

Trash

- Plastic Bags
- Plastic Silverware
- Plastic Wrappers
- Plastic Packaging
- Anything not recyclable or compostable

Recycle

- Cans
- Bottles
- Glass
- Paper
- Cardboard
- Empty Milk & Juice Cartons

Compost

- All Food
- Napkins
- Paper Bags
- Wax Paper
- Dirty Paper



2012 annual Sustainability REPORT



A Guide to Our Readers

This **2012 Annual Sustainability Report** shares the district's accomplishments in sustainability management practices since implementing the Sustainability Management System (SMS) in 2006. Information for this report was collected through a series of interviews with district staff and students to identify both accomplishments in 2012 and goals for 2013. This report also reaffirms the district's commitment to sustainability in five topic areas: resource conservation, greenhouse gas emissions, sustainable education, transportation, and health and wellness.

Table of contents

A Guide for Our Readers	1
The District and Its Commitment to Sustainability	2
Resource Conservation	3
Greenhouse Gas Emissions	6
Sustainable Education	9
Transportation	11
Health and Wellness	13
Looking to the Future	15





The District and Its Commitment to Sustainability

“Over the past 18 years, Poudre School District has recognized over \$2 million in energy savings because of its energy conservation programs. Along the way, PSD had the nation’s first LEED Gold certified school under the “LEED for Schools” rating system, was invited to the White House by the U.S. Department of Energy to participate in the Better Buildings Challenge, and has more buildings with Energy Star awards than all other Colorado school districts combined. Many schools have energy conservation and recycling programs in which students participate in and learn about on a daily basis; students take home what they learn at school and have implemented sustainability practices at home.”

Dr. Nancy Wright, Superintendent of Schools

Poudre School District was one of two school districts in Colorado recognized as Gold Leaders by the [Environmental Leadership Program](#) through the Colorado Department of Public Health and Environment at the annual Environmental Leadership Awards ceremony. Wellington Middle School and Kinard Middle School were recognized as Bronze Achievers and two Wellington Middle School students spoke at the event.

Bond-funded construction projects totaling over \$30 million were completed at 32 district schools during 2012, 12 of which underwent major renovations. [The Bond Fund Update: Summer 2012 video](#) highlights some of the construction that took place, focusing on projects enhancing heating and ventilation, security, and the classroom environment.

The following tenets embody the foundation for the district’s SMS:

- Support the district’s educational mission by providing spaces promoting health, productivity, and safety of students and staff.
- Reduce lifecycle costs by conserving energy and natural resources, further supporting the district’s educational mission through fiscal responsibility.
- Balance educational, financial, and environmental issues in its daily decision making.
- Consider and incorporate relevant aspects of sustainability into all future procedures.
- Inspire commitment to sustainability among district employees.
- Serve as a community leader in sustainability and partner with other organizations to further common goals.

About the District

Poudre School District is the ninth largest school district in the state of Colorado, serving approximately 27,500 pre-k-12th grade students. Encompassing 1,856 square miles in northern Colorado, the district serves Fort Collins, LaPorte, Timnath, Wellington, Red Feather Lakes, Livermore, Stove Prairie, and parts of Windsor. The district owns 950 gross site acres and contains over 4 million square feet of building space.

- 1 early childhood school
- 31 elementary schools
- 10 middle schools
- 7 high schools
- 2 charter schools
- 1 online school
- 23 other structures housing administrative, warehouse, and other service departments

Other district facts:

- District graduates earned over \$37 million in scholarships in 2012.
- 8 out of 10 graduates complete at least one post-secondary, advanced placement, or International Baccalaureate course prior to graduation.
- Partnerships & Volunteers has over 17,800 registered volunteers.
- Information Technology manages more than 250 servers and 30 databases across the district.
- Purchasing & Materials Management handles and delivers over 370,000 pieces of inter-school mail each year.



Resource Conservation

The district will work to reduce its use of natural resources by collaborating with the community, governmental agencies, design partners, and businesses to employ common sense reuse, to engage in single stream recycling, to participate in energy conservation, and to implement current trends in green building and operational efficiencies.



