

# EAGLE EXPRESS

Phone: 413 423-3326

Internet – <http://www.erving.com>



**Wednesday- December 7**  
"Savings Makes Cents"

**Tuesday-Thursday – December 6, 7 & 8**  
Parent/Guardian/Teacher Conferences  
Student dismissal – 1:15 pm

**Saturday – December 10**  
Erving Recreation sponsored Holiday Party  
see attached flyer

**Wednesday & Friday – December 14 & 16**  
Holiday Bazaar  
see attached flyer

**Friday – December 16**  
Turkey Raffle  
see attached flyer

**Tuesday – December 20**  
School Council Meeting – 3:30 pm  
School Committee Meeting – 7:00 pm

**Wednesday- December 21**  
"Savings Makes Cents"

**Friday – December 23**  
Holiday Concert/Cookie Exchange – 10:00 am  
see attached flyer

**Monday-Monday – December 26-January 2**  
No School – Holiday Vacation

**Tuesday – January 3**  
Welcome Back!  
Students return to school!

## News from the Fifth Grade

The students from 5<sup>th</sup> grade are selling raffle calendars until Friday, December 23. The cost of the calendar is \$5.00 and all proceeds go to the fifth grade classes. Thank you for your support!

## Holiday Bazaar

Our 6<sup>th</sup> grade class is looking for donations of wrapping paper, gift bags and/or tissue paper. Any donation is greatly appreciated.

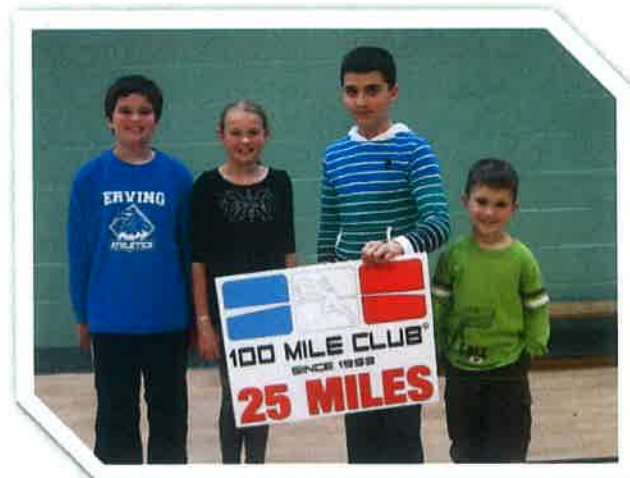
Please see the Holiday Bazaar flyer attached.

## 100 Mile Club® Morning Walking/Running Times

Morning walking/running club will continue to meet every Monday, Thursday and Friday that school is in session. Children that arrive at 8AM will be expected to participate in the 100 Mile Club activity until 8:30AM. Please be sure that your child is wearing sneakers and clothing appropriate for the outside temperature. If the weather is too wet and/or cold, we will earn laps by walking a course inside the school.



4 students have walked 25 miles! Great job!  
Our all school total is – 1,079 miles!



## News from the Principal's Desk:

### Dear Families and Friends of Erving Elementary School,

During this past year a number of reports have made the headlines about high levels of lead contained in various drinking water systems around the country. In October 2016, Erving Elementary School participated in a voluntary action to test for the presence of lead and/or copper in all of our water faucets, bubblers and pipes. I felt that our school should always remain proactive whenever there are any questions about ensuring the safety and welfare of our students and staff. Attached to this newsletter is our report, along with additional fact sheets that will provide everybody with important information about the results from our tests, and general information about lead and copper in drinking water. Our thanks to Gary Porlier, Thomas Duffy (Custodians), along with Pete Sanders (Town Water Dept.) for their stellar work in managing such a major task. Please stop by the office should you have any additional questions.



Next week provides all of us with the opportunity to reflect on the academic, social, and emotional growth and development of our children. Parent/Guardian conferences are held on December 6, 7 and 8. I hope that every parent/guardian takes this opportunity to meet with all of the educators who work with their child(ren). Thank you for taking the time to celebrate with your child(ren). I look forward to seeing you at the school.

With the colder weather upon us, please remind your child to dress appropriately (coat, hat, gloves/mittens), and plan to be outside during recess. We are outside every day, unless it is raining heavily, or frigid temperatures. During recess students need to be outside running, playing, and socializing with their friends. We do not want to keep students indoors due to a lack of clothing. Please contact the school should you need assistance with coats, hats or gloves and we will see how we can be of support.

Stay warm over the weekend and I look forward to seeing you next week.

Sincerely,

  
Jim Trill



## All-School Sing – December 1

Thank you to our Music Teacher, Mrs. Bosworth-Clemens, for an enjoyable time.



