



PEAK Student Energy Actions

March 2010

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### TEACHER REMINDER

**Schedule spring PEAK events now.** Schedule spring events now. The PEAK team is ready to come to your school to conduct an energy assembly, provide classroom support, or assist with science fairs or other events to encourage student learning!

**Administer the PEAK POST-TEST.** As you wrap-up PEAK



**Dear Teachers and Educators,**

2010 is an exciting year for PEAK as we have officially been filed as a state-wide program. We are thrilled to expand our program's reach and look forward to promoting energy action and knowledge throughout California! The PEAK team is actively recruiting teachers in qualified areas. If you know a teacher who may be interested in participating in PEAK, please refer your colleague to your local PEAK representative or have your peer complete an on-line application at [www.peakstudents.org](http://www.peakstudents.org). As a special thank you, we will send you a gift card. (Please see the "PEAK Teacher" sidebar for more information.)

Want to learn more about new, innovative ways to implement PEAK and teach students about energy conservation? Read on to see what teachers throughout California are doing in their classrooms to help save energy and the environment. Also, see the Teacher Reminder sidebar for a quick springtime checklist.

Sincerely,

The PEAK Team

P.S. Celebrate PEAK Week the week of April 19th! The PEAK team will equip our teachers with all the necessary materials to enjoy a full-week of quick and easy activities to help students learn the importance of saving energy and understand their role in our planet's future. Make sure to check your email for PEAK Week

science lessons for the year, please remember to have your students take their post-tests on-line at [www.peakstudents.org](http://www.peakstudents.org).

### Complete Teacher Activity

**Logs.** We are always excited to hear from PEAK teachers about how our lessons worked in your classroom and we welcome any comments/suggestions as to how the lessons maybe improved. Your feedback helps us tailor the PEAK program to meet your needs. Please take a minute to complete a survey for each unit taught. The Teacher Activity Logs may be found on-line in the [Teacher's Corner](#).

Username: PEAK Teacher  
Password: bulbman

### PEAK TEACHERS!

Refer a 3rd-7th grade teacher to PEAK and receive a gift card!

We are currently seeking new participants at schools in Northern and Southern California. Each time we receive an inquiry from a new teacher, we ask who referred them to our program. You will automatically receive a gift card once your referral registers for a PEAK Teacher Training.

If you have any questions about this offer, please feel free to email

materials during the second week of April.

## Getting Down & Dirty in the Name of Science!



Newhall, CA - On February 5, 2010, fifth and sixth grade students at Peachland Elementary School explored the science of how natural gas is created as they carried out PEAK's *Making Methane Lab*. PEAK staff, teachers and students rolled up their sleeves to collectively execute the lab. Students were divided into small teams to fill glass bottles with dirt and rotting organic material. Once the bottles were full, students secured a balloon over the top of the bottle. All groups were then assigned different areas of the school to place their bottles and were instructed to observe the decomposition of the matter inside over the next week to answer the following questions: "How is methane created and what conditions best support decomposition?" As the matter decomposes and methane collects into the balloon attached to their bottles, students will examine and record their findings, comparing their results with the other groups and classrooms. PEAK staff provided context for the lab, leading discussions on how natural gas is used in California and providing a few safety tips. The lab was a stinky success as one student commented, *"This is gross, but cool!"*

To learn ways to explore the science of energy in your classroom or to schedule classroom support at your school, please contact your local [PEAK Representative](#).