What's Been Accomplished

- Instead of distributing paper, Rice Elementary School utilized [Linoit](#), a web-based sticky notes application that can be used to electronically post memos, to-do lists, organize ideas, share photos and documents, and post assignments in a location all students and teachers can access.
- Newsletters at Rocky Mountain High School were distributed electronically, saving over 200,000 sheets of paper, as well as postage and printing costs. In past school years, approximately 2,300 ten-page newsletters were printed 9 times per year. In addition, the school generated revenue from advertisements sold within the newsletters.
- Curriculum, Instruction & Assessment held a garage sale to redistribute surplus instructional materials within the district instead of recycling the items or sending items to the landfill.
- To reduce the amount of paper registrations submitted, Partnerships & Volunteers worked with schools to set up kiosks at each building for online volunteer registration. Over 3,900 volunteers were registered electronically during 2012.
- The Carpentry Department repurposed shelves, standards, brackets, cabinetry, and countertops district wide whenever possible, saving the cost of purchasing new materials.

Fort Collins High School Stage Floor Replacement

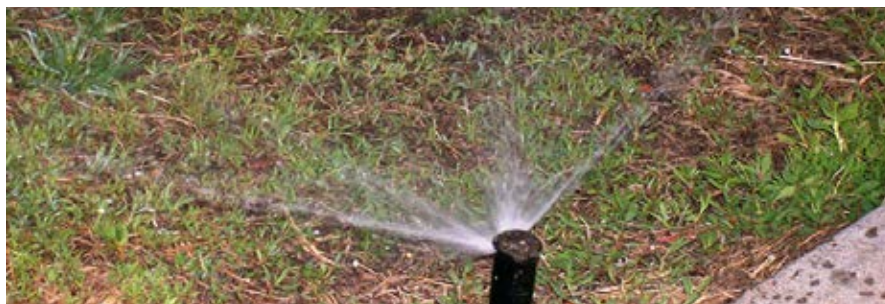
During the summer of 2012, Theater Maintenance coordinated and managed the replacement of the stage floor in the Fort Collins High School theater. Wood removed during the project was diverted from the landfill, with over 1,100 square feet, or 60 percent, of the stage floor salvaged by the installer, and the wood not saved was recycled. A percentage of the salvaged wood was donated to a teacher and the remaining wood was given to school theater departments to sell as a fundraiser. For the project, Theater Maintenance researched replaceable panels and alternative stage floor surfaces, including plastic composite floor and sheet wood; however, the products did not meet the needs of the school users.



Resource Conservation continued

What's Been Accomplished

- Documentation for leaves of absence is stored electronically instead of being printed and filed, saving 6 pages per leave of absence; an average of 250 leaves of absence are processed each year by Benefits Services.
- Purchasing & Materials Management recycled or repurposed materials as much as possible, including recycling shrink wrap through a compactor; saving cardboard boxes and bubble wrap for reuse when sending warehouse orders to district sites; converting discarded paper into scratch pads; and reusing binders salvaged from requests for proposals (RFPs) or bids.
- Custodial Services and the Plumbing Department worked collaboratively to install new equipment in the district laundry. The new washing machines weigh each load to determine the amount of water and detergent needed for the size of the loads, while the new dryers have moisture detection to allow for a more efficient drying process.
- Through increased awareness and monitoring of paper use, Poudre High School was able to reduce their paper order from once every 3 to 4 weeks to once every 5 to 6 weeks; orders are an average of \$1,200.
- Outdoor Services retrofitted irrigation systems at Bauder Elementary School, Beatrice Elementary School, Harris Elementary School, Irish Elementary School, Rocky Mountain High School, and the Cooper Home with efficient Toro Precision spray nozzles. The nozzles allow for a lower precipitation rate and provide a more uniform application rate across a zone as compared to traditional pop-up nozzles, resulting in a water savings per zone of 33 percent to 50 percent.
- The Records Center will increase the amount of out-of-district records sent electronically by 10 percent for student files and by 90 percent for special education student files, saving an estimated 34,390 sheets of paper, as well as postage, envelopes, and staff time.
- Communications will create an electronic flyer packet instead of distributing flyers to all students and develop an online community bulletin board where flyers can be posted. This will eliminate the printing of over 11,000 20-page packets, resulting in a savings of over 220,000 sheets of paper, or 440 reams.