## News from After School:

Greetings, Everyone! Conference Week is next week, and it's going to be a busy one here at After School! We have lots of fun activities planned, and it's going to be a good time! Send your child(ren) to After School for all 3 days of the Conference for a special discounted rate of \$50 per student for drop-ins (regularly \$20/day/student) and \$40 per student for our Regular "Wednesday-only" students. Reserve your child's spot today!

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New in 2017! After School is excited to announce that several new programs will be starting in the new year including a brand new Martial Arts class (exact dates TBD). Come join the Erving Rec event on Saturday, December 10th to meet the instructor, Josh Hodges, and learn more about the class and this form of martial arts! Information on additional programs coming soon!

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After School is now collecting recipes for our upcoming Cookbook Fundraiser (to be released in 2017). Please complete the attached form with your family's favorite recipe and submit it by Friday, January 13, 2017. Thank you in advance and happy cooking!

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Cleaning out your closets in time to prepare for the holidays? If so, donate your unwanted items to After School! We love games, arts and crafts and would especially welcome fabric and non-stitch-able fabric adhesive.

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Here's are the highlights for next week:

**Monday, 12/5:** Toothpick people  
**Tuesday, 12/6:** STEM Experiment: Design a Paper Plate Marble Maze  
**Wednesday, 12/7:** Museum Game  
**Thursday, 12/8:** Tissue Paper Night Lights  
**Friday, 12/9:** Make Your Own Ritz Cracker Spider Snacks

Have a wonderful week ahead!





## Dressing for the Weather

Fall is officially here and with it comes much cooler temperatures. Students participate daily in outdoor recess. Therefore, proper clothing is essential for the students to remain warm during their time outside. Please help your child to make good choices for outside play. These include wearing a winter coat (not just a hoodie sweatshirt), long pants, sneakers, hats, mittens and, soon enough, boots.

If you or your child has any questions regarding the clothing expectations please call the school at (413) 423-3326.



## Preschool News



Our second preschool coffee hour was a great success! Thank you to all the parents that attended on Nov 17<sup>th</sup>. We had a wonderful discussion about dental health and received some great tips for getting children comfortable with brushing and flossing.

A big 'Thank You' to Blake and Chase's grandmother, Nancy Kosiorek, for speaking at the coffee hour. Nancy is a dental hygienist at Northampton Pediatric Dentistry and she made an important point that all children should start seeing a dentist by the age of 1. If you need help finding a dentist for your child, please let me know.

Congratulations to Zoe and her family, they won the book raffle at the coffee hour.

Thank you,  
Mackensey Bailey  
Early Childhood Coordinator  
bailey@erving.com

# **Holiday Bazaar**

## **Accepting Donations**

**Sixth grade is now accepting donations from now thru Friday December 9<sup>th</sup> for the 6<sup>th</sup> Grade Holiday Bazaar. We are looking for new or gently used small household items and toys, as well as wrapping paper and gift bags.**

**These items will be sold to EES students in December during the bazaar. Students will have an opportunity, with their class, to purchase items at a small price (\$0.50 to \$5). Proceeds will be used to fund the 6<sup>th</sup> grade class trip to NYC in the Spring.**

**Donations may be dropped in the lobby**

**Thank you for your help and support!**



# Erving Elementary School Turkey Raffle

Erving Elementary School is having a Turkey Raffle!

We will be raffling off 3 gift certificates, each for a 15 lb. turkey from Diemand Farm. All proceeds from our raffle will help to support educational activities at Erving Elementary.

Attached please find 6 raffle tickets for you to buy or sell. Just fill out the tickets with the name and telephone number of the person buying the ticket and return them to the school with the money.

**Ticket Price: \$1.00 each or 6 for \$5.00**

Please contact the school at 413-423-3326 if you would like additional tickets.

Tickets need to be returned to the school no later than Thursday, December 15<sup>th</sup>.

Three winning tickets will be drawn on Friday, December 16<sup>th</sup>.

A special thank you to Don Mailloux for this generous donation.  
Thank you and good luck!

## Erving Elementary School Turkey Raffle



We will be raffling gift certificates for a 15 lb. turkey from Diemand Farm. We will have 3 drawings and the lucky winners will be drawn on Friday, December 16<sup>th</sup>.

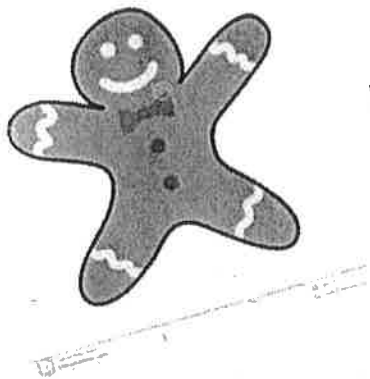
**Ticket Price: \$1.00 each or 6 for \$5.00**

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

All proceeds will help support educational activities at the Erving Elementary School.

