

Green Glance

Showcasing Sustainability Initiatives



Brooks Cafeteria Leads the Way By David Doyle

Mike Austin has taken the Brooks Secondary School Cafeteria / Kitchen into the twenty-first century. He has looked at questions of sustainability, and reorganized the cafeteria and its programs to deal with both health and environmental issues students face today and will likely face in the future. Mike is teaching his students to be both health conscious in choosing the foods they prepare and environmentally aware in the ways they deal with the elimination and recycling of waste products.

When it comes to food choices, Mike ensures his cafeteria program considers the quality of food served while ensuring his program is following the Healthy School Guidelines. His efforts have included the elimination of nitrates, the use of quality ingredients and teaching students to stretch their tastes and eliminate the consumption of filler foods, replacing them with wholesome, healthy foods.

In the key area of recycling, Brooks Cafeteria deals with cans, glass, paper, plastic and food

wastes. His full scale recycling program includes the use of biodegradable bags, fiber cutlery made out of a biodegradable plastic-like material and take-out containers that quickly decompose. Vegetable cuttings and scraps are recycled as chicken feed. Through teaching conscious decision-making regarding nutrition and health and the efficient use and recycling of resources, Mike Austin is training students to think and act in the best interest of the environment, while serving absolutely delicious cafeteria food. Well done, Mike!

A Whale of a Green School By Carol Brown

Texada School is small but powerful, and we live up to our motto of being *A Whale of A School* in many ways.

- We joined the Seeds program last year, and we have already received their Jade and Emerald Awards for outstanding environmental stewardship. Texada is the smallest school in SD#47 but you would never know it from our results. It is a long way to go to recycle paper but our Grade 5/6/7 teacher, Mr. Sanford, faithfully takes a huge load of paper products to Powell River for recycling every month.
- Our Grade 3/4 teacher, Mrs. Gordon, has instituted a healthy eating program and awards point stickers in her classes for healthy lunch and snack choices. It has been remarkable to see the variety and creativity that has occurred in our Lunch Boxes. Mrs. Gordon also runs a Litterless Lunch program every Monday to earn House Points and that has drastically cut down on our non recyclable lunch containers not only Monday's but every other day as well. Once you get the ball rolling, it is very hard to slow it down!
- Mrs. Lalani, our K/1/2 teacher, has set up a weekly program with a parent to recycle all those pesky juice boxes, and every class participates. That means approximately 200-400 juice boxes per week are now saved from the garbage.
- One of our parents, Ms. Johnston, brings in a different animal each week to show the students. When she saw our lunches she took the initiative to provide a pail for all those apple cores/banana peels etc. Now a pail goes home to feed the chickens every night!
- We are now at the point where our custodian can barely fill one of our SD #47 Enviro-friendly bags with garbage each day. As well, once or twice a year we all sally forth and clean up the entire town of VanAnda. We get to beautify our town and get to know our neighbours at the same time. We also participated in Earth Day last year and we were pleasantly surprised when we won an award for our efforts.

So as you can see, we are *A Whale of a Green School*.

Inside this issue:

<i>Brooks Cafeteria Leads the Way</i>	1
<i>A Whale of a Green School</i>	1
<i>Envirorap—Yo!</i>	2
<i>Going Green in Many Directions</i>	2
<i>Great Ideas! Paperless Correspondence</i>	2
<i>ProD Opportunity Conference: Get Outside!</i>	3
<i>Guest Educators Come To Powell River (Book Now!)</i>	3
<i>Student Column—Recycling By Kaelab Hamilton</i>	3
<i>Carbon Offset Locally</i>	3
<i>Great Green Web Resources for Teachers</i>	4
<i>Don't Panic, It's Organic</i>	4
<i>BC Green Games - Powell River Style</i>	4

GREEN GLANCE

SD 47 Powell River

Editor: Karin Westland

Sustainability and

Eco-Education

kwestland@sd47.bc.ca

School District #47 SUSTAINABILITY & ECO-EDUCATION



EnviroRap: Busting a Green Rhyme!

By Mr. Elliot's 5/6 Class

Global warming it's forming,
Dinosaurs, are swarming.
The human race, headed for extinction.
Unless we stop driving our
Lincolns, Buicks, Fords and Subarus,
You see it - everyday - on the news.
Need to change our ways, CO2 on the rise
Need to work together, planet earth is the prize.

Chorus

The world is burning hot as can be
The future is dark, yeah that's what I see.
The world is in pain, don't you feel
the shame?
Let's not look for blame, we all need
to change.



Polar bear, swimming in the ocean.
Lookin' for - an Arctic Promotion.
He lost his home No where to roam.
So recycle your trash, pick up the phone.
Call your friends and your family too.
Tell them all - what to do.
Reduce the garbage, compost your veggies.
The right thing to do, save our energy.

Chorus

The consequence of sitting on the fence.
Floods, Typhoons, Storms and tornados.
Come next spring, there'll be no tomatoes.
Planet earth greenhouse will have a drought.
It's no use to complain or pout.
Get your act together - take care of our world.
All this pollution, makes me want to hurl.
I wanna hurl, I'm gonna hurl!

