



**ARIZONA DEPARTMENT OF ENVIRONMENTAL QUALITY  
Self-Evaluation to qualify as an Arizona Environmentally Healthy School**

The Arizona Department of Environmental Quality (ADEQ) is sponsoring a new recognition program to help promote and assist individual schools to become an Arizona Environmentally Healthy (AEH) school. This program recognizes policies and actions taken by schools to help ensure a healthy and safe learning and teaching environment. The checklist below is to be used by school principals, or their designees, to certify to ADEQ that their schools have taken actions to safeguard their students, facility, and other personnel against environmental pollutants and other potential environmental risks.

The following list includes a set of voluntary actions that can be taken to help make your school and its grounds safe from potential environmental health risks. If your school can certify that it meets 14 of the following 22 criteria, it will be designated as an AEH school and receive an ADEQ certificate stating that your school is environmentally healthy.

**Please check the box next to the criteria that your school meets:**

- 1) School participates in ADEQ's School Bus Idling Reduction Program or has undertaken installation of low polluting emission technologies on existing school buses.
- 2) School has initiated a No Idling Zone around the school and encouraged parents and delivery truck drivers to turn off their vehicles' engines.
- 3) School has written criteria to identify students subject to asthma attacks and have developed individual Asthma Action Plans to assist those children.
- 4) School has developed Indoor Air Quality (IAQ) procedures to address sources of indoor air pollution.
- 5) School has been tested for radon and it has levels of 4 pCi/L or lower.
- 6) School utilizes the U.S. EPA's "Healthy SEAT Tool" computerized self-evaluation program and is using this guide in making improvements to their school.
- 7) School has a waste recycling program.
- 8) School has been designed and constructed to meet LEED Green School Standards or has been upgraded and/or remodeled using Green Building design methods or technologies.
- 9) School has implemented Integrated Pest Management (IPM) practices instead of a regular program of spraying pesticides.
- 10) School has tested for traces of lead in their drinking fountains and, if necessary, removed or remediated lead sources.
- 11) School has developed and implemented a Chemical Management Plan for purchasing, storing

- and disposing of chemical supplies.
- 12) School has incorporated environmental educational information in their science or other appropriate courses.
- 13) School has distributed the ADEQ Earth Day Pledge and 75% of students have signed the Pledge.
- 14) K through 8<sup>th</sup> grade school classes have an active “Sunwise” program which educates young people to guard against exposure to the sun’s ultra violet rays.
- 15) School has made an effort to reduce plastic water bottle usage on campus by encouraging students and staff to bring their own reusable water container (BPA free bottle or thermos) and refill at the tap or water fountain.
- 16) School is taking actions to trade-in mercury thermometers for mercury free thermometers or reduced other sources of mercury to ensure students are learning in a mercury free environment.
- 17) School addresses visible mold and mold odors with the help of a mold specialist.
- 18) School has designated an asbestos coordinator and is following its asbestos management plan.
- 19) School has installed Energy Star - certified appliances and made energy efficiency a priority.
- 20) School has created a safe school yard for children to play. Such as eliminating sources of water retention (low spots or old tires), removed wood play structures, or removed broken, old or damaged play structures.
- 21) School, where applicable, has developed a tanks maintenance manual and implemented best management practices for underground and above ground storage tanks.
- 22) Other environmental health measure(s). Please specify:

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<b>Please certify that your school has met fourteen (14) of the above criteria:</b>
<b>Name of School:</b>
<b>School Address:</b>
<b>Phone Number:</b>
<b>Name of Principal or Designee:</b>
<b>Email:</b>
<b>Signature of Principal or Designee:</b>

Definitions	Additional Resources, Involved Agencies and their Web sites
<p><b>Moisture Control:</b> New resources, just released. Controlling moisture is important to protect occupants from adverse health effects and to protect the building, its mechanical systems and its contents from physical or chemical damage.</p>	<p><a href="http://www.epa.gov/iaq/pdfs/moisture-control.pdf">http://www.epa.gov/iaq/pdfs/moisture-control.pdf</a></p>