**Tickets are due no later than Thursday, December 15<sup>th</sup>.**



Erving Elementary would like to invite you to our:

## Holiday Concert and Cookie Exchange

Friday, December 23, 2016

10am – gym

This year our Holiday Concert format is a school-wide concert; so all classes in grades PK-6 are participating in addition to a performance by our band and chorus students.

Following the concert our cookie exchange will take place. Our families and staff donate hundreds of homemade cookies. Because of this everyone, students and guests, can take home a special treat. What a sight it is to see!

Here is the schedule for the day's events:

10:00 – Concert

Note: Please remind your band student to bring their instrument.

Following the concert – Cookie Exchange

All guests will collect cookies at the table in the hall by the computer lab.

All students will go back to their classrooms, a volunteer will let classes know when to proceed to the appropriate cookie table.

11:45 – lunch for all students – bag lunches:

Ham & Cheese Sandwich

12:15 – Students dismissed

Please note: If you are dismissing your student directly after the Cookie Exchange and before lunch, please send a note to the office by Thursday, December 22. This will avoid lunches wasted in the café and provide an efficient dismissal experience.

Thank you for supporting this community event.

We hope to see you there!!





# **Cookies Needed For Our Annual Cookie Exchange**



**We would like to invite you to our annual  
Holiday Concert and Cookie Exchange.**

**Erving Elementary School - December 23 at 10:00**

All students - Preschool - 6<sup>th</sup> grade will perform  
in the Holiday Concert.

Following the concert, our cookie exchange will take place and our  
students and guests can participate.

Our families and staff donate hundreds of homemade cookies,  
because of this, everyone can take home a special treat.  
What a sight it is to see!

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Please cut and return.

## **COOKIE EXCHANGE DONATION**

We are asking for each family to donate two-dozen homemade  
cookies for our celebration

YES- my family will donate two-dozen homemade cookies for the  
cookie exchange on December 23.

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**Family Name**

Please return the slip by Friday, December 16<sup>th</sup>

Basketball Sign Ups  
**LAST DAY**

sign up online by  
midnight

December 2, to  
be eligible to play!

<https://ervingrec.wufoo.com/forms/basketball/>

# December - Lunch 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
Egg salad sandwich or sun butter & jelly w/fruit & veg of the day & milk	Nov 28 Chicken nuggets, rice, seasoned broccoli, diced pears & milk	Nov 29 Hamburger – Cheeseburger on wg roll, baked beans, diced peaches & milk	Nov 30 Turkey & bacon wrap w/cheese, baby carrots, pineapple & milk	1 Spaghetti & meatballs, corn, fruit cocktail & milk	2 Pizza Friday – Cheese or pepperoni, wax beans, fresh apple & milk
Toasted cheese sandwich or sun butter & jelly w/fruit & veg of the day & milk	5 Soft beef taco w/sour cream, salsa, cheese, lettuce, broccoli, peaches & milk	6 Chicken patty on a wg roll, corn & black bean salad, fruit cocktail & milk	7 Nacho's w/ground beef, sour cream, sliced carrots, pineapple & milk	8 Seasoned chicken, quick baked potato, bread stick, diced pears & milk	9 Pizza Friday – Cheese or pepperoni, cauliflower, apple & milk
Turkey & cheese sandwich or sun butter & jelly w/fruit & veg of the day & milk	12 Toasted cheese, chicken noodle soup, seasoned broccoli, diced pears & milk	13 Ham & cheese bagel melt, three bean salad, fresh apple & milk	14 Hot dog on wg roll, sweet potato fries, diced peaches & milk	15 Chicken nuggets, oven potato, bread stick, corn, pineapple & milk	16 Pizza Friday – Cheese or pepperoni, green beans, fruit cocktail & milk
Ham & cheese sandwich or sun butter & jelly w/fruit & veg of the day & milk	19 Meatball marinara on wg roll w/cheese, steamed broccoli, diced peaches & milk	20 Nacho's w/ground beef, sour cream, corn & black bean salad, pineapple & milk	21 Chicken fajita w/sour cream, salsa, ched cheese, peppers & onions, banana & milk	22 Pasta & meat sauce, corn, fruit cocktail & milk	23 Early release Bag Lunch NO ALTS Ham & cheese, apple, baby carrots & milk
Chicken salad sandwich or sun butter & jelly w/fruit & veg of the day & milk		Jan 3 Hamb/cheeseburger on wg roll, baked beans, peaches & milk	Jan 4 Ham & cheese bagel melt, sweet potato fries, banana & milk	Jan 5 Salisbury steak w/mashed potato, sliced bread, fruit cocktail & milk	Jan 6 Pizza Friday- Cheese or Pepperoni, celery sticks & dip, apple & milk

