

October is Children's Health Month

October marks Children's Health Month! What better time than now to focus on the health of the children in our care. Places where children live, play, and learn have a big role in their health. Kids are especially vulnerable to environmental exposures since their bodies are developing. School environments also can affect the performance of both students and staff. With those points in mind, here are tips for making our learning environments healthier places. Please share with staff, parents, and networks. To view online or access past issues, go to <https://www.epa.gov/children/healthy-schools-news-pacific-northwest>.



Kids and Their Environment

Children are more vulnerable to pollutants than adults due to differences in behavior and biology. These differences can lead to greater exposure and unique windows of susceptibility during development. [Learn more](#) about children's health, the environment, and what you can do.

Resources for Healthier Schools

Healthy schools support healthy kids! Healthier learning environments also improve the attendance, concentration, and performance of students and staff. EPA offers information to help you create a [healthier classroom](#).

Resources for Healthier Childcare Facilities

There are simple things we can do in childcare settings to help make them healthy. Check out EPA's [website for childcare environments](#) for easy-to-use resources.

Healthy School Air

Ensuring good ventilation and filtration in school buildings is critical for providing healthy indoor air. There are proven strategies to reduce pollutants in the air and limit the spread of viruses and bacteria in schools. [This infographic](#) outlines key actions to take such as: (1) increasing ventilation rate, (2) increasing HVAC filter efficiency, and (3) supplementing with portable air cleaners.

Financing Efficient, Healthy Retrofits



EPA is excited to partner with Department of Energy on the Efficient and Healthy Schools campaign, which aims to help K-12 schools—especially those serving low-income student populations—identify practical

HVAC solutions and upgrades to improve energy efficiency while promoting healthier spaces for teaching and learning. [This page](#) features solutions to access capital and financing for energy-efficiency projects in schools.

Ensure Drinking Water Quality During and After Extended Closures



Here are important fact sheets to help you re-open safely.

- Fact sheet for [schools](#)
- Fact sheet for [childcare facilities](#)

Make Safer Cleaning Choices



Look for [EPA's Safer Choice](#) label to find products with ingredients that are safer for classrooms. Find the label on select cleaners, degreasers, soaps, and more.

Lead in Drinking Water

EPA's 3Ts guide schools and childcares in building voluntary programs to reduce lead levels in drinking water. Manuals, checklists, templates, and toolkits are included. EPA's [3Ts for reducing lead in drinking water](#) are Training, Testing, and Taking Action.

Wildfire Smoke and Schools



Reducing smoke infiltration into buildings is an important way to protect people's health. This [one-pager](#) helps schools develop smoke readiness plans, to help reduce student and staff exposure.

Help for Childcare Providers

A new [Early Care and Education Portal](#) gives you access to the CDC's latest early childhood resources. You'll find resources that promote health and wellness and prevent negative health outcomes for children. It also includes tools to help implement many early childhood health and safety standards.

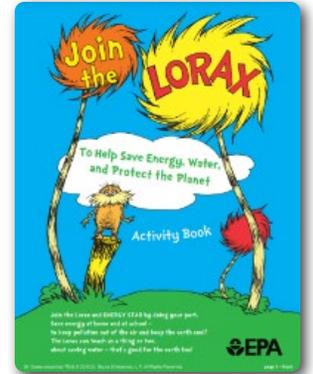
Reduce Bus Idling to Protect Young Lungs



School bus idling contributes to air pollution, including particulate matter that can damage kids' lungs. Go to <https://www.epa.gov/dera/school-bus-idle-reduction> for information about bus idling and how to reduce it.

Join the Lorax and Help Protect the Earth from Climate Change

Download and print ENERGESTAR's six-page [activity book](#) for K-12 students.



Managing Asbestos in Schools

Videos from recent AHERA Designated Person Training webinars are now online. Watch for more videos in the 4-part series at www.epa.gov/asbestos.

Part 1: <https://youtu.be/hLlmz0RpIFA>

Part 2: <https://youtu.be/AsdZ8ptSGS4>

Top Ten Ways to Make Your School Healthier:

- Clear the air inside.
- Clear the air outside.
- Reduce/remove radon in school buildings.
- Use chemicals carefully.
- Test the water.
- Get the lead out.
- Eliminate mercury.
- Cover up.
- Use toxics with caution.
- Educate yourself.

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 Andrea Lindsay at lindsay.andrea@epa.gov.

To be added to or removed from the distribution list, please email lindsay.andrea@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 (800) 424-4EPA or email epa-seattle@epa.gov.

EPA Schools: www.epa.gov/schools

EPA Environmental Education: <https://www.epa.gov/education>

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

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