Recycled Glycol

Whenever possible, the Plumbing Department uses recycled 100 percent-grade glycol, an organic compound used as a coolant and heat transfer agent, instead of purchasing new. Recycled glycol has proven to be just as effective as new glycol; however, it is only available for purchase at certain times of the year – most recycled glycol comes from Denver International Airport where it is reclaimed after the plane deicing process, treated, and resold for industrial applications. While new glycol costs \$15 per gallon, recycled glycol costs \$9 per gallon, saving the department over \$4,800 in 2012 for 800 gallons purchased. In addition, the Plumbing Department saved the containers used to transport glycol for reuse instead of purchasing new containers at approximately \$40 each.



Resource Conservation continued

What's on the Horizon

- Several departments, including Information Technology; Planning, Design & Construction; Purchasing & Materials Management; and Child Nutrition, will work with vendors to reduce the amount of packaging on items and require vendors to be responsible for recycling the packaging. Less packaging will save time and labor when disassembling the contents.
- The Customer Support Center (CSC) will complete the implementation of PMDirect, an online preventative maintenance management system that automatically generates work orders for all preventative maintenance work. Currently, CSC manually enters over 2,000 preventative maintenance work orders each year.
- Athletics Services will find student service groups at each high school to pull recyclables off the stands at French Field district stadium after game events. The service groups will be able to collect bottle caps with codes that can be redeemed for prizes.
- Free and reduced applications will be posted online by the Child Nutrition Department instead of mailing approximately 16,500 three-page applications. This will save an estimated \$8,723, including \$328 in envelopes, \$3,862 in printing costs, \$3,125 in postage, and \$1,408 in labor costs to stuff the envelopes. In addition, computer kiosks will be set up in the department office, at local retailers, and at public libraries in order for families who do not have access to a computer to be able to apply online.
- Financial Services will establish and implement the School Accounting Financial E-Tools (SAFE), a user-friendly online reference guide for the district's procedures, policies, guidelines, references, and documentation relating to all financial transactions that occur within the district.
- Leshar Middle School will start a [Creek Freaks](#) chapter through the Izaak Walton League of America Save Our Streams (SOS) program in which students help the environment by exploring local Spring Creek and the Poudre River, learning how trees, shrubs, and grasses protect clean water and wildlife. Students will be empowered as local stream experts and will advocate for improved water quality. Additionally, the school will work with Facility Services and the Parent-Teacher Organization to replace seven 53-year-old porcelain drinking fountains with hydration stations to supply drinking water and eliminate single-use plastic bottles.
- The Mentoring Program will convert all materials for the induction process to electronic files and store the files on USB drives. Currently, the materials are kept in 30 three-inch binders, each with 15 sections and 10 pages per section.
- Athletics Services will investigate purchasing lightly used equipment whenever possible instead of buying new equipment. For example, mats used for one National Collegiate Athletic Association (NCAA) wrestling match can be purchased at a \$5,000 discount.

Milk Carton Recycling

Child Nutrition, Custodial Services, and Utilities & Resource Management teamed up to implement milk and juice carton recycling at every district school for the 2012-2013 school year. To launch the program, Utilities & Resource Management worked with the [Carton Council](#), a group promoting recycling technology and local collection programs as a way to limit the number of cartons that become waste. At the school level, site-based Custodial and Child Nutrition staff worked hand-in-hand to educate students on the new process, which involves students emptying all liquids from the cartons and disposing of the cartons in a container separate from other lunch room waste. District schools generate over 1.8 million milk cartons and 700,000 juice cartons annually.



Greenhouse Gas Emissions

As a member of the [City of Fort Collins Climate Wise program](#), the district is committed to minimizing greenhouse gas emissions. The district will continue to embrace existing energy conservation procedures, recognizing that reduction in energy consumption has the largest impact on the district's greenhouse gas emission sources. Of note, the district is close to achieving its 2020 reduction goal, which aims to reduce greenhouse gas emissions by 20 percent as compared to the 2005 benchmark year.