**PEAK Partners with The Flower Fields at Carlsbad**

us at: [peak@energycoalition.org](mailto:peak@energycoalition.org)

## Welcome to PEAK!

### PEAK SOCAL:

Abiding Savior  
Chris Lutheran  
Grace Lutheran  
Immanuel Lutheran  
Newhall Elementary, NSD  
St. John's Lutheran  
St. Paul's Lutheran  
Wiley Canyon Elementary, NSD

### PEAK SAN DIEGO:

Harris Elementary, Cardiff SD  
Hearst Elementary, SDUSD  
Juarez Lincoln Elementary, CVSD  
La Jolla Elementary, SDUSD  
Montgomery Middle, SDUSD  
Ocean Beach Elementary, SDUSD

### PEAK NORCAL:

Sequoia, MDUSD  
Santa Rosa Charter School, SRCSD  
Live Oak Charter School, PCSD  
Bel Air Elementary, MDUSD  
Civicorps Elementary, OUSD  
Valhalla, MDUSD  
Monte Gardens, WUSD

## Teacher Recognition



**Steve Guardarama**

## Ranch to

## Exhibit NEW Water Lesson!

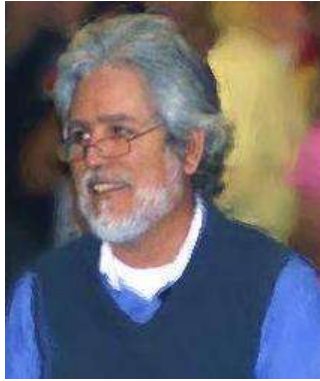
San Diego, CA - In March, PEAK San Diego will unveil a brand new experiential science lesson to explore the relationship between electricity and water at the Flower Fields in Carlsbad Ranch. Students will discover how much electricity is required to pump and transport water to San Diego homes. Students will also have the opportunity to explore the different roles people play in the water transportation process while participating in a water-pumping competition. Through hands-on activities, students will learn the importance of conserving water *and* electricity, as well as valuable conservation tips that will help protect our earth's natural resources. Other student activities available at the Flower Fields include: seed/ bulb planting and growing instruction, vermicomposting, arts and crafts, live music and an antique tractor wagon ride!



For more information about the Flower Fields Field Trip program for school groups, please visit [www.theflowerfields.com](http://www.theflowerfields.com), or call (760) 930-9123.

## PEAK School Receives State Recognition for Energy Conservation Efforts

Walnut Creek, CA - On January 22, 2010, Buena Vista Elementary School kicked off PEAK for its 3rd year, earning state recognition as well as news coverage! A blurb on PEAK's educational assembly and an overview of the program appeared in the *Contra Costa Times: Walnut Creek Journal* on January 28th.



*"I love teaching and helping learners  
become great thinkers."*

San Diego, CA -Steve Guadarrama, a progressive third/fourth grade teacher at Hearst Elementary School, immerses his students in the application of 21st century skills by bringing the latest technology into his classroom every day. He believes that knowledge is power and practices this belief by allowing his students to take on the teacher role as peer teachers, stating, *"I encourage my students to run the classroom as much as possible."*

During one visit, two of Guadarrama's students acted as peer teachers and confidently demonstrated PEAK's *How to Build a Motor Lab* to their classmates. Aided by a document projector and SmartBoard technology, these students deftly imparted their knowledge of electricity and magnetism in a step-by-step demonstration! The students projected lab instructions on the board and highlighted both key words and phrases for all to comprehend. Next, the peer teachers used materials from the

Buena Vista is a model for other Bay Area schools interested in implementing environmental programs. Buena Vista is one of two schools in Walnut Creek participating in the PEAK program and leads district conservation efforts. Deborah Walker, Science Specialist at Buena Vista and one of "Bulbman's Best", not only teaches PEAK to her 4th grade students, but also piloted a recycling program for the Contra Costa County Solid Waste Authority. The school even has their own S.W.A.T. (Students Wild About Trash) Team of 4th and 5th grade students responsible for running the recycling program.

To honor their personal mission of energy conservation, Deborah Walker's students will receive certificates of appreciation from **Representative John Garamendi of Congressional District # 10**. Congratulations and keep up the good work!

## **2-4-6-8, What Do We Appreciate? Energy!**

Irvine, CA - On November 18, 2009, PEAK Schools throughout California celebrated Energy Appreciation Day. Classrooms from San Francisco to San Diego conducted classroom audits to identify easy-to-implement energy conservation measures at their schools. Next, students created photo journals to show PEAK student actions that can be done at home, at school or in the community to save energy! Students then submitted their exciting and inspiring photo projects to PEAK as part of our ongoing "Capture the Savings" Energy Appreciation Contest.