<p><b>1) School Bus Idling Reduction Program:</b> ADEQ launched a program in August 2004, with Arizona school districts to reduce children's exposure to harmful diesel emissions from buses by voluntarily reducing idling near schools.</p>	<p><a href="http://www.azdeq.gov/ceh/bus.html">http://www.azdeq.gov/ceh/bus.html</a>  <a href="http://www.epa.gov/cleandiesel/sector-programs/csb-overview.htm">http://www.epa.gov/cleandiesel/sector-programs/csb-overview.htm</a></p>
<p><b>2) No Idling Zone:</b> School has adopted a reduced idling policy and has posted sign to encourage parents to turn of their car engines when dropping off or picking up children.</p>	<p><a href="http://www.azdeq.gov/ceh/toolkit.html">http://www.azdeq.gov/ceh/toolkit.html</a></p>
<p><b>3) Asthma Action Plan:</b> A plan that is completed by the student's doctor that describes the individual's asthma and how to properly medicate and modify activities based on the child's individual symptoms. Each asthmatic student should have a plan on file.</p>	<p><a href="http://www.azdhs.gov/phs/owch/pdf/healthy-at-home/asthma-fact-sheet.pdf">http://www.azdhs.gov/phs/owch/pdf/healthy-at-home/asthma-fact-sheet.pdf</a>  <a href="http://www.epa.gov/asthma/index.html">http://www.epa.gov/asthma/index.html</a></p>
<p><b>4) Indoor Air Quality:</b> Actions taken to safeguard indoor air.</p>	<p><a href="http://www.epa.gov/iaq/schools/">http://www.epa.gov/iaq/schools/</a></p>
<p><b>5) Radon Testing:</b> Radon is a naturally occurring invisible gas that can cause respiratory illness. Certified radon inspection should be performed if they have not already been done.</p>	<p><a href="http://www.epa.gov/radon">http://www.epa.gov/radon</a>  <a href="http://www.arra.state.az.us/RadonWeb/incidence.htm">http://www.arra.state.az.us/RadonWeb/incidence.htm</a></p>
<p><b>6) Healthy Seat Tool:</b> A comprehensive program for improving schools environmental health conditions through a step by step program. See website for more information.</p>	<p><a href="http://www.epa.gov/schools1/healthyseat/healthyseatnews.html">http://www.epa.gov/schools1/healthyseat/healthyseatnews.html</a></p>
<p><b>7) Waste Recycling Program:</b> The ADEQ Recycling Program encourages Arizonans to reduce, reuse, recycle and buy recycled products as an alternative to solid waste disposal in landfills.</p>	<p><a href="http://www.azrecycles.gov/">http://www.azrecycles.gov/</a></p>
<p><b>8) Green School:</b> A school that has been constructed or renovated to provide healthy indoor air, natural sunlight, water conservation and energy efficient construction. See Web site for comprehensive description.</p>	<p><a href="http://www.azdeq.gov/ceh/green1.html">http://www.azdeq.gov/ceh/green1.html</a>  <a href="http://www.epa.gov/schools">http://www.epa.gov/schools</a></p>
<p><b>9) Integrated Pest Management:</b> Integrated Pest Management (IPM) is a safer and often less costly option for effective pest management in the school community. A school IPM program employs commonsense strategies to reduce sources of food, water, and hiding places for pests in school buildings and grounds.</p>	<p><a href="http://cals.arizona.edu/apmc/">http://cals.arizona.edu/apmc/</a>  <a href="http://www.epa.gov/pesticides/ipm/">http://www.epa.gov/pesticides/ipm/</a></p>
<p><b>10) Lead in drinking water:</b> Drinking water can be a possible source of lead exposure for children. When good quality water gets into old water pipes, taps solder and other plumbing components, lead in those components may leach into the water and pose a health threat. ADEQ has prepared information to enable schools, if necessary, to take steps to address potential exposure.</p>	<p><a href="http://www.azdeq.gov/ceh/water.html">http://www.azdeq.gov/ceh/water.html</a>  <a href="http://www.epa.gov/lead/">http://www.epa.gov/lead/</a>  <a href="http://water.epa.gov/infrastructure/drinkingwater/schools/upload/epa816b13002.pdf">http://water.epa.gov/infrastructure/drinkingwater/schools/upload/epa816b13002.pdf</a></p>
<p><b>11) Chemical Management Plan- See Schools Chemical Cleanout and Prevention Campaign (SC3).</b> The Schools Chemical Cleanout and Prevention Campaign (SC3) seeks to address the costly accidents, chemical spills, and fires that occur in schools by not only cleaning out excess, legacy, unused, and improperly stored chemicals but also by going a step further and implementing preventive mechanisms in schools.</p>	<p><a href="http://www.azdeq.gov/ceh/download/sc_toolkit.pdf">http://www.azdeq.gov/ceh/download/sc_toolkit.pdf</a>  <a href="http://www.epa.gov/schools/chemicals.html">http://www.epa.gov/schools/chemicals.html</a></p>
<p><b>12) Environmental Curriculum:</b> Your school has integrated environmental issues of air and water quality and effective waste management in its science curriculum.</p>	<p><a href="http://www.azdeq.gov/function/education/">http://www.azdeq.gov/function/education/</a>  <a href="http://www.arizonaee.org/">http://www.arizonaee.org/</a>  <a href="http://projectwet.org">http://projectwet.org</a>  <a href="http://www.epa.gov/epahome/educational.htm">http://www.epa.gov/epahome/educational.htm</a></p>
<p><b>13) Earth Day Pledge:</b> ADEQ has asked elementary and junior high students to sign a simple Pledge promising to recycle, conserve energy and save water.</p>	<p><a href="http://www.epa.gov/pick5/">http://www.epa.gov/pick5/</a></p>