All sandwiches are made using whole grain bread, salad is served with a whole grain breadstick & whole grain croutons. Each meal is served with a choice of 1% white, skim, 1% choc or fat free strawberry milk. Water is available during meal, but must be taken in addition to milk. All meals are subject to change without notice. All salads are served with a protein such as yogurt, meat/meat alternative, cheese or egg. Salad is made with romaine lettuce.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

# December - Breakfast 2016

Alternative	Monday	Tuesday	Wednesday	Thursday	Friday
Mon - Fri assorted cereal w/fruit & milk, cheese stick or yogurt	Nov 28 Bagel w/cream cheese, fruit & milk	Nov 29 French toast sticks, syrup, turkey sausage, fruit & milk	Nov 30 Scrambled eggs w/cheese, 1/2 English muffin, fruit & milk	1 Waffles, syrup, yogurt, fruit & milk	2 Strawberry smoothie w/graham crackers, fruit & milk
	5 Yogurt, banana, graham crackers & milk	6 Pancakes, syrup, turkey bacon, fruit & milk	7 Egg & cheese burrito w/salsa, fruit & milk	8 French toast, syrup, cheese stick, fruit & milk	9 Blueberry smoothie w/graham crackers, fruit & milk
	12 Breakfast muffin, yogurt, fruit & milk	13 Waffles, syrup, turkey sausage, fruit & milk	14 Scrambled eggs & toast, fruit & milk	15 Pancakes, syrup, yogurt, fruit & milk	16 Strawberry peach smoothie w/graham crackers, fruit & milk
	19 English muffin w/butter & assorted jelly, cheese stick, fruit & milk	20 French toast, syrup, turkey sausage, fruit & milk	21 Egg & cheese muffin, fruit & milk	22 Waffles, syrup, cheese sticks, fruit & milk	23 Blueberry smoothie w/graham crackers, fruit & milk
	Jan 2 New Years Observed No School	Jan 3 Pancakes & syrup, turkey bacon, fruit & milk	Jan 4 Scrambled eggs & toast, fruit & milk	Jan 5 French toast sticks w/syrup, yogurt, fruit & milk	Jan 6 Peach smoothie w/graham crackers, fruit & milk

Breakfast is served with a choice of 1% or skim milk. Water is available during meal times, but must be taken in addition to the milk

According to the Food Research and Action Center students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness. Students who eat breakfast also show greater improvements in math scores, attendance, punctuality, depression, anxiety and hyperactivity than children who don't participate in a school breakfast program.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



## **AFTER SCHOOL COOKBOOK FUNDRAISER!**

As you prepare family meals this coming Thanksgiving and holiday season, please share your favorite recipe(s) with After School for our future Cookbook Fundraiser!

Complete the info below *by Friday, January 13, 2017*, and attach your favorite recipe. Be sure to include a brief family history with each recipe submitted!

Your Name: \_\_\_\_\_

Recipe Name: \_\_\_\_\_

History of this recipe (feel free to use the backside of this flyer for more space, if needed):

\_\_\_\_\_  
\_\_\_\_\_

*Remember to attach a typed copy of your recipe!*

## **THANK YOU!**





# SANTA & Science



**DECEMBER 10, 2016**

Join the Erving Recreation Commission  
for the **Mad Science Holiday** Show!  
At the Erving Elementary School Gym  
**INDOOR FIREWORKS, DRY ICE AND MUCH MORE!!**



Come early for a Karate demonstration  
by Josh Hodges and to learn about  
our new Karate program starting in January.

Stay after the show for Holiday snacks  
and goodies and a photo op with Santa!

