

Celebrate National Healthy Schools Day

Monday, April 30, 2007

Sponsored by Healthy Schools Network, Inc.

and Co-sponsored by

American Public Health Association

Building Green

Collaborative for High Performance Schools

Council of Educational Facility Planners - International

Green Seal

National School Plant Management Association

US Environmental Protection Agency

and leaders of the *Coalition for Healthier Schools*

Plan an event to promote school Indoor Air Quality

Healthy Schools Network, Inc.

for children, health, environment, and education



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the
collaborative
for high
performance
schools

cefp*i*

Foundation & Charitable Trust





National Healthy Schools Day is for Everyone!

- National Healthy Schools Day is a day to promote healthy school environments for children and school personnel.
- Nationwide events that educate the community, parents, and school decision makers will be highlighted.
- In 2003, Healthy Schools Network began coordinating events with the Council for Educational Faculty Planners International to celebrate National Healthy Schools Day.
- National Healthy Schools Day is the first day of **School Building Week!** To learn more about School Building Week, visit <http://sbw.cefpifoundation.org/>.
- To participate in National Healthy Schools Day, read on →



Checklist for Healthy Schools *

EXISTING BUILDINGS

Maintain for health & learning

- Prevent/stop leaks; replace wet and damaged materials in 24-48 hours
- Wash floors and frequently touched surfaces with green cleaning products
- Prevent/control pests and weeds naturally
- Use nontoxic teaching supplies
- Inspect and clean heating, ventilating, and A/C systems
- Control/remove asbestos, radon, lead, arsenic, mercury, and persistent organic pollutants such as PCBs
- Dispose of dangerous lab chemicals such as mercury, formaldehyde, or explosives

NEW BUILDINGS

Design for health & learning

- Site new facilities for walking and biking to school; provide safe outdoor learning/play areas
- Keep site and building materials dry; design to prevent dampness indoors
- Use natural daylight, natural ventilation, windows that open
- Design and furnish areas for easy cleaning, maintenance, and storage; avoid carpets
- Design halls and classrooms to minimize noise and reverberation
- Don't use building products that contain persistent or bio-accumulative toxics
- Protect occupant health during renovations; air out spaces prior to use

* Adapted from "Science-based Recommendations to Prevent or Reduce Potential Exposure to Biological, Chemical, and Physical Agents in Schools" (*Shendell, et al, Journal of School Health, December 2004, vol 74, no 10, pp 390-396*).



Celebrate with an Event!

- Adopt ***Guiding Principles of School Environmental Quality*** as policy for your school/organization or adopt IAQ management plans.
- Demonstrate **Green Cleaning** or IPM practices & products.
- Demonstrate actions that support school **Indoor Air Quality**.
- Hold a Workshop: **Designing Healthy High Performance Schools**.
- Hold a conference: **children, environment, and health**.
- Celebrate Mayor/City Council, Governor/State Legislature ***National Healthy Schools Day Proclamations or policy initiatives***.

- **Easy, important things to do:**
 - **Write a letter or visit your Principal or Facility Director:** ask about cleaning products, pest control products, or school repair needs.
 - **Visit a Teacher or School Nurse:** learn how many children use asthma inhalers at school.
 - **Hold a forum with Students or PTA/PTO** on healthy school environments.
 - **Walk around your school:** water stains, cracks in outside walls, broken windows or steps, and overflowing dumpsters are health & safety problems that need attention.
 - **Write a Letter to the Editor** on the importance of a healthy school to all children and personnel.

Thank your school!

National Healthy Schools Day



Find partners to help you:

Representatives of these groups may be able to help you with your celebration event.

US EPA IAQ Tools for Schools Partners

American Assn. of School Administrators

American Federation of Teachers

American Lung Association

Assn. of School Business Officials

Healthy Schools Network

National Assn. of School Nurses

Nat'l Education Assn.- Health Information Network

Nat'l Environmental Health Assn.

Council of Educational Facility Planners-Internat'l

Green Cleaning Information

Right click to open hyperlink to webpage

[Center for Health, Environment & Justice-
Childproofing Our Communities Campaign](#)

[Center for New American Dream](#)

[Healthy Schools Network](#)

[IL Healthy Schools Campaign](#)

[INFORM](#)

[MA-Healthy Schools Network](#)

Green-rated Cleaning Products

[Green Seal](#)

[Environmental Choice](#)

[NYS Office of General Services](#)



Event Guidelines

- Talk about children’s environmental health.
- Focus on school facility policies or practices that support children’s health, employee health & safety, and promote healthy school environments for everyone.
- Include different stakeholders:
 - Children’s environmental health professionals/Parents
 - School Personnel/Officials
 - Representatives from: PTA/PTO, organized labor, environmental groups, occupational-environmental and/or other public health professionals, LEED certified architects, vendors of green-rated products, community/city planners, school design/construction professionals, elected officials.
- See the following pages for event examples.

