiate EPA's Tools for Schools Program**

This fall, three Idaho school districts will implement the EPA Tools for Schools Program with the help of The Idaho Division of Public Health and Rich Prill, Building Science and Indoor Environmental Quality Specialist at Washington State University Extension. The Program includes working with the schools to: select an Indoor Air Quality (IAQ) Coordinator for each school or school district; conduct an IAQ walk-through assessment to identify asthma triggers and other indoor air quality issues; and select an IAQ work plan for the school or school district. For more information, contact Jim Faust, Idaho Indoor Environment Program Manager, at 208-332-5717 or faustj@dhw.idhaho.gov

Forest Fires Create Air Quality Alert – Children are most vulnerable.

Air quality in some areas has reached “unhealthy” levels due to recent forest fires.

For information on how to protect your family: <http://healthandwelfare.idaho.gov/Health/EnvironmentalHealth/tabid/95/Default.aspx>

**Idaho Chemical Roundup Program Workshop
Idaho Science Teachers Association Conference**

Thursday, October 4, 2012

Idaho Department of Environmental Quality is holding a Green Chemistry Workshop through the Chemical Roundup Program at the Idaho Science Teachers Association conference. The training will focus on non-toxic chemical experiments for Junior high and Senior high school chemistry class curriculum, as well as offering advice on preferable purchasing options for school chemistry labs. Teachers who attend the training will be eligible to apply for mini-grant funding to clean out their school's chemistry labs. Since many classrooms and laboratories contain old, unwanted and potentially hazardous chemicals; spills, leaks, and improper management of these chemicals pose risks

to human health and the environment. For toolkit and contact information: <http://www.deq.idaho.gov/pollution-prevention/p2-for-schools/chemical-roundup-program.aspx>.

Wild Fires School Recommendations Chart

Wild fires have posed significant health risks this year. This colorful chart containing recommendations for schools and others responsible for children during a wildfire smoke event can be printed and posted. See: <http://www.deq.idaho.gov/media/887952-wildfire-table-for-schools.pdf>

Washington**Cool School Challenge Green School Program Workshop**

November 3, 2012, 9 am- 4 pm at Woodland Park Zoo, Seattle

7 Clock Hours Available for Teachers.

For information: <http://online.nwf.org/site/Calendar?id=106401&view=Detail>

Green Ribbon Schools Application Process Opens

October, 2012

For information and to view timeline: <http://www.k12.wa.us/EducationAwards/GreenRibbon/default.aspx>

School Integrated Pest Management Coalition Events for School Districts

Presented by WSU Extension

- Spokane on November 6th
- Seattle on November 7th
- Vancouver on November 8th
- Richland on November 14th

Contact Carrie Foss at cfoss@wsu.edu

Region 10 launched a new Children's Environmental Health website. Check out your new resource for healthy children, healthy schools, healthy homes www.epa.gov/region10/children

WHAT'S HAPPENING IN YOUR STATE

Oregon

During October, Oregon will celebrate National Farms to School Month to support the efforts schools are taking to increase local, fresh, farm foods being served to students. The program is state-wide. To see **Oregon Farms to School Programs** in your area: www.farmtoschool.org/state-home.php?id=47



To get involved:

- Take the [“Farm to School Counts”](#) pledge to serve local food and participate in Farm to School activities. Participants who enter a pledge and complete the follow-up survey will be entered to win a cash prize for their program!
- Do you have a Farm to School Month event? [Put your event on the map!](#)

Celebration communication toolkits, “lunch bite” webinars, logos and posters are available at www.farmtoschoolmonth.org/. For more information contact: Megan Kemple (541) 344-4329, mkemple@lanefood.org

Win \$500 Gift Card in the Radon Poster Contest

Deadline October 31, 2012

Teacher of the class with the most entries receive \$500 gift card for Acorn Naturalists. Poster contest open to children 9 to 14. Details at: www.healthoregon.org/radon

Free Radon Testing in Eastern Oregon

Free radon testing is available for rural school districts in eastern Oregon. Testing resources are limited, and will be offered as “first come, first served.” OHA will consult with schools on how to correct a radon problem if one is discovered. Note: OHA does not have resources to pay for radon mitigation for schools. However, in many cases radon can be addressed through simple adjustments of air handling systems. OHA will generate a report for schools with radon test results. Please contact Kacey Setzer at (971 673 0440).



President's Environmental Youth Award - Enter Your Project Today!

Deadline: December 31, 2012

Since 1971, the President of the United States has joined with EPA to recognize environmental stewardship efforts created and conducted by our nation's young people. One outstanding project from each EPA region is selected for national recognition. Projects are developed by young individuals, school classes (K-12), summer camps, and youth organizations to promote environmental stewardship.

For more information, contact Sally Hanft at 206-553-1207 or hanft.sally@epa.gov.

<http://epa.gov/peya/>

FUNDING OPPORTUNITIES

The Lawrence Foundation Grants

Deadline: **November 1, 2012**

The funding supports programs that focus on the environment, education, or human services. Award amounts vary and the grant is offered twice annually, with June and November deadlines for application. Nonprofit organizations or public schools and libraries are eligible.

For more information and to apply: <http://www.thelawrencefoundation.org/grants/guidelines.php>

Environmental Education Regional Model Grants

Deadline: **November 21, 2012**

<http://www.epa.gov/education/grants/index.html>

EPA's Office of Environmental Education grants program supports environmental education projects that enhance the public's awareness, knowledge, and skills to make informed environmental decisions and take responsible actions towards the environment. The total estimated funding is approximately \$2,160,000 nationwide. EPA expects to award one (1) grant per Region for an expected 10 grants nationwide.

EPA will host two (2) webinars/conference calls for potential applicants. The date, time and call-in information for the webinars/conference calls will be posted on the website. You may submit questions up to two (2) business days prior to each webinar/call to EEGrants@epa.gov.

National Clean Diesel Campaign Rebate Program

Release date: **November, 2012**

EPA is announcing a new National Clean Diesel Campaign Rebate Program for clean diesel. As part of the reauthorization of the Diesel Emission Reduction Act (DERA), EPA will offer rebates to fund projects that reduce emissions from diesel engines. As such, the National Clean Diesel Campaign is starting with a pilot program that will focus on school bus replacements. This is the first ever rebate program in EPA. For more information, visit <http://epa.gov/cleandiesel/dera-rebate.htm>.

Subaru Healthy Sprouts Award

Sponsor: The National Gardening Association & Subaru

Deadline: **October 31, 2012**

The 2012 Subaru Healthy Sprouts Award is aimed at supporting schools or organizations that plan to garden with at least 15 children between the ages of 3 and 18. The selection of winners is based on the demonstrated relationship between the garden program and education related to environmental, nutrition and hunger issues in the United States.

Fifty awards are available to select schools or organizations. Please contact The National Gardening Association for more information and to apply for this funding: <http://grants.kidsgardening.org/2012-subaru-healthy-sprouts-award>

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