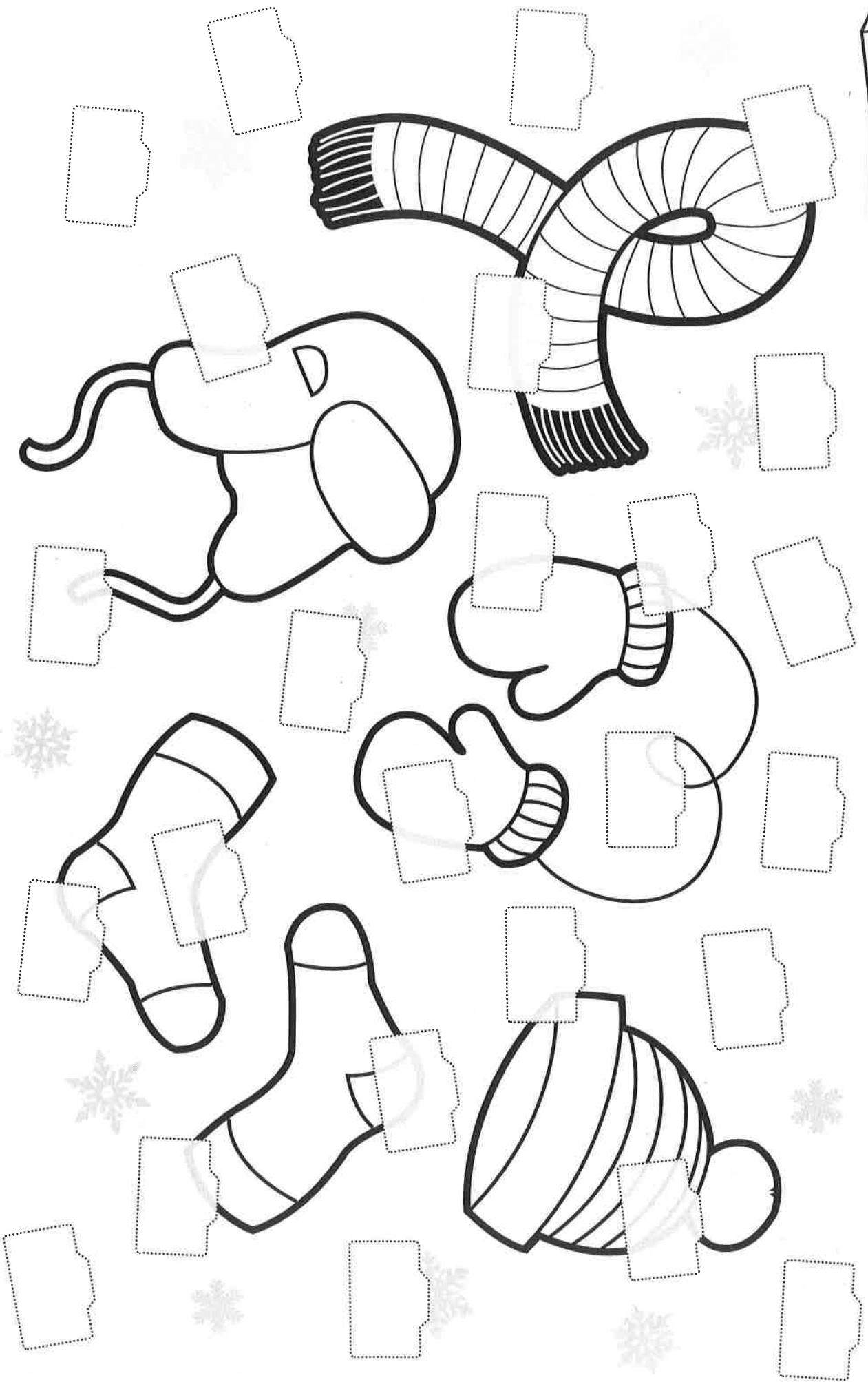


9:30 Karate

10:00 Mad Science

11:00 Santa

# BUNDLE UP WITH BOX TOPS



Thank you for helping! Clipped Box Tops are each worth 10¢ for your child's school.  
Bonus certificates should not be attached to this sheet – please submit them separately.  
To see more ways to earn cash for your child's school, go to [BTFE.com](http://BTFE.com).

# ERVING ELEMENTARY SCHOOL



**JAMES D. TRILL**, Principal  
28 Northfield Road  
Erving, MA 01344  
Telephone: (413) 423-3326  
Fax: (413) 423-3648  
www.erving.com

November 28, 2016

Dear Erving Elementary School Parents and Guardians,

In October 2016 Erving Elementary School opted to participate in a voluntary program offered by the MA Department of Public Health (DPH) and the MA Department of Environmental Protection (DEP), to test for lead and copper in water in schools. Knowing the health impacts these metals have on children, staff, and faculty members, we chose to be one of the 179 out of 351 communities to volunteer in having our water tested for lead and copper to assure the health and safety of our learning community.

Under the supervision of the MA DPH and DEP, water samples were taken from all of the faucets and water bubblers. The number of water samples taken and results are as follows:

- 54 Water Samples Taken – 1 Positive Lead Result (1 Faucet)

The positive result for lead was above the state and federal definition of a relevant action level of 0.015 parts per billion (ppb) on the “first draw” samples. A second sample known as “flush samples” occurred after running the water for 30 seconds. This second sample resulted in no positive results of lead. None of the samples tested above the action level for copper on the first draw or the flush samples.

