



The Apple

Sustainable
Schools
News

Healthy Schools – Healthy Environments

July-August 2007

SOSI Topic Team Meetings

The Managing Sustainability, Purchasing, Reduce, Reuse, Recycle and Toxics Topic Teams are progressing. Future meeting dates for these groups will be posted on the SOSI website.

To participate on these or other topic teams, contact Lori Stole, lstole@zerowaste.org or 503-307-4067. All stakeholders are welcome! For more on topic teams: http://www.zerowaste.org/schools/topic_teams.htm.

Seeking Reader Input about Newsletter

If you are reading the e-mail version of *The Apple*, did you know that there is a nice 4-page PDF format? There is a link to it at the top of your newsletter message, and archive issues are posted on the SOSI website, including the newsletter archive with all the helpful information it contains.

Do you find it convenient to also receive the newsletter text within the e-mail message? Do you just go straight to the pdf? It will help us to serve you better if you could tell us what works best. Please let us know!

Contact Brett Luttrell, bluttrell@zerowaste.org, with your thoughts.

Back-to-School Supplies

Look for non-toxic options and recycled content. Consider how much remains as "waste" when the item is used up.

For ideas about ecofriendly school supplies see <http://www.thegreenguide.com/doc/121/backtoschool>

Curriculum Ideas

- Tox Town helps high-school students and teachers learn about environmental health concerns and toxic chemicals pictured in an imaginary town. It includes a text version and some Spanish-

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language resources. <http://toxtown.nlm.nih.gov/>

- The Tipping Points Project is "Disseminating a New Paradigm for Strategic Sustainability." The Web site features environmental success stories from around the world, educational materials, regional planning, and more. The resources page includes educational materials. <http://ecotippingpoints.org>
- Community Space for Educators: Bioneers has a new community space for educators to provide inspirational and practical materials and events. Read articles and interviews with educational innovators and visionaries. Explore and share curriculum and teaching ideas. Create a blog to share articles and thoughts. Propose and conduct interviews with Bioneers speakers. <http://www.bioneers.org/education>

Walk or Bike to School!

Walking and biking to school not only helps to reduce energy consumption and the related air pollution, but also helps kids to be active and healthy. Whether your

The Apple is the monthly newsletter from the Sustainable Oregon Schools Initiative (SOSI). This and past newsletters are available in PDF form at <http://www.zerowaste.org/schools/newsletters.htm>.

school has started a program or not, take part in National Walk and Bike to School Day Wednesday, October 3, 2007. To learn more visit <http://www.walknbike.org/>

The Safe Routes to School (SRTS) Program includes engineering, encouragement, education, and enforcement. Julie Yip at ODOT can provide more information (503 986-4196). The Bicycle Transportation Alliance and some other organizations around the state are working in cities and with school districts to support SRTS. The specific relationships vary, based on each area's needs and resources. To learn about the Oregon Safe Routes to School Program: <http://www.oregon.gov/ODOT/TS/saferoutes.shtml>

Bike Commute Challenge: Some schools and school districts are registered to participate in the Bicycle Transportation Alliance bike commute challenge in September. To learn more or sign up go to: <http://www.bikecommutechallenge.com/oregon>

Grant Opportunity

Hidden Valley has announced a "Love your Veggies" funding campaign for elementary schools around the country. This year's grant funds will be used toward the implementation of a creative and sustainable vegetable consumption program, fresh produce, program staffing, nutrition education supplies, and a training course for school personnel given by School Nutrition Association representatives on how to create a healthy and nutritious school environment.

Interested schools can apply online at <http://www.loveyourveggiesgrants.com/>. Schools can apply for a grant beginning Aug. 1, and applications will be accepted through Nov. 30, 2007.

EarthSmart Kids Challenge School District to Go Biodiesel!

