

EnviroKids' Club

WINTER 2017



HELP US CLEAN UP THE AIR AROUND SCHOOLS!

Have you ever thought about the air quality around your school? When cars are lined up, waiting to pick up students, does it ever smell funny?

That smell is called **EXHAUST**.

Exhaust is what comes out of a car's tailpipe. It is made up of many different gases that can hurt our lungs when we breathe it.

This is especially true for children. On average, kids breathe 50% more air than adults. That means that if you are breathing in air that has car exhaust, you are breathing twice as much of the dirty air compared to an adult.

Kids are also much more likely to have asthma. This is a condition that can make breathing very difficult. Kids with asthma often use an inhaler to help when they

begin having an attack. Breathing exhaust from cars can increase asthma symptoms like wheezing, coughing and shortness of breath.



HOW CAN WE AVOID BREATHING EXHAUST?

That's easy! Turn off the car when you're not driving. Leaving the car running for more than 30 seconds is called "idling." Creating Idle-Free Zones at schools is an easy way to help improve the air quality.

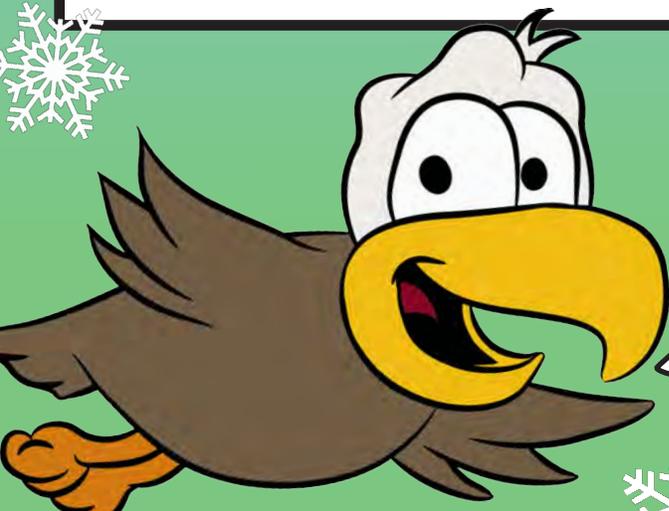
No-Idle Zone Schools have signs reminding drivers to turn off their cars while waiting to pick up or drop off their students.

If your school would like to be a No-Idle Zone, we can help. Contact Stephanie at Spokane Clean Air at 477-4727 or SMay@SpokaneCleanAir.org.

FLYING INTO YOUR SCHOOL

The EnviroKids' Club partners enjoy participating in events at your school! We'll be at Otis Orchards Elementary Science Night, Holmes Elementary Science Night, Longfellow Elementary Science Night, McDonald Elementary Science Night, Lakeside Middle Science Night and Trentwood Elementary Science Night.

If you would like us to attend an event at YOUR school, contact us at spokaneenvirokids@gmail.com.



WHAT COLOR IS THE AIR TODAY?

Did you know that we color-code the air? Based on how much pollution is in the air, a color is given to the air for the day - this is called the Air Quality Index. The colors correspond with the amount of pollution in the air and what that means for you.

For example, when air is clean it is green and when it's "okay" it's yellow. That means you can play outside without any worries. As it gets dirty, the color changes to orange. Orange means you should take care when outside. For example, instead of playing basketball or running, you could take a walk or do yoga. Dirty air is red, purple and maroon. Air quality is considered "hazardous" when it reaches maroon. Fortunately, we don't typically have air that reaches these levels in Spokane.

Visit SpokaneCleanAir.org and click on "Current Conditions" to see what color the air is today!

A GUIDE TO THE AIR QUALITY INDEX



GOOD

0-50



MODERATE

51-100



UNHEALTHY FOR SENSITIVE GROUPS

101-150



UNHEALTHY

151-200



VERY UNHEALTHY

201-300



HAZARDOUS

300+

AN APPLE A DAY!

When you look up in the sky, it appears we have an endless "ocean of air." But we don't. In reality, our breathing space stretches only about 10 miles above us in the troposphere.

To help you visualize this, think of an apple. The air we breathe is no deeper proportionately than the skin of an apple to the total apple itself. This thin layer of air is what sustains life on earth.



TRY IT YOURSELF

• • • • •
Air has weight! Discover it for yourself. All you need is a balloon and a scale.

