

# MARSHALL STREET HEALTHY BULLETIN

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Special Energy Edition

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## Conserve energy

# Help planet stay healthy

Using less energy can help keep our planet healthy.

"The more electricity we use up, the more polluted the world will be," said Mr. Todd Rogers of the National Energy Education Development Project.

Coal, oil, and gas are fossil fuels that are used to create electricity. They can cause pollution and health problems, according to the Environmental Protection Agency (EPA).

Mr. Rogers is an energy auditor and recently visited with Ms. Freeman's fourth grade class. An energy auditor helps people find out how much energy is being used in their schools, workplaces, and homes.

For instance, keeping lights on when they are not needed wastes energy, Mr. Rogers said. He suggested turning lights off when you leave the classroom.

Even when you are in the classroom, all the lights don't need to stay on, according to Mr. Rogers. Motion sensors are a good way to conserve energy. They turn lights on only when someone is in a room, he said.

Mr. Rogers said computers and TVs use electricity even when they are turned off. He suggested users consider unplugging them

*(Please see **Learning** on Page 2)*



Illustration by Olivia Rhodes

**Cover up** when you are in the sun. Use sunscreen and wear hats, too.

# Be careful in the sun

Even though the sun is 92,960,000 miles away from the earth, its ultraviolet rays (UV rays) can be damaging to your skin and eyes, according to the Environmental Protection Agency (EPA). The sun can also cause health problems such as cancer.

Mrs. Falco, school nurse, said everyone needs to protect themselves from the sun. The sun can damage your skin and may cause early aging and skin cancer. Some people get sunburn faster than others because of the pigmentation in their skin, Mrs. Falco said. Pigmentation is another word for the color of the skin.

"Even if your pigmentation is darker, you still need to wear sunscreen," Mrs. Falco said.

"Sunscreen should be rubbed evenly all over the skin."

Put your sunscreen on before you put your bathing suit on, she said. When people are at the beach, Mrs. Falco said, they should dry off and reapply sunscreen.

The sun isn't always bad, Mrs. Falco said. The sun helps the body make vitamin D, which helps people's bones stay strong and increases their brain power.

When you are outside, remember to take a break now and then and spend some time in the shade, Mrs. Falco said.

She also said you should drink a lot of water before, during, and

*(Please see **Protect** on Page 2)*

# NASD pays attention to energy

The Norristown Area School District wants everyone to conserve energy.

"We use different forms of energy to get to school, cook our food, give us light" and clean water, heat, and cooling for our buildings, said Mr. Speights, the district's custodial manager.

The schools are removing "energy eaters" such as lamps, space heaters, personal refrigerators, and microwaves from the classrooms, said Mr. Speights. Reducing the amount of electricity used is important because energy supplies are limited. "It is important to conserve energy because if we don't, we will eventually use up all of our resources and we won't have energy anymore," said

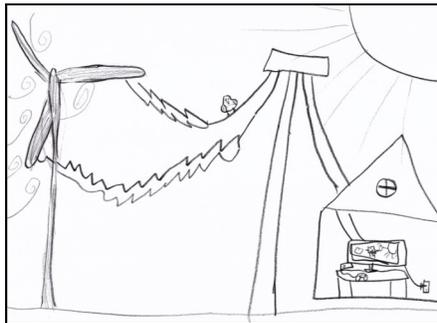


Illustration by Jacey Captis

**Wind power can help conserve energy.**

Mr. Henderson, Marshall Street school janitor.

By using less energy, the schools can save money, too, said school Principal Mr. Skoczynski.

Using less energy also can help protect the environment and people's health. It means the air is less polluted and stays cleaner, which makes it easier for people

to breathe, according to the Environmental Protection Agency.

In recent years, the schools have switched their outdoor light bulbs to save money. The school district began using LED lighting, which uses less energy.

Children can make sure they are "energy advocates," said Mr. Speights. He offered some energy-saving activities:

- \* Recycle your trash properly.
- \* Make sure lights are off when no one is in the classroom.
- \* Turn off your computers after you finish using them.
- \* Encourage your classmates and teachers to keep windows closed when the heat is on so energy will not be wasted.
- \* If you see a poor use of energy let your teacher know. It may be possible to fix the problem.

## Protect your skin

*(Continued from Page 1)*

after your activities to make sure your body works properly. If you are running around, "listen to your body when it tells you to stop," Mrs. Falco said.

Even on shady days, you need to protect yourself from the sun's rays, said Mrs. Falco. "The sun is still out all of the time."

The sun's rays can be harmful to pets too, said Mrs. Falco. Keep them out of the sun and never leave them in a car.

Here are tips from the EPA's SunWise website for kids:

- \* Slip on a t-shirt
- \* Slop on sun screen.
- \* Slap on a big summer hat that can protect your neck, ears, and face.
- \* Wrap sunglasses around your face.

Checking the UV index before you go outside will help you know how strong the sun is going to be on a particular day. On a scale of 1 to 11, 1 is cloud coverage and 11 is high sun rays. Mrs. Falco recommends staying out of the sun in the middle of the day because that is when there is the most sun.

Find out more information about sun safety at [www.sunwise.com](http://www.sunwise.com).—*By Ms. Freeman's class*

## Learning to conserve

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when they are not in use to reduce energy waste. Water fountains also use electricity and can be unplugged when not in use, said Mr. Rogers.

Ms. Freeman's students learned how to test room and water temperatures with thermometers. Keeping water in faucets below 120 degrees Fahrenheit and air temperature between 68 degrees and 72 degrees will help conserve energy, Mr. Rogers said.

\* \* \*

After conducting their energy audit, students made the following recommendations for conserving energy at Marshall Street:

1. Keep water below 120 degrees Fahrenheit
2. Keep room temperature between 68 degrees Fahrenheit and 72 degrees Fahrenheit.
3. Consider unplugging electronic devices that are not in use. —*By Ms. Freeman's class*

### *Marshall Street Healthy Bulletin*

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