What's Been Accomplished

- Theatrical lighting dimming systems were replaced by Theater Maintenance at Rocky Mountain High School and Fort Collins High School with new 95 percent efficient units. Parts were salvaged from the previous systems and components not saved for spare parts were resold or recycled.
- The Superintendent's Office encouraged users of the Johannsen Support Services Center boardroom to shut off lights when finished with meetings.
- Outdoor Services and Utilities & Resource Management teamed up to install weather stations at Fort Collins High School and Rocky Mountain High School. With the real-time data from the stations, irrigation schedules and building temperatures can be set based on current conditions.

Green Ribbon School

Wellington Middle School was one of 78 schools named a [National Green Ribbon School](#) by the United States Department of Education during the award's inaugural year. The 78 awarded schools from 28 different states were selected from more than 350 schools that submitted applications to the program. The Green Ribbon Schools Program is a comprehensive recognition program celebrating schools that save energy, reduce costs, feature environmentally sustainable and friendly learning spaces, promote health, and offer environmental education to incorporate sustainability into the curriculum. With this distinction, Wellington Middle School participated on a panel with United States senators and the Surgeon General on how to influence public schools to be more "green."



Greenhouse Gas Emissions continued

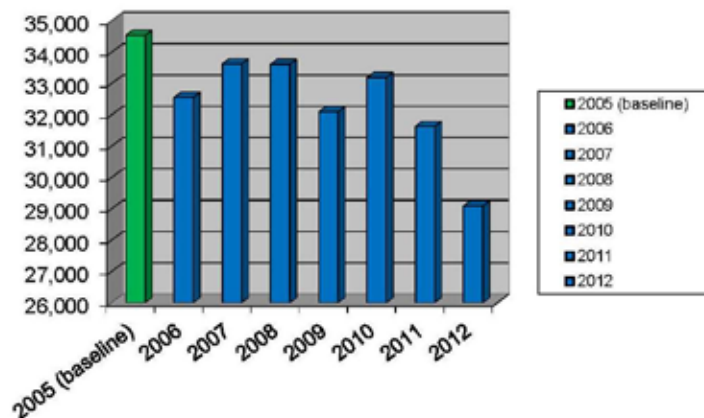
What's Been Accomplished

- The Electrical Department completed lighting retrofits at nine district buildings, converting nearly 400 high intensity discharge (HID) fixtures to energy efficient light-emitting diode (LED) or T8 fluorescent fixtures. These upgrades resulted in a savings of 122,182 watts, which will have a continual reduction in energy consumption and greenhouse gas emissions and save over \$7,330 annually.
- The Lock Shop began using ADA-EZ, an automatic surface mounted operator that generates its own power when opened and closed and does not require electricity. The unit is easily installed and removed, allowing for it to be reused or repurposed when no longer needed at a site.
- Purchasing & Materials Management encouraged district buildings to purchase Energy Star products whenever possible and required break room appliances to be Energy Star rated.
- The Security Department installed Power over Ethernet (PoE) cameras, eliminating the need for an electrical circuit to be run to the cameras. These cameras are provided power over the Ethernet cables that carry the data. With this change, batteries and power supplies are no longer required and cameras can be installed in areas without electrical outlets.

Fossil Ridge High School Bicycle-Based Charging Station

Physics students at Fossil Ridge High School participated in a GK-12 project through Colorado State University (CSU). GK-12 is a research program funded by the National Science Foundation in which CSU graduate fellows work with K-12 classes to deliver lessons and produce projects relating to science fields. With guidance from CSU graduate students, physics classes developed and built a bicycle charging station that allows students to generate power while riding a stationary bicycle and use the power to charge electronic devices. The project process allowed students to take what was learned in the classroom and apply it to real world problems; the bicycle was used as a centerpiece to teach students about the benefits and challenges of green energy production.

