



It's Time to Help PEAK Demonstrate Success!

Summer is almost here, which means your 2008-2009 PEAK paperwork is due. PEAK needs to provide our utility partners with end-of-year documentation. The information you supply helps us to demonstrate the success of our program, to secure funding, and to provide constant improvements to the program. As part of the commitment you made by signing the PEAK MOU, you agreed to complete a yearly teacher survey and to administer student pre- and post-tests.

**Please submit the following to PEAK by June 19th:**

**1. Your completed Teacher Survey.** This can be found in the Additional Resources section of your PEAK Teacher Guide Book or online at [www.peakstudents.org](http://www.peakstudents.org).

**2. Student Pre- and Post Tests.** The tests can be taken online at [www.peakstudents.org](http://www.peakstudents.org). If you need hard copies, please feel free to contact us.

#### FAST FACT

Most schools spend more money on energy each year than on school supplies.



(Source: The California Energy Commission, Bright Schools Program)

### Run Green and Lean!

MEADOW PARK ELEMENTARY SCHOOL, IRVINE, CA - On March 20, 2009, Meadow Park Elementary School held a "Run Green and Lean" Jog-a-Thon, just one of the many ways the school has been showing their dedication to helping the environment. PEAK staff and mascot, Bulbman, cheered students on as they ran. The teachers of Meadow Park continue to educate their students on recycling, water conservation, energy efficiency and the effects of air pollution. Keep up the great work, Meadow Park Elementary!



### Attention: San Diego PEAK Teachers!

#### PEAK San Diego Has Partnered With The Eco Center for Alternative Fuel Education

SAN DIEGO, CA - What does this mean for you? A FREE field trip opportunity! The Eco Center for Alternative Fuel Education utilizes start-of-the-art technology including an interactive model demonstrating alternative fuels, hydrogen fuel cells, and an electrolyzer. A plasma screen display shows kids the environmental impact of today's choices on future generations. Our favorite part of the field trip is, of course, the "Making Methane Lab". That's right! PEAK's lesson #9 is incorporated into the trip, so don't forget to log it in your teacher survey.



The Eco Center offers a 2-hour program during which students learn about fossil fuels and air pollution, explore solutions to the environmental costs of gasoline-powered automobiles, build a clean city and race alternative fuel vehicles. There are two trips to choose from, based on grade level. Each tour also includes round-trip transportation in Eco Center's CNG school bus from your school and a reusable canvas tote bag!



#### How can you participate?

After submitting your students' post-tests, contact Ella Vaisberg at [evaisberg@energycoalition.org](mailto:evaisberg@energycoalition.org).

Check out [www.sdecocenter.org](http://www.sdecocenter.org) for more information on their programs.

## Students Help Families Save Energy While Raising Money for Their School!

VALLEY VIEW ELEMENTARY SCHOOL, RICHMOND, CA - Mr. Reich's 6th grade students participated in a PEAK Compact Fluorescent Light Bulb (CFL) Fundraiser. Using energy-saving bulbs for fundraising offered the class an opportunity to educate their friends and families about energy efficiency, help others save money on their energy bills and raise money for the school!

For each CFL sold, one CFL was donated to a family in need through Contra Costa County Children and Family Services. At the end of the fundraiser, Social Casework Specialist Mr. Nishi visited Mr. Reich's classroom to pick up the 100 bulbs that had been donated. In addition to providing all of the CFLs sold in the fundraiser at no cost, PEAK donated 60 bulbs in an effort to make CFLs available to additional families in need. Mr. Nishi was thrilled to be able to help his low-income clients save money on their utility bills through energy efficiency. The funds raised by Mr. Reich's students will be used for a classroom set of mini solar panel kits.

A hearty thank you to the students and Mr. Reich for helping your community save energy, money, and the environment while raising money for Valley View!

## Rio Vista Elementary School Seeks to Create a Greener Future

RIO VISTA ELEMENTARY SCHOOL, SAUGUS, CA - On April 3, 2009, Bulbman, Smokey the Bear and other friends of the environment came together to celebrate the 3rd Annual Environment Awareness and Career Day hosted by Rio Vista Elementary School in Saugus, California. The students of Rio Vista Elementary School explored a wide variety of environmental topics and careers.

PEAK took center stage with an interactive display table featuring their "Light-a-Light-Bulb" lab, along with motor lab demonstrations from the PEAK curriculum. This full-day event gave students an opportunity to learn the importance of saving energy and ways to be more efficient in their daily lives.

During the event, PEAK distributed energy-saving light bulbs (compact florescent light bulbs) as an additional way of sending home the message.

