

Instructions for Public Notice and Certification of School Lead Sampling

Maine law requires schools in Maine to perform public notice and certification of their lead sampling results. **Should your school fail to meet these requirements, your sample results will be published in your local newspaper by the Drinking Water Program.**

Follow these steps to remain in compliance with Maine State Rule (LD206-HP141).

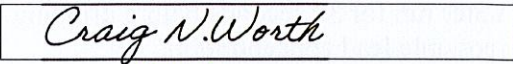
1. Post all of your lead sampling results in a location accessible by students, staff, and parents (e.g., website, bulletin board, or social media page).
2. Fill out the public notice in its entirety.
3. Distribute the public notice *as well as* the lead education document as soon as possible but within 5 days of the date of this letter.
4. Use one of the following methods for distributing the public notice:
 - Hand deliver to all students, parents, and staff
 - Mail to all students and staff
 - Email to all students, parents, and staff
5. Within seven (7) days of distributing the public notice, you **must** provide A & L Laboratory with a completed and signed copy of the Certification (found below) as well as the completed public notice as it was distributed to staff and students.

Completed documents should be mailed OR emailed to:

A & L Laboratory
P.O. Box 1507
Auburn, ME 04211
lead@granitestateanalytical.com

Certification

The undersigned hereby certifies that public notification of lead sample results and all requisite informational/educational materials have been distributed per the requirements of LD 206.

Name of School	Poland Regional High School & Whittier Middle School		
Sample Results Distributed on	5/12/2022 <small>(date)</small>	Method Used	Email <small>(e.g., Email, US mail, etc.)</small>
Name of School Representative	Craig N. Worth <small>(Please Print)</small>		
Signature	 <small>(School Representative)</small>	Date	6/15/2022

Public Notice: School Lead Water Sample Results

Information concerning the lead level results for drinking water samples taken at Poland Regional High School & Whittier Middle School

name of school

Maine law requires schools to test all drinking water faucets that could be used for drinking or cooking purposes for the presence of lead. This law further requires that parents and staff are made aware of all of the sample results.

During the period of 3/18/2022 to 3/29/2022

begin date

end date

Water samples were collected from 153 water fixtures.

locations

Any sites producing elevated levels of lead (exceeding 4 parts per billion, or ppb), and therefore the faucets of most concern, are listed in the table on the following page(s).

Results for all drinking water outlets tested can be viewed here:

RSU 16 website under Facility

Enter website address or physical location

Statewide test results for Maine schools can also be found the on Maine DWP website at: www.medwp.com/schools.html

How does lead get into the water? When lead is present in water, it typically leaches, or dissolves, into water flowing through plumbing and fixtures *inside* a building from sources such as solder, pipes, or the faucets themselves. The school's well water or water provided by your local water district are unlikely sources of lead.

What are the Health Effects of exposure to lead in drinking water? Infants and children who drink water containing high levels of lead can experience delays in their physical or mental development. Children could show slight deficits in attention span and learning abilities. Adults who drink water containing excess levels of lead over many years could develop kidney problems or high blood pressure.

What level of lead is safe? No level of lead is safe. Because of the potential serious health risks, both the Environmental Protection Agency (EPA) and the U.S. Centers for Disease Control and Prevention (CDC) agree that there is no known safe level of lead in a child's blood.

Please be aware that this sampling is done under conditions that are optimal for identifying lead in water. By having the water sit unused for many hours, lead that might be leaching from pipes or fittings is more easily discovered. However, *these levels are likely not the level of lead present in the drinking water throughout the school day.*

What can I do? Here are a few steps you can take to reduce the risk of your child being exposed to lead through school drinking water:

- Provide your child with bottled water or water from your home to reduce their usage of school drinking water outlets. Be sure to sample your home water for lead, too.
- Remind your child to let the water run for 30 seconds before drinking or filling a water bottle at school, which will lower any possible lead concentration.
- Consult your doctor if you have any specific health concerns.

School Fixtures with Elevated Lead Results (exceeding 4 parts per billion)