PSD GHG Emissions by Year



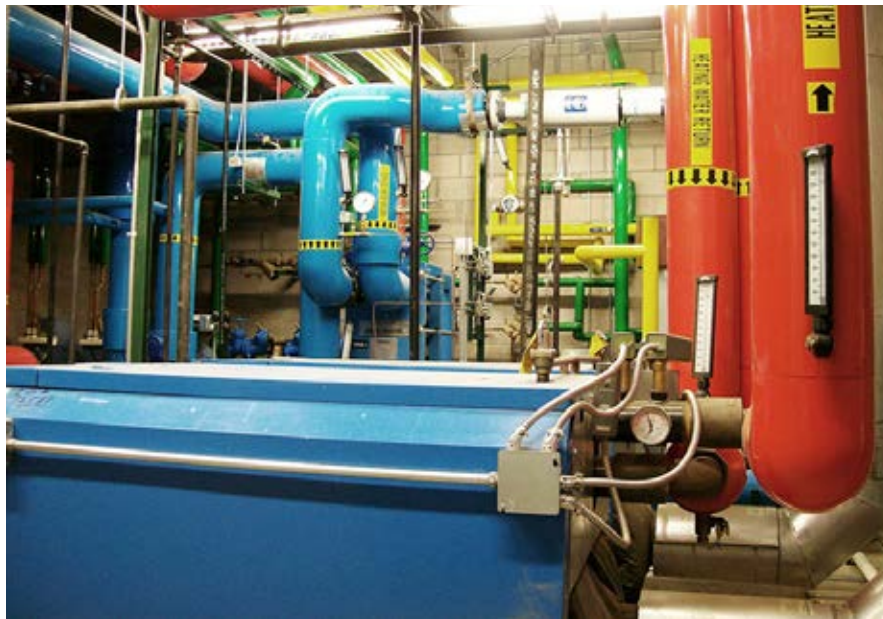
[Find out more about the district's greenhouse gas inventory methodology](#)



Greenhouse Gas Emissions continued

What's on the Horizon

- Information Technology will work with Facility Services to identify areas in which technology can improve utility efficiency, such as building automation and power management shutdown scripts for computer hibernation during nights and weekends.
- Channel 10, the district's educational cable access television station, will investigate cooler lighting and more efficient equipment, including LED technology.
- Outdoor Services will investigate a natural gas powered trimmer, which may reduce emissions compared to current gasoline powered equipment.
- Fossil Ridge High School's FRESH (Fossil Ridge Energy Savings High) club will begin holding tours for students and staff highlighting the building's sustainable features. On the tours, students will lead groups by the boiler room and ice storage tanks and teach groups how the systems work.
- In an effort to offset vehicle emissions, Kinard Middle School will plant 20 trees around their building.
- Bacon Elementary School will work with Utilities & Resource Management to install data loggers to monitor electrical usage. A baseline will be established and attainable reduction goals will be set.



Building Automation System Installation at Fullana

Utilities & Resource Management worked with Heating, Ventilation, and Air Conditioning (HVAC) to install a building automation system (BAS) at Fullana, a district building housing Early Childhood and The Matthews House Community Life Center. With the BAS, ventilation and exterior lighting schedules can be remotely programmed to district [Energy Conservation Procedures](#), resulting in ongoing savings in HVAC and Utilities & Resource Management staff time, vehicle miles traveled (VMTs), and reduction in equipment wear-and-tear. Running equipment only when needed cuts down on maintenance and lifecycle costs, improves occupant comfort, extends the useful life of equipment, and has resulted in an annual utility cost savings of over 20 percent.



Sustainable Education

With student achievement as its first priority, district departments will continue to: recognize the intergenerational nature of sustainability; work collaboratively and establish learning opportunities that are brought to life by its teachers and students; and be supported by physical spaces and operations throughout the district.

What's Been Accomplished

- The district website was reorganized by Communications, making navigation easier for staff and community. Documents were moved to a web library to reduce duplication of efforts, and sustainability is highlighted as a district focus project.
- At Rice Elementary School, assignments for upper grade levels are completed and turned in electronically, saving paper. In addition, requiring students to complete assignments electronically has had an unintended success of improved keyboarding and computer skills.
- Students from [Kinard C.A.R.E.S.](#) (Community, Action, Results, Environment, Science) and Global Leadership classes engaged in efforts to spread environmental awareness to the school community through use of social media. This included interactive building tours and episodes of "[Green Man](#)," a YouTube video series focusing on environmental issues within their school.
- During the spring semester, Fossil Ridge High School's Clean Water Club and the FRESH Club taught fourth graders at neighboring Traut Elementary School about sustainability by setting up four interactive stations highlighting sustainable topics. Through games and activities, the elementary students learned about the environment and came away with increased awareness of how humans impact their world.
- Polaris Expeditionary Learning School used their school garden as a teaching tool by tying garden-based activities into science standards. Science classes had guest speakers present on soil quality, with students learning which soil components are necessary for growing plants and vegetables.
- Kinard Middle School used "trash art," including a trash mural and a giant water bottle, to spread awareness about the amount of lunch room waste generated daily.
- Fossil Ridge High School's FRESH Club planned activities highlighting green topics for each day during Earth Week, including a day where all teachers printed materials on green paper to raise awareness of how much paper is wasted on a daily basis.
- Wellington Middle School received a PSD Choice and Innovation Grant for a "From Asphalt to Learning Spaces" project to develop learning spaces on the west side of the building, including irrigation, walking paths, reclaimed garden walls, and interactive math grids.
- Representatives from Facility Services departments and Planning, Design & Construction continued to participate in the [Green Team](#) which met quarterly to research innovative solutions and new products, and provided an integrated approach to the design and implementation of 2010 Bond projects.