For footage of the event, check out: [Rio Vista Environment Awareness and Career Day](#)



## Energy Vampire Poster Contest Winner Receives New Bike!



WALNUT GROVE ELEMENTARY SCHOOL, PLEASANTON, CA - April 25, 2009 marked the second annual Pleasanton E-Fair Earth Day celebration in the sunny quad of Amador Valley High School with music, games, prizes, and art. After visiting the many eco-themed exhibits, attendees gathered around the stage as Bulbman and the PEAK staff announced the winner of the 2008 PEAK Energy Appreciation Day poster contest!

PEAK awarded 5th grader Megan Doi from Walnut Grove Elementary School with a new bike, a helmet, and her poster in a frame. Megan's winning poster clearly and creatively showed three ways that kids can stop "energy vampires", appliances which use energy even when they are turned off. Three runner-ups were acknowledged, awarded other fun prizes and had their pictures taken with Bulbman. The Pleasanton community was proud of their students' energy awareness and knowledge.



### Picture It!

#### **PEAK 2010 Calendar Artwork Contest** **Get your students to spread the word about saving energy!**

Are your students interested in entering a PEAK Poster Contest and winning great prizes? Bulbman is accepting entries for the PEAK Calendar Artwork Contest NOW! This contest will feature 13 winners from across the state in our 2010 PEAK calendar. Special prizes will be awarded to each winner. Please see below for details and encourage your students to send in their art.

#### **Poster Ideas:**

Illustrate/Show: Ways to save energy during different times of the year

Illustrate/Show: The 4 PEAK Student Energy Actions

Illustrate/Show: Creative ways to save energy

Illustrate/Show: Why it is important to save energy?

#### **Guidelines:**

- All PEAK students are eligible to participate
- All entries must be on 8 ½ x 11 paper (landscape/horizontal)
- Entries should be artistic and topic-based or slogan-oriented
- Artwork must be original and created by the student

**Entry deadline extended to: June 1st**

Entries can be mailed to The Energy Coalition or given to a PEAK representative.

**PEAK Bay Area**  
**ATTN: PICTURE IT!**  
**PG&E, Mail Code: B8R**  
**PO Box 770000**  
**San Francisco, CA 94177**

**PEAK SOCAL**  
**ATTN: PICTURE IT!**  
**15615 Alton Pky, Ste 245**  
**Irvine, CA 92618**



### PEAK Recognizes **Bulbman's Best**



LA MESA JUNIOR HIGH SCHOOL, SANTA CLARITA, CA - Lesley Day, a seventh grade pre-algebra teacher at La Mesa Junior High School in Santa Clarita shines this quarter as PEAK's very own superstar teacher. Lesley was trained last February and has not wasted any time in using PEAK as a tool to teach her students about saving energy and ways to be more efficient.

"PEAK is a great resource for the classroom. The students enjoy when I take a break from my normal math routine to squeeze in a simple energy lesson. Students are ready and eager to take on energy conservation. Plus, I use the PEAK website on a daily basis. The PEAK program has supported me in my endeavor to make energy conservation important to my students," she says. Lesley even offers her students

extra credit on a weekly basis by looking up energy conservation techniques from the PEAK site to put in the school bulletin or to share with the classroom.

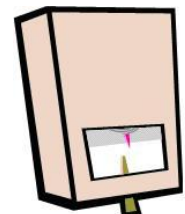
Not only does Lesley implement PEAK in her classroom but she encourages her students to use what they have learned about being green and apply it to community work, which is a key component in service learning. Lesley acts as an advisor for the Builders Club, a student-led community service organization whose vision is to develop leaders through community service and energy awareness. The Builders Club has been involved in various community events, fundraisers, clean-ups and recycling activities to encourage Santa Clarita residents to take on simple actions to reduce waste and save energy in order to help the environment.



### Tips to Help you **Stay Cool**

- Regular incandescent bulbs use energy to produce 90% heat and only 10% light so replace them with compact fluorescent light bulbs (CFLs)--they give off less heat and use 75% less energy!
- Set the thermostat at 78 degrees or higher in the summer for the most energy efficient operation. Each degree below this setting adds 6% to your electricity bill.
- Do not place lamps near your thermostat. The thermostat senses the heat produced from the lamp and causes the air conditioner to run longer than necessary.

- Use a fan with your window air conditioner to spread the cool air through your home.
- Save heat-producing chores, such as cooking, drying clothes and using an automatic dishwasher, for the cooler parts of the day. This will prevent additional heat in your home during the hottest part of the day.
- Check your air conditioner's filter every time you receive your utility bill. Look for dust build-up that can restrict the airflow and place stress on the system which places wear and tear on the unit, and increases operation costs. Filters can be washable or disposable. Most hardware stores carry inexpensive, fiberglass



filters that are disposable.

- Use cold water to wash your clothes.
- When buying new windows or appliances, look for the Energy Star® label. Visit <http://www.energystar.gov/> for more information.



## CONTACT INFORMATION

Your feedback is important! Please contact PEAK staff at anytime with questions or comments:

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Sincerely,

**The PEAK Team**



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