**Additional tables may be attached if your school has more than 20 collection sites with elevated lead levels.*

	Collection Date	Collection Site	Concentration (ppb)
1	3/18/2022	Science F120 Sink 25 L	8.8
2	3/22/2022	Corr. C151 Sink 47L	24.2
3	3/23/2022	Girl's A158 Sink 56 L	7.4
4	3/23/2022	Boy's A157 Sink 60L	4.1
5	3/23/2022	Boy's A157 Sink 61L	8.4
6	3/23/2022	Boy's A157 Sink 62L	4.4
7	3/23/2022	Boy's L A160 Sink 64L	7.3
8	3/22/2022	Train A171 Sink 72L	9.0
9	3/29/2022	Kitchen A112 Sink 74L	31.3
10	3/29/2022	Kitchen A112 Sink 75L	9.6
11	3/29/2022	Art A115 Sink 81R	15.7
12	3/29/2022	Toilet D108 Sink 88L	5.1
13	3/29/2022	Science D128 Sink 102R	32.2
14	3/29/2022	Science D128 Sink 103L	35.9
15	3/29/2022	Science D128 Sink 104L	15.0
16	3/29/2022	Science D128 Sink 105L	13.1
17	3/29/2022	Science D128 Sink 107L	38.6
18	3/29/2022	Science D128 Sink 108L	4.7
19	3/29/2022	Science D206 Sink 110R	23.3
20	3/29/2022	Science D206 Sink 111R	9.4

What is Being Done:

To correct the problem(s), we have taken these actions:

Facets will be replaced. Then retest the water.

Future plans for the reduction of high lead levels in our drinking water include:

Installing additional bottle fill stations

These actions are expected to be completed on: **July 30, 2022** (Date)



Information about Lead in Drinking Water for Students, Staff, and Parents



Health Effects of Lead

If too much lead enters your body from drinking water or other sources, serious health problems can occur, including damage to the brain and kidneys and interference with the production of oxygen-carrying red blood cells.

The greatest risk of lead exposure is to infants, young children, and pregnant women: During pregnancy, the fetus receives lead from the mother, which may affect brain development. In children, the continuing effects of lead on the brain have been linked to lowered IQ. Furthermore, lead is stored in the bones and can be released later in life, so, adults who were exposed to high levels of lead earlier in life may still encounter kidney problems and high blood pressure.

Sources of Lead

Lead can be found in many places; knowing the sources of lead can help limit your contact with it. Although most of the reported cases of lead poisoning in Maine have been a result of lead paint dust, exposure can also occur through drinking and cooking with water that has lead, as it can dissolve into water from solder or brass faucets, fittings, and valves. Exposure to lead can also come from jobs and hobbies that utilize materials containing lead, as well as from things you buy such as toys and antiques.

How Lead Got into Your Water

The most likely source of lead in your water is leaching from lead solder on your pipes or out of brass plumbing materials found in faucets, fittings, and valves.

Steps You Can Take to Protect Yourself from Lead in Drinking Water

- Run the water for at least 30 seconds or until it becomes noticeably colder before using it for drinking or cooking. The longer water sits in piping, the greater the chance that lead might leach in.
- Use cold water for drinking and cooking as well as for preparing baby formula. Hot water dissolves lead more quickly than cold water.
- Clean your faucet aerator (screen) regularly.
- Consider using bottled water or a water filter for drinking and cooking.

* Remember: Boiling the water does *not* reduce lead levels.

Find Out More

For more information on reducing lead exposure around your home/building and the health effects of lead, visit EPA's website at <http://www.epa.gov/lead>, or contact the Maine Childhood Lead Poisoning Prevention Program (866-292-3474) or your health care provider. Your doctor can answer questions about having your child tested for lead.

	Collection Date	Collection Site	Concentration (ppb)
127	3/29/2022	Science D212 Sink 124R	7.1
128	3/29/2022	Science D212 Sink 125R	6.8
129	3/29/2022	Science D212 Sink 126R	26.6
130	3/29/2022	Science D212 Sink 127R	54.8
131	3/29/2022	Science D212 Sink 128R	18.1
132	3/29/2022	Science D212 Sink 129R	10.4
133	3/29/2022	Science D212 Sink 130R	18.7
136	3/29/2022	Science D221 Sink 133L	16.0
137	3/29/2022	Science D221 Sink 134R	31.6
138	3/29/2022	Science D221 Sink 135R	23.8
139	3/29/2022	Science D221 Sink 137R	25.7
140	3/29/2022	Science D221 Sink 138R	44.6
141	3/29/2022	S. Prep D222 Sink 139	9.5
142	3/22/2022	Break Rm 0. Faucet 140	27.0
143	3/22/2022	Near Garage 0. Faucet 141	678.0
144	3/22/2022	Near Kitchen 0, Faucet 142	20.2
145	3/23/2022	Back of School 0. Faucet	541.0
146	3/23/2022	Near D101 O. Faucet 144	221.0
147	3/23/2022	Near Chorous O. Faucet 145	702.0
148	3/23/2022	Near Band O. Faucet 146	101.0
149	3/23/2022	Near M.S. Gym O. Faucet 147	772.0
150	3/23/2022	Near Tech. Ed. O. Faucet 148	1170.0
151	3/23/2022	Mechanical Rm. O. Faucet 149	255.0
153	3/23/2022	Near H.S. Gym O. Faucet 152	519.0