To ensure the health of all students, families, staff & faculty, the Town has developed a plan to reduce the exposure to lead at Erving Elementary School. The faucet has been removed. In collaboration with Mass Department of Environmental Protection, who is overseeing the assistance program for schools to test drinking water, we have begun implementing a flushing procedure for all devices to assure we are in compliance with state and federal levels. In closing I would like to thank Pete Sanders for his support and guidance throughout this process.

To find out more information please see the attached FAQ documents produced by the MA Department of Public Health.

If you have any questions please feel free to contact me.

Sincerely,

James Trill

CC: Superintendent Haggerty, Pete Sanders (Water Dept.), Bryan Smith (Administrative Coordinator)

# Lead in Drinking Water FAQ

## for School and Childcare Facilities

This fact sheet answers frequently asked questions about lead and health, how lead may get into the drinking water at your school or childcare facility, and how children, teachers, and staff can avoid exposure. Lead can be found in all parts of the environment. Although lead is found in nature, most exposure comes from human activities or use. Lead-based paint and lead-contaminated dust are the primary sources of exposure for children. Infants, young children, and developing fetuses are most sensitive to the effects of lead because their body systems are not fully developed. Precautions should be taken to minimize lead exposure.

### **HOW DOES LEAD GET INTO DRINKING WATER?**

In Massachusetts, most drinking water sources from reservoirs and groundwater are lead free. When lead is present in water, it is typically due to the water flowing through lead pipes or plumbing in buildings with lead parts or solder. Service lines, which are the pipes that connect homes, schools, or other buildings to the water main, could have lead in them. Inside the school or facility, there may also be lead pipes, pipes connected with lead solder, or brass faucets or fittings containing lead. Lead levels are highest when the water has been sitting in lead pipes for several hours. Additionally, using hot water can draw lead out of pipes, solder or fixtures, releasing it into the water.

### **HOW DOES LEAD GET INTO SOMEONE'S BODY?**

Lead is present in typically low levels in a variety of different sources, such as food, drinking water, soil, dust, and air. Individuals are exposed to lead from eating food, drinking water, accidentally swallowing soil and dust, and from breathing air that contains

lead. Other less common sources of lead include some handmade pottery and imported cookware, home remedies, toys, candy, jewelry, and canned food. Lead-based paint and lead-contaminated dust are the primary sources of exposure for children, but drinking water can be an important contributing source to overall exposure.

Since everyone is exposed to small amounts of lead in their daily life, it is not uncommon for a low level of lead to be present in someone's body.

### **IS IT SAFE TO BATHE IN WATER WITH ELEVATED LEVELS OF LEAD?**

Yes. Lead is not easily absorbed through the skin. It is not a problem to wash hands, bathe, and/or shower in water containing lead.

### **WHAT IF LEAD LEVELS IN THE DRINKING WATER AT SCHOOL OR CHILDCARE FACILITIES ARE HIGH?**

If the lead levels are higher than the Massachusetts Department of Environmental Protection (MassDEP) action level of 15 parts per billion (ppb), your school or childcare facility should work to determine the source. Once a school is aware of a water lead exceedance, they should prevent access to any tap or fountain above the action level and provide an alternate source of water. MassDEP can provide technical assistance to schools and childcare facilities with regard to testing and follow-up measures. There are a number of ways lead levels can be reduced in school drinking water, such as by replacing pipes and fixtures, reducing the corrosiveness of the water, or initiating a flushing program. Your school or childcare facility should keep parents, teachers, and staff updated

as sampling progresses and informed of the results of the testing and their follow up actions.

Children's exposure to lead in drinking water at school is only a small part of their overall potential exposure. Children typically only drink water in schools and childcare facilities for a portion of the day. While it is unlikely that lead in drinking water at schools or childcare facilities would cause staff or children to have significantly elevated blood lead levels, it can contribute to overall exposure. Risk will vary, however, depending on the individual, the circumstances, and the amount of water consumed. For example, infants who drink formula prepared with lead-contaminated water may be at a higher risk because of the large volume of water they consume relative to their body size.

#### **CAN WATER WITH ELEVATED LEAD LEVELS BE USED FOR WASHING OUT CUTS?**

Yes. A brief exposure to elevated levels of lead in water while rinsing a cut does not pose any hazard to health.

#### **HOW DOES LEAD MAKE YOU SICK?**

Lead detected above the action level does not necessarily mean a child will have elevated levels of lead in their blood. The amount of lead in a child's body depends on several factors, such as their age, nutritional status, and the various sources of lead in their environment.

Lead can affect every organ system in the body, including the nervous system, kidneys, and cardiovascular system. The developing brains of infants, young children, and developing fetuses are at greatest risk. An exposure to lead that would have little effect on an adult can have a big effect on an infant, young child, and developing fetus. Most children who have lead poisoning or high levels of lead exposure do not look or act sick. The only way to confirm lead poisoning is through a blood lead test. It is important to reduce lead exposure as much as possible, particularly for infants, young children, and pregnant women.