Last spring one EarthSmart classroom put their learning into practice. The sixth grade students in Molly Grove's science class at Pilot Butte Middle School (Bend-LaPine School District) formed five "Green Teams". One student group made a formal presentation to Bend-LaPine Schools transportation managers about converting the district's 100-plus vehicle bus fleet to biodiesel. Read more in the [reSource Newsletter](#): <http://www.resourceoregon.org/default.aspx?p=Earth>

[Smart:%20Youth%20education&n=What's%20New&s=none](#)

Teleconference summary: Mold in Schools

The Oregon School Indoor Air Quality Partnership (OSIAQP) coordinated a teleconference recently about mold in schools, with presenter Rich Prill from the WSU Extension Office. He shared a lot of information, some of which is included below. This is an important issue, highlighted by the fact that today 1 in 5 cases of asthma may be due to molds.

Mold spores are everywhere and can grow in both old and new schools, wherever they find both water and food to grow. Recent studies show that over forty five percent of U.S. schools and offices have ongoing moisture problems. Prevention requires keeping the building dry and taking immediate action if a moisture problem is found. Everybody can be on the lookout, including students. Monitoring building humidity is a simple first step to avoiding mold.

Prill noted that most of the schools he visits have water leaks. If there is a mold problem, "more often than not, we smell mold or have health impacts, rather than see active growth – quite possibly because if mold is visible it's easy to take action to clean and remove the contamination."

Keep moisture out via good building design, building maintenance and proper control of indoor humidity (30-50% relative humidity). Building designs that help avoid mold include features such as wide roof overhangs, no flat or low spots on the roof and good surface drainage. Prevention and early clean up are much less expensive than fixing the problem later.

Prill identified the following problem "hot spots" that stem from leaky roofs: wall cavities, ceiling tiles and carpet. He noted that he has never seen a school with an adequate carpet cleaning program. It's better to avoid carpeting, and instead to choose area rugs and carpet squares if needed. If there is a carpet, it's imperative that the concrete floor under it be dry.

If you can smell mold then typically there is mold contamination. People with chemical sensitivities can be impacted more than others. The actual problem source can be difficult to identify because factors other than mold can exacerbate problems. Currently, there are no meaningful standards for mold exposures

– so less is better. People shouldn't live in moldy buildings and shouldn't have to.

The Springfield School District has a model indoor air quality program which includes an air quality assessment team. They note that communication and response time are keys to success.

For more information:

- Contact Rich Prill at Prill@energy.wsu.edu
- EPA Tools for Schools and Indoor Air Quality pages: <http://www.epa.gov/iaq/schools>. This also includes case studies.

The OSIAQP will be organizing future teleconferences on other topics. If you would like to be notified about them, contact Beverly Stewart from the American Lung Association of Oregon, Beverly@lungoregon.org

Asthma Resources

CDC's Division of Adolescent & School Health recently updated two primary resources related to asthma:

"Strategies for Addressing Asthma within a Coordinated School Health Program" has been revised and includes a new and updated Resources section. This widely used document offers concrete suggestions for schools working to improve the health and school attendance of students with asthma. The six strategies identified by the CDC can be effective whether your program is for the entire school district or just one school.

"Resources for addressing Asthma in Schools" is a comprehensive and updated list of resources including web addresses, booklets, and toolkits for schools and individuals implementing school based asthma programs.

To order hard copies of these resources, go to <http://www.cdc.gov/healthyyouth/publications/index.htm>. To download copies of these resources, go to www.cdc.gov/HealthyYouth/asthma

Higher Education Campuses thinking Carbon Neutral

Hundreds of higher education institutions nationwide, including many in Oregon, have vowed to conserve energy and cut greenhouse emissions. At a June press conference in Washington DC, representatives of 284 colleges introduced the American College and

University Presidents Climate Commitment — essentially, a pledge to make their operations carbon neutral. They promised to eliminate or offset every iota of greenhouse gases resulting from light bulbs in their buildings, from flights and car trips by their faculty, even from the transportation of food to their dining halls. And they also promised to lobby other college leaders to sign the pledge.