Channel 10 "School Works"

Channel 10, the district's educational cable access television station, partnered with the Little Shop of Physics, a group of science educators and science students from Colorado State University, to produce the first in a series of "School Works" video segments. The premiere segment focuses on energy savings strategies currently in place at Wellington Middle School, incorporating interviews with students and staff about sustainable initiatives around the school. During the segment, the Little Shop of Physics provided demonstrations on how building systems work and why they are energy efficient.



Sustainable Education continued

What's on the Horizon

- To better prepare students for their transition to middle school, Rice Elementary School and Wellington Middle School will work together on sustainable initiatives to provide continuity during the transition period.
- At Rocky Mountain High School, the deans of students will work on a cultural change for sustainability, working toward a personal responsibility for students for monitoring trash, energy use, appropriate dress for the weather, and recycling.
- Professional Development will provide a video or live demonstration at classified training days to educate staff on zero waste and increase awareness of solid waste stream management.
- To better educate students and staff on utility use, Utilities & Resource Management will create a website where schools can access current energy use, water use, and solid waste diversion rates. The site will include a breakdown of utility costs per school and usage graphs, making the data more accessible and interactive.
- 6th grade teachers at Leshar Middle School will create an interdisciplinary unit about water for the spring semester with the overarching science theme "How do humans impact the environment?" Classes in other subject areas will study global water problems and how environments affect the population of species as a way of examining responsibility of being good stewards of the earth.
- Wellington Middle School will establish a partnership with CSU, Food For All (formerly Future Farmers of America), and a grant program to encourage a full ecological partnership with CSU's [Agricultural Research, Development, and Education Center \(ARDEC\)](#) with a focus on farming, livestock management, and STEM (Science, Technology, Engineering, Math) careers.
- Bacon Elementary School will plant 10 trees to mark the school's 10 year anniversary. Planting the trees will be integrated into classroom activities, such as measuring the carbon offset as a science project.
- Channel 10 will work with Utilities & Resource Management to create graphics for energy use data and incorporate "Did you know?" bulletins on energy use data within television segments.
- Planning, Design & Construction will meet and collaborate with local entities, including the City of Fort Collins and CSU, to share project ideas and efficiencies.

High Park Fire

Polaris Ecosystem Research Project

Polaris Expeditionary Learning School is conducting an ecosystem regeneration research project on a 10 acre section of the burn area from the High Park Fire, which broke out in the mountains west of Fort Collins during June 2012 and burned over 87,000 acres. Half of the research area was reseeded and sensor cameras were set up to take photos of the area to measure how much wildlife returns over the course of a year compared to the half that was not reseeded. Students will continue to monitor the progression throughout the year, with teachers incorporating the project into biology and earth science standards.

Poudre High School Seed to Shelter Program

After the High Park Fire, Poudre High School established Seed to Shelter, a voluntary after school woodworking program. Program participants harvest and mill timber from the burn zone and reuse the wood to build storage structures for families affected by the fire. Through the program, students were able to tour the burn zone, and are educated on local forest ecology, sustainable benefits of using locally sourced materials, sustainable design, and basic construction principles.



Transportation

The district will continue to implement strategies designed to increase busing efficiency; encourage alternative transportation, including walking and bike riding; and reduce transportation demands, including vehicle miles traveled (VMTs).

