

# STERLING HIGH SCHOOL DISTRICT

801 PRESTON AVE. , SOMERDALE, NEW JERSEY 08083-2175

PHONE (856) 784-1287

FAX (856) 784-7823

Matthew Sheehan  
Superintendent



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Sterling High School  
501 S. Warwick Rd.  
Somerdale, NJ 08083

Dear Sterling Community,

The Sterling High School Board of Education is highly committed to the safety of our students and staff. In compliance with New Jersey Department of Education regulations, lead in water testing for new drinking water locations was performed. The purpose of the sampling was to identify and address any drinking water location above the EPA action level of 15.5 µg/L. A drinking water location is an outlet that is designed or expected to be used for water consumption.

Water was allowed to stay motionless in each facility for a minimum of eight hours prior to sampling. After this time of inactivity, an “initial draw” sample was collected from the first water to come out of the outlet. After the initial draw sample was collected, water was allowed to flush for 30 seconds, and a second “flush” sample was collected. The purpose of the flush sample is to help determine if contamination does exist, whether it is originating from the outlet itself or from the building’s plumbing.

In accordance with the Department of Education regulations, Sterling High School will implement immediate remedial measures for any drinking water outlet with a result greater than the action level of 15 µg/l (parts per billion [ppb]). This includes turning off the outlet unless it is determined the location must remain on for non-drinking purposes. In these cases, a “DO NOT DRINK – SAFE FOR HANDWASHING ONLY” sign will be posted.

## Testing Results

Following instructions given in technical guidance developed by the New Jersey Department of Environmental Protection, we completed a plumbing profile for each of the buildings within Sterling High School District. Through this effort, we identified and tested all drinking water and food preparation outlets. Of the twelve samples taken, all but two tested below the lead action level established by the US Environmental Protection Agency for lead in drinking water (15 µg/l [ppb]).

The table below identifies the drinking water outlets that tested above the 15 µg/l for lead, the actual lead level, and what temporary remedial action Sterling has taken to reduce the levels of lead at these locations.

Sample Location	First Draw Result in µg/l (ppb)	Remedial Action
Football Field Outlet Home Side – West End	425 ppb	Taken out of service

### Health Effects of Lead

High levels of lead in drinking water can cause health problems. Lead is most dangerous for pregnant women, infants, and children under 6 years of age. It can cause damage to the brain and kidneys, and can interfere with the production of red blood cells that carry oxygen to all parts of your body. Exposure to high levels of lead during pregnancy contributes to low birth weight and developmental delays in infants. In young children, lead exposure can lower IQ levels, affect hearing, reduce attention span, and hurt school performance. At *very* high levels, lead can even cause brain damage. Adults with kidney problems and high blood pressure can be affected by low levels of lead more than healthy adults.

### How Lead Enters our Water

Lead is unusual among drinking water contaminants in that it seldom occurs naturally in water supplies like groundwater, rivers and lakes. Lead enters drinking water primarily as a result of the corrosion, or wearing away, of materials containing lead in the water distribution system and in building plumbing. These materials include lead-based solder used to join copper pipe, brass, and chrome-plated brass faucets. In 1986, Congress banned the use of lead solder containing greater than 0.2% lead, and restricted the lead content of faucets, pipes and other plumbing materials. However, even the lead in plumbing materials meeting these new requirements is subject to corrosion. When water stands in lead pipes or plumbing systems containing lead for several hours or more, the lead may dissolve into the drinking water. This means the first water drawn from the tap in the morning *may* contain fairly high levels of lead.

### Lead in Drinking Water

Lead in drinking water, although rarely the sole cause of lead poisoning can significantly increase a person's total lead exposure, particularly the exposure of children under the age of 6. EPA estimates that drinking water can make up 20% or more of a person's total exposure to lead.

### For More Information

A copy of the test results is available in our central office for inspection by the public, including students, teachers, other school personnel, and parents, and can be viewed between the hours of 7:00 a.m. and 3:00 p.m. and are also available on our website at [www.sterling.k12.nj.us](http://www.sterling.k12.nj.us) . For more information about water quality in our schools, contact Mr. Matthew Sheehan at Sterling High School, 856-784-1333.

For more information on reducing lead exposure around your home and the health effects of lead, visit EPA's Web site at [www.epa.gov/lead](http://www.epa.gov/lead), call the National Lead Information Center at 800-424-LEAD, or contact your health care provider.

If you are concerned about lead exposure at this facility or in your home, you may want to ask your health care providers about testing children to determine levels of lead in their blood.

Sincerely,

Matthew Sheehan  
Superintendent