#### **WHAT IF I'M PREGNANT OR PLANNING TO BECOME PREGNANT?**

Lead can pass from a mother to her developing fetus. Dust from old lead-based paint can be an important source of exposure for pregnant women (such as during renovation). While drinking water is not usually the most significant source of lead exposure leading to elevated blood lead levels, it can be an important contributing source to overall exposure. Most people are exposed to small amounts of lead every day from other sources like food, soil, dust, and air. Pregnant women should be aware of potential exposure to lead from the workplace, from the use of traditional home remedies, imported cosmetics or lead-glazed pottery from cooking or storing food. Additionally, a craving to eat or mouth nonfood substances, such as soil or jewelry, can expose a person to lead. Talk to your doctor or other health care provider to discuss your lead exposure risks and whether you should be tested.

#### **SHOULD I OR MY CHILD HAVE BLOOD TESTING DONE?**

Testing all children following the detection of elevated levels of lead in a school's or a childcare facility's drinking water is not recommended. It is unlikely that lead in drinking water at schools or EEC facilities would cause staff or children to have elevated blood lead levels. The most important thing to do is to identify and remove suspected sources of lead exposure.

Blood tests are commonly used to screen children for lead poisoning. In Massachusetts, young children must have their blood lead levels tested at age 9-12 months, and again at ages 2 and 3, and also sometimes at age 4, depending on where they live. This scheduled approach to blood lead testing helps identify lead poisoned children, and eliminate sources of lead exposure in the most sensitive population. While we do not recommend testing all children at schools or EECs where elevated levels of lead in drinking water have been identified, if your child has never been screened, or you have specific health concerns about your child, you should discuss this with your doctor or other health care provider.



## HOW CAN I REDUCE LEAD EXPOSURE AT SCHOOL AND CHILDCARE FACILITIES?

If you are a student, teacher or staff member, you can help reduce your exposure if lead levels are elevated in tap water.

Easy things to do are:

- Obey signs identifying water outlets that are for handwashing only or shouldn't be used at all.
- Let the water run for 1 minute before you drink from a fountain or faucet.
- Use cold water for drinking and cooking. If you want hot water, run cold water from the faucet and warm it in the microwave or on the stove.
- When mixing powdered baby formula with tap water, always use cold water and do not use hot water. Simply warm formula to serve. Bottled or filtered water should be used when mixing baby formula if lead levels are known to be elevated in tap water. Filters should be NSF-certified to remove lead.

## WHERE CAN I GET MORE INFORMATION?

### For health information contact:

Massachusetts Department of Public Health  
Bureau of Environmental Health  
Phone: 617-624-5757 | Fax: 617-624-5777 | TTY:  
617-624-5286

[www.mass.gov/dph/environmental\\_health](http://www.mass.gov/dph/environmental_health)

Massachusetts Department of Public Health  
Childhood Lead Poisoning Prevention Program  
1-800-532-9571 or [www.mass.gov/dph/clppp](http://www.mass.gov/dph/clppp)

### For additional drinking water information contact:

Massachusetts Department of Environmental  
Protection  
Drinking Water Program  
617-292-5770

Program.Director-DWP@state.ma.us

<http://www.mass.gov/eea/agencies/massdep/water/drinking/lead-in-drinking-water.html>

(and see the "Schools and Childcares" tab)

**NOTE FOR PUBLIC WATER SUPPLIERS:** This FAQ does not fulfill the notification or education requirements of the Lead and Copper Rule 310 CMR 22.06B. Public Water Systems should contact MassDEP for specific Lead and Copper Rule requirements of public water systems to notify consumers of elevated lead results.

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Massachusetts Department of Public Health  
Bureau of Environmental Health  
250 Washington Street, 7th Floor  
Boston, MA 02108  
Phone: 617-624-5757 | Fax: 617-624-5777 | TTY: 617-624-5286  
[www.mass.gov/dph/environmental\\_health](http://www.mass.gov/dph/environmental_health)

OCTOBER 2016



# Copper in Drinking Water FAQ for School and Childcare Facilities

This fact sheet answers frequently asked questions about copper and health, how copper may get into the drinking water at your school or childcare facility, and how children, teachers, and staff can avoid exposure. Copper is a naturally occurring and essential nutrient for good health in low levels. Exposure to high levels of copper can harm health. Parents of infants and young children, pregnant women, and people with Wilson's disease or liver disease should be aware of possible health effects following exposure to high levels of copper and should take precautions to minimize their exposure.