National Healthy Schools Day



Adopt Guiding Principles of School Environmental Quality

- Every child and school employee has a right to an environmentally safe and healthy learning environment that is clean and in good repair.
- Every child, parent, and employee has a right to know about environmental health issues and hazards in their schools.
- School officials and appropriate public agencies should be held accountable for environmentally safe and healthy learning environments.
- Schools should serve as role models of environmentally responsible behavior.
- Federal, state, and local public and private entities need to work together to effectively and efficiently use resources.

***Adopted, New York State Board of Regents, 1995
Adapted for use by Am. Public Health Assoc., 2000***



Distribute information

Find green cleaning information, share it with your school and/or your elected officials.

Example:
This guide was mailed by elected officials to local schools.



Healthy Schools Network, Inc.

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SCHOOL CLEANING AND MAINTENANCE ARE TOUGH JOBS!

The number of children in classrooms, hallways, cafeterias, gymnasiums, locker rooms, and other areas creates huge cleaning and maintenance challenges.

Schools are four times as densely occupied as commercial office spaces and children are not known for neatness. More children have asthma and allergies than ever before and constant foot traffic stirs up dust and tracks in mud and debris. Some over-crowded schools have adopted split sessions, while others provide breakfast, after school programs, sports activities, and summer school sessions. Some school buildings and grounds have become "centers of community" and are used for evening and week-end programs as well. The bottom line: schools have more users for more hours than ever before.

The combination of numerous occupants, lack of storage space for instructional materials or student projects, back-logged school building repairs, materials or furnishings that collect dirt or require special cleaning, and maintenance staff cut-backs can be overwhelming for facility directors and their staff.

Industrial strength cleaning products and room deodorizers some schools use create indoor air pollution. These products can be risky to use around children—especially those with sensitive airways or other health problems—and hazardous to the cleaning staff who handle them directly. While schools should be cleaned more frequently and more effectively, the cleaning itself should not contribute to the problem.

Guide To

GREEN CLEANING

Healthier Cleaning & Maintenance
Practices and Products for Schools

www.healthyschools.org

PARENTS:

When to suspect an environmental problem in the school

- Your child starts most days healthy but develops head aches or rashes during the school day.
- Your child comes home from school sick, tired, 'sneezy' or angry.
- Your child uses or needs asthma medications on school days.
- Your child shows new or worsening health or learning problems only on certain days or as the school heating season starts.
- Your child comes home with odd odors clinging to his/her clothing.

*You will not necessarily know if pesticide applications or renovation projects are taking place during school hours
you will need to ask or to visit.*

**Take these health signs seriously!
School personnel and unions do.**

SCHOOLS OFFICIALS:

Chronic illnesses can make anyone miserable, but they also affect student attendance, performance, and life-long attitudes towards learning.

STATE/LOCAL ELECTED OFFICIALS:

See page 7 of this Guide for links to New York State's Executive Order and Law requiring all state agencies and all schools to use green cleaning products.

National Healthy Schools Day



Workshop: School Indoor Air Quality

Present and discuss
US EPA *IAQ Tools for Schools* with policy leaders

(shown: NYS advocates and agencies)



**CREDIT: New
York- Healthy
Schools Network**



Workshop: Green Cleaning

(Coalition for Healthier Schools, panel discussion)

At American Federation of Teachers, moderated by American Federation of State, County, and Municipal Employees. Presentations by INFORM, Green Seal, Center for Health, Environment, and Justice, MA-Healthy Schools Network/MassCOSH, and Healthy Schools Network.



CREDIT: Coalition for Healthier Schools, http://www.healthyschools.org/documents/CHS_2006_Position_Statement.pdf



Workshop: Green Cleaning

(Chicago Public School Engineers)



CREDIT: Illinois
Healthy Schools
Campaign,
www.healthyschoolscampaign.org

National Healthy Schools Day



Panel: Green Cleaning

Panel on Green Cleaning. "Summit: Solutions for Schools", sponsored by VT High Performance Schools Initiative, March 2006.



**CREDIT: INFORM-
Cleaning for health
Program,
www.informinc.org**

National Healthy Schools Day



Hold a Hearing

Boston City Council learns about asthma and school indoor air quality from the Boston Urban Asthma Coalition and MassCOSH.



CREDIT: MA-Healthy Schools Network at MassCOSH, http://www.masscosh.org/healthy_schools.htm

Proclamation: National Healthy Schools Day

(New York City Council, 2006)

National Healthy Schools Day



CREDIT: New York City Council, Councilman Robert Jackson speaking.