The world is burning hot as can be
The future is dark, yeah that's what I see.
The world is in pain, don't you feel the shame?
Let's not look for blame, we all need to change.
This ain't no game, we all need to change.

Going Green in Many Directions By Jerry Reglin

Question:

What's green, has almost 400 legs
and is helping to save the planet?

Answer:

The students of Oceanview Junior
Secondary School.

The students at OV are involved in a number of green initiatives this year. Leading the way is the student portfolio. Each student at OV is responsible for assembling a multi-faceted portfolio throughout the school year. An integral part of the portfolio is "Sustainability and Stewardship."

Students are given the opportunity to calculate their Carbon Footprint three times in the year. More importantly, students are setting goals to reduce that footprint by making small changes in their everyday routines. As well, the portfolio allows students to demonstrate what they are doing to help save the planet. The possibilities are wide-open, from biking and walking to school, to participating in the Beach Clean-up or Backwoods Trash Bash, to using less hot water by taking shorter showers. A tracking sheet allows them to record all the contributions they are making to keep our planet healthy.

In an effort to support the students in their stewardship efforts, the staff at OV has developed a course entitled "Environmental Studies 8." The course is one term in duration, and all OV students have the opportunity to participate at some point in the school year. As well as teaching the fundamentals of important issues like global warming and energy and resource use, the course focuses on experiential

learning to help the students make a personal connection with their own environments. Some of the activities include creating outdoor art in the forest behind Ontario Street, participating in outdoor ecological games like "Web of Life," which teaches interconnectedness of natural systems, and "Grasshopper, Shrew, Hawk," in which students learn about biomagnification and the consequences of contaminants in the food chain. Also, and perhaps most importantly, students learn that they have the power to make changes in their own lives. So empowered, they start to see themselves as a part of the solution, instead of a part of the problem.

Finally, green activities are happening everyday inside the school itself. A recycling program for paper and drink containers has been in effect for many years, but this year the school also has a composting program. Compost buckets are located throughout the Commons area and in the staffroom. The buckets are emptied into a composting bin once per week by students. Students are also responsible for collecting all the recycling bins for paper and drink containers and sorting them. The recycling and composting jobs are on a five-week rotating schedule so each Advisory class gets a chance to participate. As well, any time spent working on the school recycling or composting programs is credited towards the students' portfolio requirements.

With all the stewardships connections within the school and with support from the OV staff, the students at OV are finding that it IS easy being green.



GREAT IDEAS! District-Wide Paperless Correspondence

Encourage your staff to not only correspond with each other in a paperless fashion, but also with parents and guardians. While not everyone has access to email (nor does everyone want to have access to email), for those who do, this is a great, green and real-time way to provide daily updates and information about homework and class events to parents and colleagues. January is a great month to make this change. What better natural transition than the New Year to get a parent-list serve going for your classes (and printed copies can be sent home where and when necessary).

Please consider the environment before printing!

IMAGINE THAT!

Per capita consumption of paper for printing and writing from the years 1983 to 2003 rose 93.6 per cent to 91.4 kilograms... about 20,000 pages per person.

-Statistics Canada

CONFERENCE: *Get Outside! It's In Our Nature*

Thursday, March 5 to Sunday, March 8th, Victoria, BC

<http://www.royalroads.ca/continuing-studies/GLDF1484-Y08.htm>

The Conference's mandate is to determine how to better facilitate opportunities for children and families to enjoy nature and cultivate a sense of efficacy and care for community while nourishing reconnection outdoors. *Get Outside! It's In Our Nature* offers an opportunity for academics, government, practitioners, researchers and youth to learn, share and contribute to developing a strategy and action plan to provide accessible, safe, friendly, and nurturing outdoor experiences for British Columbia and its people. The list of distinguished keynote and plenary speakers is unparalleled and includes **David Orr, Robert Bateman, Louise Chawla, and Richard Louv.**

If you are concerned with how we can best engage with nature and move toward action, then register for three days in March 2009 (5-8) on the bucolic grounds of Royal Roads to form an 'ecology of intention' that recognizes the importance of creating opportunities for children and families to get outside and play and, not least of all, to launch an alliance of interested individuals and organizations to be champions for the children/nature connection in British Columbia.

Guest Educators Come to Powell River

Wild Whales in the Classroom! January 21-22 (Book Now!)

The **BC Cetacean Sightings Network** (www.wildwhales.org), is a partnership through the Vancouver Aquarium and Fisheries and Oceans Canada. They are conducting an outreach trip to the Sunshine Coast, specifically targeting the Powell River area, at the end of January. While a portion of their trip will be focused on delivering talks to naturalist clubs, marinas and boaters (in hopes of soliciting more sightings from the area), they are also interested in doing outreach in the schools. They aim to provide students with an interactive lesson that includes props, slides and short videos, audio recordings and various activities. Programs are approximately 1 hour and are adjusted and adapted for different grades. There is no cost to schools. Any classes within the district that are interested in having them visit and provide a free program should **contact Ryan Barfoot ASAP at outdoors@sd47.bc.ca**.