## HOW DOES COPPER GET INTO DRINKING WATER?

In Massachusetts, most drinking water sources from reservoirs and groundwater do not contain elevated levels of copper. When copper is present in water, it is typically due to the water flowing through pipes or plumbing in buildings with copper and brass parts. Service lines, which are the pipes that connect homes, schools, or other buildings to the water main, could have copper in them. Inside the school or facility, there may also be copper pipes or brass fixtures. Copper levels are highest when the water has been sitting in pipes for several hours. The amount of copper in the water decreases after the water is run for 1 minute. Hot water causes copper to dissolve and enter water faster.

## HOW DOES COPPER GET INTO SOMEONE'S BODY?

We regularly come into contact with small amounts of copper from breathing air, drinking water, and eating foods. Copper is not easily absorbed through the skin, but we may also come into contact with copper by touching copper, particles attached to copper, or copper compounds. Because copper is essential to good health in small "trace" amounts, everyone absorbs small amounts of copper every

day. Our bodies have a natural mechanism to maintain the proper level of copper.

## WHAT IF COPPER LEVELS IN THE DRINKING WATER AT SCHOOL OR CHILDCARE ARE HIGH?

If the copper levels are higher than the U.S. Environmental Protection Agency's (EPA) action level of 1,300 micrograms per liter (or 1,300 parts per billion), your school or childcare facility should work to determine the source. The Massachusetts Department of Environmental Protection (MassDEP) can provide assistance to schools and childcare facilities. Once a school is aware of a water copper exceedance, they should prevent access to any tap or fountain above the action level and provide an alternate source of water. There are a number of ways copper levels can be reduced, such as by replacing pipes and fixtures, reducing the corrosiveness of the water, or initiating a flushing program. Your school or childcare facility should keep parents, teachers, and staff updated as sampling progresses and informed of the results of the testing and their follow up actions.

## HOW DOES COPPER MAKE YOU SICK?

Periodically drinking water that contains copper above the action level does not guarantee it will harm someone's health. Consuming levels of copper above the action level may cause nausea, vomiting, diarrhea, and stomach cramps. Some infants and children, people with liver disease, and people with Wilson's disease have trouble eliminating copper from their bodies and are more likely to experience negative health effects, such as kidney and liver damage.

## SHOULD I OR MY CHILD HAVE BLOOD OR URINE TESTING DONE?

Medical screening is not generally recommended if copper is detected in drinking water at a school or EEC. Copper is normally found in all tissues of the body. Testing of blood, urine, feces, hair, and/or nails for copper can only show if a person has been exposed to higher than normal levels of copper. It cannot be used to predict the amount of the exposure, how long the exposure occurred, or potential health effects. Specific health questions about exposure to copper should be directed to your doctor or other health care provider.

## HOW CAN I REDUCE COPPER EXPOSURE AT SCHOOL AND CHILDCARE FACILITIES?

If you are a student, teacher or staff member, you can help reduce your exposure if copper levels are elevated in tap water.

Easy things to do are:

- Obey signs identifying water outlets that are for handwashing only or shouldn't be used at all.
- Let the water run for 1 minute before you drink from a fountain or faucet.
- Use cold water for drinking and cooking. If you want hot water, run cold water from the faucet and warm it in the microwave or on the stove.
- When mixing powdered baby formula with tap water, always use cold water and do not use hot water. Simply warm formula to serve. Bottled or filtered water should be

used when mixing baby formula if copper levels are known to be elevated in tap water. Filters should be NSF-certified to remove copper.

## WHERE CAN I GET MORE INFORMATION?

### For additional health information contact:

Massachusetts Department of Public Health  
Bureau of Environmental Health  
Phone: 617-624-5757 | Fax: 617-624-5777 | TTY:  
617-624-5286  
[www.mass.gov/dph/environmental\\_health](http://www.mass.gov/dph/environmental_health)

### For additional drinking water information contact:

Massachusetts Department of Environmental  
Protection  
Drinking Water Program  
617-292-5770  
Program.Director-DWP@state.ma.us  
<http://www.mass.gov/eea/agencies/massdep/water/drinking/lead-and-other-contaminants-in-drinking-water.html#19> (and see sections on "Copper" and "Lead and Copper")

## NOTE FOR PUBLIC WATER SUPPLIERS:

This FAQ does not fulfill the notification requirements of the Lead and Copper Rule 310 CMR 22.06B. Public Water Systems should contact MassDEP for specific Lead and Copper Rule requirements.

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Massachusetts Department of Public Health  
Bureau of Environmental Health  
250 Washington Street, 7th Floor  
Boston, MA 02108  
Phone: 617-624-5757 | Fax: 617-624-5777 | TTY: 617-624-5286  
[www.mass.gov/dph/environmental\\_health](http://www.mass.gov/dph/environmental_health)



OCTOBER 2016