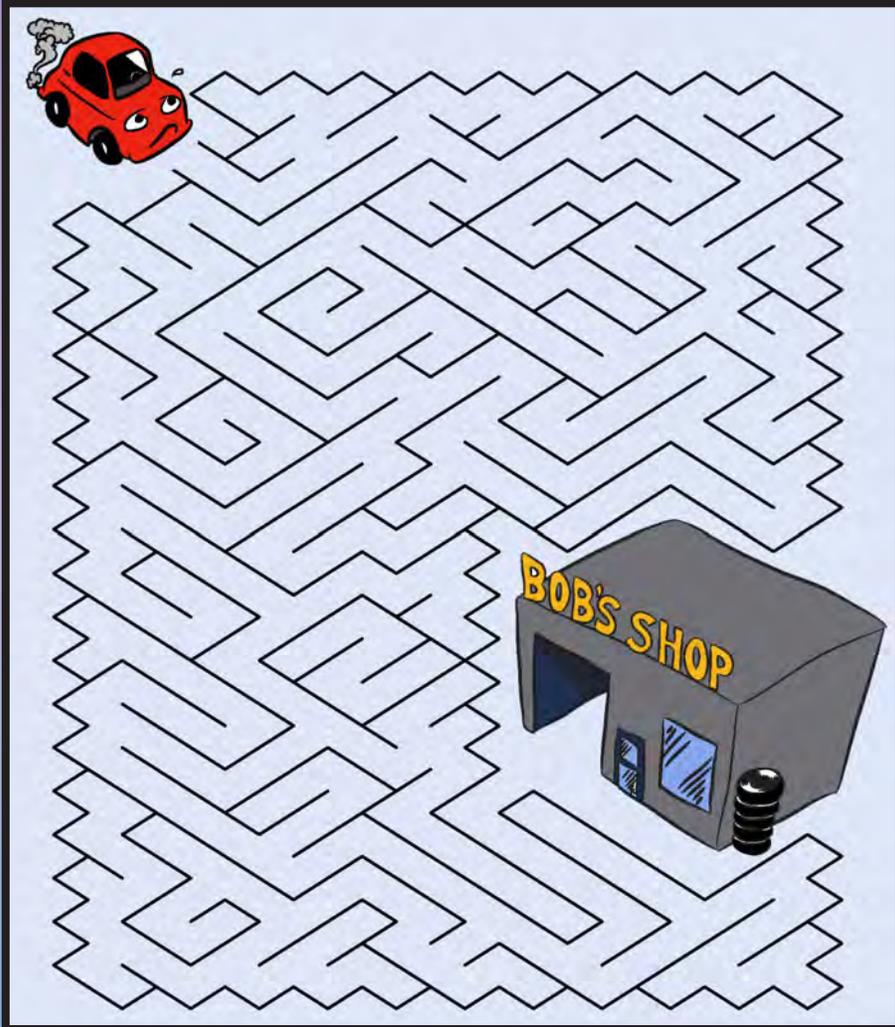
First, weigh the deflated balloon and record the weight. Next, blow up the same balloon and weigh it again.

The inflated balloon should weigh more. Can you think of any other times you have felt the weight of air?

How do you care for the air? Send us a photo of yourself and your clean air activity and earn **10 POINTS!**

BLACK, STINKY SMOKE MEANS YOUR CAR IS SICK AND MAKING THE AIR DIRTY.

Can you help the car find its way to Bob's Shop to get better?



CLEAN AIR WORD SCRAMBLE!

LECAN

NULSG

LLPOTNOUI

ESKOM

YKS

**COMPLETE THE ACTIVITIES
AND MAIL IT BACK TO US
EARN 5 POINTS!**

BE A CLEAN AIR DETECTIVE!

Things that people do can make the air dirty. *Color the activities that are causing air pollution.*

What can you do instead:

1. _____
2. _____
3. _____
4. _____
5. _____





EnviroKids' Club
c/o City of Spokane Solid Waste Disposal Department
2900 S. Geiger Boulevard
Spokane, WA 99224

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ENVIROKIDS...CARING FOR THE EARTH

EnviroKids' Club provides its 200+ members with information and activities to explore aspects of the environment: air, water, weather, garbage and recycling, plants and animals. The Club is open to all Spokane County residents who are in grades K-6.

Club members receive a newsletter in the mail four times a year. The newsletter contains activities to complete and ideas for activities at home or in the community. Members who are interested can complete activities and/or participate in some of the events to earn points. Earned points can then be used to trade-in for prizes. **Members need to participate in at least one activity per calendar year to receive newsletters.** For more information, visit www.spokaneenvirokids.org.

ENVIROKIDS PARTNERS
NATIONAL WEATHER SERVICE
SPOKANE CONSERVATION DISTRICT
SPOKANE COUNTY WATER RESOURCES
SPOKANE COUNTY STORMWATER
SPOKANE REGIONAL CLEAN AIR AGENCY
CITY OF SPOKANE WATER DEPARTMENT
CITY OF SPOKANE SOLID WASTE DISPOSAL
SPOKANE COUNTY REGIONAL SOLID WASTE

TO EARN POINTS, MAIL THE COMPLETED ACTIVITIES PAGE AND THIS PAGE BY FEBRUARY 28, 2017, TO:

EnviroKids' Club c/o National Weather Service
2601 N. Rambo Rd. Spokane, WA 99224

-OR-

spokaneenvirokids@gmail.com

Fill in this form with the activities page complete and send it back to us to earn your points! Do you have a friend or sibling who would like to join EnviroKids' Club? Copy this page for them to send in and be added to our mailing list.

Name: _____ Age: _____ Grade: _____ School: _____

Home Mailing Address: _____ City: _____ Zip Code: _____

E-mail Address: _____ Phone: _____

My child has permission to participate in EnviroKids' Club activities that I accompany him/her to and permission is granted to use his/her photo that may be taken at such event, for promoting the Club (newsletter, flyers, ads, website, etc.)

Parent Signature. Please print name, then sign and date

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