Sierra Club Classroom Visits!

The **Sierra Club: British Columbia Environmental Education Program** is dedicated to providing teachers of all ages and grades with resources and dynamic, interactive lessons. Students lessons focus on empowering individuals in a fun, inspiring, and credible way. Linking the lessons to grade level curriculum is one of the many strengths of their programs. Collaborate with other interested teachers at your school to make it most viable for the Sierra Club to come to your classroom. For a day your students will never forget, **register online at** (http://www.sierraclub.bc.ca/education/ed_schools).



© Original Artist
Reproduction rights obtainable from
www.CartoonStock.com

Student Column: Recycling

By Kaelab Hamilton

People at Edgehill Elementary always try to help our community by recycling. Every week people get to do paper recycling. They have to go to every class in the school and grab their bucket of recycled paper. Then, they have to dump the paper into garbage bags and return the bucket. Then, when the garbage bag is full, they have to tie the bag and bring the bag to the car. Then, usually a teacher and a student drives the bag or bags to a recycling facility on Franklin Street. That's how Egdehill Elementary school helps out our community.



DID YOU KNOW ...

A nature-balanced life reduces many barriers to education.

Researchers at the University of Illinois have shown that the greener a child's everyday environment, the more manageable their symptoms of attention-deficit disorder. Teachers benefit from more nature education too. According to Canadian researchers, teachers expressed a renewed enthusiasm for teaching when they had time outdoors.

- Richard Louv,

Author of Last Child in the Woods

Carbon Offset Your Work-Related Travel: Invest in a Local Student Project

The Sustainability and Eco-Education department is in the early stages of designing a carbon offset program for School District staff wishing to carbon offset their work-related travel. The project at hand is a new initiative to create a model classroom that demonstrates various different alternative energy technologies (including wind, solar, and possibly geothermal) as an educational model for the entire community. The long-term goal is to have informed and interested students provide guided tours of the facility for all interested community and school groups. If this project sounds of interest to you, please contact Ryan Barfoot and Karin Westland.

outdoors@sd47.bc.ca

School District 47 Sustainability & Eco-Education



Ryan Barfoot and Karin Westland
outdoors@sd47.bc.ca
(604)414-4734

We're on the web:
www.outdoors.sd47.bc.ca



BC Green Games— Powell River Style!

By Ryan Barfoot

Powell River schools seem to have no shortage of outstanding and unique ideas to help green their school communities. These great ideas are really being translated into action through the Green Games. Brooks Secondary School currently has four teams registered for the BC Green Games including Ian McLean's on-line class, Reid Maedel recycling crew, Brenda Masichs Auto class and the Students for Environmental Awareness (SEA). Project ideas include biodiesel production and running a school vehicle on this recycled fuel. Oceanview Middle School, Henderson, Edgehill and Grief Point all have entered teams as well. Although the Green Games are just getting started, the outstanding involvement of Powell River schools is already getting some noteworthy attention, receiving a personal email from Science World congratulating us on our high level of participation. With over \$50 000 worth in prizes, Powell River schools stand a great chance of having something extra to show for their greenery!

Great Green Web Resources for Teachers!

Evergreen http://www.evergreen.ca/en/lg/plans_listing.html: This website offers great lesson plans for K-12 teachers. All lesson plans have a strong connection to school ground-related projects and the earth as well as to the science curriculums.

Youth X Challenge <http://www.youthxchange.net/main/home.asp>: A great resource for teachers and students alike! It is a forum for students to share ideas about ways to live more sustainably. This website is a great resource for statistics related to environmental issues including stats on population, climate change, health, and spirituality!

Environmental Organizer <http://www.geog.ubc.ca/activities/>: An interactive resource for finding relevant Social Studies links to Environment. BC based curriculum materials. Easy to use and well organized. Quick Login needed.

Nature Challenge (David Suzuki) <http://www.davidsuzuki.org/>: New curriculum and activities for kids—Nature Challenge.

Don't Panic! It's Organic! By Ryan Barfoot

You have ordered them all... Double Double, Black, Regular, Double Single and the Triple Single, Steamed Soya with Chocolate Flakes. But have you ordered a "Super Kind Shade Grown Song Bird Friendly Fair Trade Don't Panic Because its Organic" (aka the SKSGSBFFTDPBIO) ? I say – *Why not?* Doing the right thing is cheap. For 5 cents extra a cup, you can slurp on a little SKSGSBFFTDPBIO between lessons or while breaking up fights at recess. If your school is interested in making the change to a more conscious perk, please drop me a line at outdoors@sd47.bc.ca



*"If you're not giving the world
the best you have,
what world are you saving it for?"*
- Unknown

The Green Glance welcomes submissions for March's newsletter.

Any specific district, school, or classroom sustainability initiative,
project or idea can make a great story!

Student submissions are welcome.

Please email articles by February 15th to:

kwestland@sd47.bc.ca

SUSTAINABILITY & ECO-EDUCATION

Supporting students in reinventing their world!