

How to B² (Breathe Better)



These guidelines for B² may be modified to meet any school's unique circumstances.

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1. Planning

- Arrange a meeting with a B² representative to set goals and a timeline for the program.
- Choose a faculty or staff member to coordinate the project.

2. Student Involvement – the “Clean Air Patrol”

- Recruit students to be the Clean Air Patrol. Recommend 3rd grade and older.
- Educate these students on air quality and Patrol activities, which may include:
 - Distribute surveys, flyers, and rewards (when available) to inform and encourage parents
 - Create posters and newsletter articles to raise awareness
 - Data collection (see step 3)
 - Meet with bus drivers to encourage their participation
 - Presentations to fellow students, faculty and/or parent groups

3. Data Collection

- Don't be scared! Data collection for B² is simple, but essential for tracking progress.
- Data collection should begin before the project starts, to determine a baseline for measuring success, and be repeated at least twice in the first year of participation. Electronic data entry is available
 - Reporting Schedule: Baseline due September 30th, Winter data due by January 31st, Spring data due by April 30th
 - All new schools are required to submit a baseline data report prior to receiving anti-idling signs, brochures, postcards, car decals, etc.

4. Adopt a Policy

- Another simple but essential step, an official policy will help ensure that B² and the practice of “no idling” will continue beyond the first year.
- Place the “no idling” policy in the student/parent handbook and the school website.

5. Getting the Word Out

- Inform families about B² by email, flyers, posters, newsletter, surveys, and/or phone.
- Build excitement and teach all students about B². Have special “kickoff day” promotions or events. Lesson plans available, as well as “Spare the Air” bookmarks for all students.
- Meet with the bus drivers. Work with the transportation director if necessary. Encourage bus drivers to participate and promote B² daily.
- Post “no idling” signs (up to 3 will be provided) on campus as a reminder to drivers.

6. Keep it Going

- Make a plan for continuing B² into the second year. Reinforce the message and track progress. Recruit a new Clean Air Patrol if necessary.
- Consider other projects to improve air quality. Visit www.greenstepschools.com for ideas. Some examples from other schools are:
 - Planting trees/landscaping to reduce mowing area
 - Erect an [informational kiosk](#)
 - Encourage [carpooling](#) to reduce vehicle traffic
 - Start a [walk/bike to school](#) program
 - Establish an environmental club
 - Establish a school air quality flag program
 - Host an air quality [poster/calendar contest](#)