<p><b>14) SunWise:</b> The SunWise Program is a free sun safety curriculum that teaches children how to protect themselves from overexposure to the sun and prevent skin cancer.</p>	<p><a href="http://azdhs.gov/phs/sunwise/">http://azdhs.gov/phs/sunwise/</a>  <a href="http://www.shadefoundation.org/index.html">http://www.shadefoundation.org/index.html</a></p>
<p><b>15) Single Use Bottles:</b> In an effort to reduce solid waste from plastic bottles, consider using a reusable BPA free container.</p>	<p><a href="http://www.epa.gov/oppt/existingchemicals/pubs/actionplans/bpa.html">http://www.epa.gov/oppt/existingchemicals/pubs/actionplans/bpa.html</a></p>
<p><b>16) Mercury in thermometers:</b> Mercury in glass thermometers can escape through breakage. Glass thermometers in schools should be properly disposed of and replaced.</p>	<p><a href="http://www.azdeq.gov/ceh.html">http://www.azdeq.gov/ceh.html</a>  <a href="http://www.atsdr.cdc.gov/dontmesswithmercury/index.html">http://www.atsdr.cdc.gov/dontmesswithmercury/index.html</a>  <a href="http://www.epa.gov/region7/mercury/educator_toolkit.htm">http://www.epa.gov/region7/mercury/educator_toolkit.htm</a>  <a href="http://www.epa.gov/mercury/spills/index.htm#thermometer">http://www.epa.gov/mercury/spills/index.htm#thermometer</a></p>
<p><b>17) Mold:</b> Exposure to mold can cause a variety of health effects and symptoms, including allergic reactions and possible asthma attacks.</p>	<p><a href="http://www.epa.gov/mold/pdfs/moldremediation.pdf">http://www.epa.gov/mold/pdfs/moldremediation.pdf</a>  <a href="http://www.epa.gov/mold/moldresources.html">http://www.epa.gov/mold/moldresources.html</a>  <a href="http://www.cdc.gov/mold/">http://www.cdc.gov/mold/</a></p>
<p><b>18) Asbestos:</b> Asbestos is a naturally occurring mineral fiber, once widely used in building materials for its thermal insulating properties and fire resistance. Although the removal of asbestos from school buildings is an option for schools, many schools and local education agencies have chosen to manage some asbestos-containing building material in place.</p>	<p><a href="http://www.epa.gov/asbestos/pubs/asbestos_in_schools.html">http://www.epa.gov/asbestos/pubs/asbestos_in_schools.html</a>  <a href="http://www.azdeq.gov/environ/air/asbestos/">http://www.azdeq.gov/environ/air/asbestos/</a></p>
<p><b>19) Energy Star:</b> is a joint program of the U.S. Environmental Protection Agency and the U.S. Department of Energy helping us all save money and protect the environment through energy efficient products and practices.</p>	<p><a href="http://www.energystar.gov/">http://www.energystar.gov/</a></p>
<p><b>20) West Nile Virus:</b> The West Nile Virus is a virus that lives in mosquitos and birds. However, humans can sometimes be infected with the virus if they are bitten by a mosquito that is carrying the virus. The West Nile Virus can pose a significant health threat; Therefore water retention spots should be removed.</p>	<p><a href="http://www.azdhs.gov/phs/oids/westnile/">http://www.azdhs.gov/phs/oids/westnile/</a></p>
<p><b>21) Above Ground or Underground Storage Tanks:</b> Oil and or gasoline storage tanks may develop leaks over time. ADEQ's Tank Division can provide free technical assistance in assessing and remediating tank problems.</p>	<p><a href="http://www.azdeq.gov/environ/ust/index.html">http://www.azdeq.gov/environ/ust/index.html</a></p>
<p><b>22) ADDITIONAL Environmental Health Activities:</b> Please list and briefly describe, any other environmental improvement made at your school not listed in the 22 items listed above. These additional activities count toward reaching the 14 minimum for ADEQ</p>	