To read the New York Times article about the announcement see:

<http://www.nytimes.com/2007/06/13/education>

To find out more about the American College & University Presidents Climate Commitment, and to view a complete list of signatories, including Oregon institutions, visit:

<http://www.presidentsclimatecommitment.org>

Illinois: Another Green Cleaning Law

Following fast on the path laid by New York in 2004-05, Illinois has enacted the nation's second-ever state law requiring schools to use environmentally preferable/green cleaning products. For more information, see the following press release:

<http://www.illinois.gov/PressReleases/ShowPressRelease>

For complete bill language (it's short), go to:

<http://www.ilga.gov/legislation/publicacts/fulltext.>)

Apply for a Tools for Schools (TfS) IAQ Award

The U.S. EPA's IAQ TfS Awards Program was initiated in 2000 to recognize schools and school districts that have demonstrated a strong commitment to improve children's health by promoting good indoor air quality (IAQ) practices. From schools and districts just beginning to implement IAQ management plans to those who have mature, sustainable, district-wide IAQ programs, EPA provides a series of national-level awards. As the stature of the awards increase, so does the value gained by each recipient in terms of improved IAQ and improved health and performance of faculty, staff, and students.

Schools interested in applying for IAQ TfS awards should download and complete the appropriate application making sure to include all requested materials. Visit:

<http://epa.gov/iaq/schools/awards.html> for award applications, instructions, and summaries of past award winners. The 2007 deadline is Oct. 8, 2007

UPCOMING EVENTS:

Check the SOSI website for details and updates: <http://www.zerowaste.org/schools/events.htm>

SOSI Meetings:

Upcoming SOSI Topic Team Meetings:

- Managing Sustainability Topic Team: Next meetings being scheduled
- Purchasing and Reduce, Reuse, Recycle Topic Teams: Next meeting scheduled for Tuesday, Sept 18.
- Indoor Environment Quality Topic Team: Next meetings being scheduled

Related Events:

Many events that help support sustainable schools occur throughout the year. This information is provided as a service. Listing on this page does not necessarily imply endorsement by the Zero Waste Alliance or the Oregon Sustainable Schools Initiative.

September-December UO Sustainable Leadership Program, Portland Center Fall Workshop Series

Variety of workshops covering sustainability issues such as product life cycles, writing a sustainability plan, tools for carbon footprint reduction and many more. For detailed information, visit: <http://center.uoregon.edu/sustainability/workshops/>

October 3 Oregon Walk+Bike to School Day

Students, parents, teachers and community members can participate and celebrate the health and environmental benefits of walking and biking to school. Register or learn more at: <http://www.walknbike.org/site/index.html>

October 10 A Common Path for Success and Sustainability

The Oregon Natural Step Network's one-day conference will help organizations including educational institutions find the path which balances success and sustainability. <http://www.or-natural-step.org/>

November 1-2 Sustainability & The Supply Chain

Two-day international conference held at PSU addressing best practices for sustainable supply-chain management.

Where: Portland, Portland State University, Details: <http://www.pdx.edu/sustainability>

December 6-8 IAQ Tfs National Symposium

EPA's annual Indoor Air Quality Tools for Schools (IAQ Tfs) National Symposium addresses the importance of developing effective IAQ management practices and how the indoor environment relates to teaching and learning. Registration: <http://www.iaqsymposium.com/>

January 31, 2008 Focus the Nation

A national teach-in about Global Warming solutions. Start planning for your local event today. <http://www.focusthenation.org/main.php>

Other Related Events

- Portland: Oregon Natural Step Network events: <http://www.ortns.org/events.htm>
- Northwest: Cascadia Green Building Council: <http://www.cascadiagbc.org/>
- Oregon: Oregon Environmental Council: <http://www.oeconline.org/events>

BE A SUPPORTER!! Contributions from you and your organizations make this initiative happen.

Please consider contributing. Details at <http://www.zerowaste.org/schools/supporters.htm>.

**** Thank You to our supporters ****

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* Honor Roll Contributors have contributed for more than one year.

To unsubscribe, please contact Lori Porter Stole, lstole@zerowaste.org. Thank you!