Congratulations to the fall season contest winners who submitted photo journals illustrating PEAK student energy saving actions at home, at school and in the community!

Click [HERE](#) to view all the winning entries.

- James Bitter, 4th Grade, San Diego
- Pixie Clark, 4th Grade, Carlsbad
- Ms. Larsen's 4th Grade Class, Concord
- Ms. Demerjian's 6th Grade Class, San Francisco

PEAK toolkit to create, demonstrate, and explain each part of the motor on the big screen.

Guadarrama's teaching techniques bring a new application to the PEAK program and effectively engage students of the high-tech generation. The pairing of his passion for teaching and technology come together well and we'd like to recognize Guadarrama as one of Bulbman's Best. To learn more about Guadarrama's cutting-edge projects,

[Click Here.](#)

#### RELATED LINKS

#### SFUSD ECO Literacy:

[Environmental Programs Available to San Francisco Teachers](#)

#### CONTACT INFORMATION

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

#### PEAK Southern California

Toll free: 866-455-0715

**Jamie Dadabhoy**



*Ms. Demerjian's Class shows us how they save energy.*

#### It's Not Too Late to Enter!

Remember, Energy Appreciation Day can be celebrated any day! PEAK is accepting photo journal entries for the spring season, entries are due **Friday, March 26th, 2010**. See the Contest Page on the PEAK website ([www.peakstudents.org/contests.asp](http://www.peakstudents.org/contests.asp)) for more details!

#### Save Energy While Keeping Warm & Toasty!

(Source: [US Department of Energy](#))

- You can reduce your home's heating and cooling costs by as much as 30 percent through proper insulation and air sealing techniques so that your home stays warm in the winter and cool in the summer.
- Heating and cooling account for about 56% of the energy use in a typical U.S. home, making it the largest energy expense for most homes.
- Heating can account for almost half of the average family's winter energy bill. Make sure your furnace or heat pump receives professional maintenance each year.
- Only 20% of homes built before 1980 are well insulated.



**Your Involvement in PEAK is Integral to a Broad**

[Jamied@energycoalition.org](mailto:Jamied@energycoalition.org)

**Carolyn Nguyen**

[CNguyen@energycoalition.org](mailto:CNguyen@energycoalition.org)

**PEAK San Diego**

**Ella Vaisberg**

[EVaisberg@energycoalition.org](mailto:EVaisberg@energycoalition.org)

**Alyssa Austin**

[AAustin@energycoalition.org](mailto:AAustin@energycoalition.org)

**PEAK Bay Area**

The PEAK Bay Area office is moving! During this transition, the best way to reach us will be via email. Thank you!

**Nikole Reaksecker**

[NReaksecker@energycoalition.org](mailto:NReaksecker@energycoalition.org)

**Leah Anderson**

[LAnderson@energycoalition.org](mailto:LAnderson@energycoalition.org)

**Elise Noland**

[ENoland@energycoalition.org](mailto:ENoland@energycoalition.org)

**Click here to:**

**Effort**

Your involvement in PEAK is a key part of a larger movement towards sustainable energy usage. PEAK's mission centers on instilling an ethic of energy resource stewardship in youth that is long-lasting and passes from students to their families and peers. By participating in PEAK, you are helping to create a generation of eco-conscious energy consumers and you play a very important role in educating the public. PEAK is a core program of The Energy Coalition, a non-profit 501(c) 3 corporation founded in 1981. The Energy Coalition facilitates strategic partnerships with city governments, school districts, business leaders, utilities and regulatory officials to develop and support programs that empower consumers to practice smart energy management.



For more information about The Energy Coalition's programs, please visit our website at:

[www.energycoalition.org](http://www.energycoalition.org)

[JOIN OUR MAILING LIST](#)

For upcoming events, energy-  
saving tips, and more:

[VISIT OUR WEBSITE](#)