The Council City of New York
Proclamation



- WHEREAS: The Council of the City of New York is pleased and proud to join students, parents and teachers throughout the nation in observing National Healthy Schools Day; and
- WHEREAS: New York City has the largest public school system in the country with over 1.1 million students; and
- WHEREAS: The poor condition of New York City school facilities is well documented; and
- WHEREAS: Too many New York City schools are overcrowded, unhealthy, poorly maintained and impede quality learning; and
- WHEREAS: Many schools in New York City are located on or near environmentally toxic sites; and
- WHEREAS: Children, on average, spend approximately 30-50 hours per week in school; and
- WHEREAS: Children are more vulnerable to environmental hazards; they proportionally breathe more air, drink more fluids, and eat more food than adults. Their developing systems and behaviors contribute to their increased vulnerability; and
- WHEREAS: In spite of their susceptibility, there are virtually no standards to regulate children's exposure to environmental hazards in school facilities; and
- WHEREAS: Poor indoor air quality is a major problem in New York City schools and contributes to a wide range of problems that include poor concentration, respiratory illnesses, learning disabilities and cancer; and
- WHEREAS: Scientific studies suggest that poor environmental conditions in schools have an adverse effect on students' health and academic achievement; and
- WHEREAS: Laws pertaining to public health, education and the environment must reflect a heightened sensitivity to the more susceptible nature of children and the mechanisms by which exposure to environmental hazards affect them; and
- WHEREAS: Providing for the rights of children, parents and other members of the schools and the public to access information about known hazards in schools will allow these persons to make informed choices about environmental exposures for their children and themselves; and
- WHEREAS: New and newly-renovated healthy and high performance schools designed to reduce energy and maintenance costs, while providing cleaner air, improved lighting, reduced exposures to toxic substances provide a healthier and safer learning environment for children and improve academic achievement and well-being; and
- WHEREAS: Our schools are building blocks of our communities and the keystone of our future; and
- WHEREAS: April 24, 2006 is National Healthy Schools Day, observed by communities throughout the country to highlight the need for improved attention and protection of children's environmental health at school; and
- BE IT KNOWN: That the Council of the City of New York recognizes April 24, 2006 as
Healthy Schools Day
in the City of New York.



Walk Around Your School:

Identify ways your school can keep pests away without using pesticides.



Rear entry/loading dock area,
ANY High School

CREDIT: Ellie Goldberg, M.Ed., Healthy Kids: The Key to Basics, <http://www.healthy-kids.info/aboutus.lasso>

PROBLEM: Open, overflowing, leaking dumpsters and wet, smelly garbage attract, feed, and harbor pests such as rodents, skunks, mosquitoes, flies, molds, pathogens.

Solution: Keep bins closed, clean area daily, and make sure garbage is removed regularly!

PROBLEM: Rear entry to school is standing open. This gives pests and human intruders easy access to the school.

Solution: Keep school doors closed!

PROBLEM: Puddles of unknown liquids (water? juice? rotting garbage?) attract pests.

Solution: Follow label directions for disposal of all chemicals; hose down area regularly!

PROBLEM: Un-recycled materials add to school trash disposal costs and provide nesting materials for pests.

Solution: Recycle!



Sample Letters to the Editor or to Your School!

Dear Editor/School Superintendent,

Unhealthy school environments that go ignored and unchecked affect children's health because children are more vulnerable than adults to environmental health hazards.

We encourage (*name of school*) to reduce the use of dangerous pesticides at school and encourage the school to use "green" cleaning products that are safer to use around children.

Improving indoor air quality by reducing the use of harmful products is the first step towards promoting better health and learning conditions within the school.

As parents of children in (*name of school*), we need to protect our children by working with school staff to inform administrators of the environmental hazards that are present in the school and then provide them with ways to improve the schools in our community.

Name of Individual
or
PTA/PTO or Student Council or Club

Dear Editor/School Superintendent,

I would like to thank school staff and administrators at (*name of school*) for working to protect the health of our children when they are at school.

Our school has reduced the use of harmful toxins and chemicals that were once used in the school by (*adopting "green" cleaning program, eliminating the use of toxic pesticides, or an IAQ plan*).

Exposure to these chemicals and indoor air pollution can affect the health of our children. (*Name of school*) is to be commended for working to protect the health of the students as well as school employees.

Once again, thanks to the (*name of school*) for making the health of our children a priority.

Name of Individual
or
Name of PTA/TPTO/Student Council or Club

National Healthy Schools Day



List my event.

*Send me the
National Healthy Schools Day logo
to use on my flyers &
announcements.*

To list your event, please return to the
National Healthy Schools Day main page and click on
“What I Will Do.”

Questions?

Ask Jen Sentar, 202-543-7555

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