What's Been Accomplished

- Professional Development held trainings and classes at the Information Technology Center (ITC) building as much as possible. By having classes consistently in the ITC, equipment does not have to be transported to another location, saving setup time and VMTs.
- Outdoor Services upgraded 87 percent of its irrigation systems to run on Ethernet IP, which allows the systems to be controlled remotely instead of on-site, saving staff time and VMTs.
- Driver routes for Child Nutrition food deliveries were restructured to be more efficient, with deliveries arranged in clusters to save VMTs. In addition, the new routes have been more efficient for late delivery requests and last minute needs.
- A bike rodeo was held at Johnson Elementary School, which included classroom presentations on bike safety, giving students an opportunity to practice starting and stopping, straight line riding, hazard avoidance, figure-eight turning, and proper signaling.
- Transportation Services monitored and trained bus drivers on proper idling procedures. To reduce idling times, Transportation Services continued to use Webasto auxiliary heaters for pre-start warm up on bus engines, reducing the amount of fuel consumed.
- Information Technology moved to a geographically aligned support model for school technicians, which reduced mileage between schools by as much as 44 percent.
- Facility Services worked with Transportation Services and the Security Department to conduct traffic observations when requested by site administrators in an effort to implement strategies to ease congestion around schools.



Combination Field Trips

Athletics Services began combining athletic teams from multiple district high schools on buses whenever possible for out-of-town trips to large events. In the past, each school would take a separate bus to the same event. Bus use was also combined with other school districts along the I-25 corridor when traveling to Denver-area tournaments, with the cost of the bus shared among the participating districts. These efficiencies have saved VMTs and reduced the amount spent annually on buses and drivers.

"Biking Vikings"

To increase student and staff member participation in alternative transportation, Lesher Middle School received a grant through the City of Fort Collins Safe Routes to School program for two 11-capacity bike racks with thermoplastic coating, and a skateboard storage rack was purchased by the school and installed next to the bike racks. In October, Lesher teamed up with Transportation Services to support nearby Laurel Elementary School during International Walk-to-School Day. Morning bus routes dropped off the elementary students at Lesher, and Lesher students and staff members helped guide students as they walked from Lesher to Laurel.



Transportation continued



What's on the Horizon

- Johnson Elementary School will begin a reward system for students who ride their bikes to school. Bike rack stalls will be marked with a number, and a number will be randomly chosen each day. The student whose number is chosen will win a prize.
- Transportation Services will evaluate and purchase an advanced fuel management system, which will track fuel consumption by department, allowing for areas of reduction to be identified.
- Custodial Services will work with Transportation Services and Child Nutrition to develop a more efficient laundry delivery schedule, including better structuring of routes and reducing the frequency of deliveries.
- New routing and Global Positioning System (GPS) technology will be investigated by Transportation Services. Use of a GPS system would aid department staff in developing more efficient routes, which may reduce fuel usage, labor costs, maintenance costs, and VMTs. Fewer maintenance call outs could be required due to staff being able to analyze vehicle data from the shop and determine the problem remotely. In addition, use of vehicles and idle time can be monitored to ensure the vehicles are being used efficiently.
- Lesher Middle School will host their 4th annual Bike-to-School Week in May. During the week, the school anticipates over 300 students and staff members will ride their bikes to school and engage in various activities, including giveaways, free breakfast for riders, a bike rodeo, bike maintenance seminars, and a guest speaker.

Alternative Fuel Buses

In 2012, Transportation Services expanded their fleet to include two propane-powered buses. With a propane-powered bus operating out of both of the department's terminals, Transportation Services staff have been evaluating and monitoring performance data to determine if future expansion of propane buses in to the district fleet is warranted. The propane-powered buses have the same seating capacity as traditional buses, but are currently limited to a 50 mile travel radius due to a smaller fuel tank capacity than traditional buses. The emissions benefits of propane-powered buses are significant – propane produces 60 percent less carbon monoxide, 12 percent less carbon dioxide, and up to 25 percent less greenhouse gases than diesel. A Channel 10 video segment on the propane buses can be viewed [here](#).



Health and Wellness

The district will work to make health and wellness an accepted and celebrated part of its culture by integrating student and staff wellness, supporting mental health, and recognizing how district facilities influence student and staff wellness.

What's Been Accomplished

- Child Nutrition worked with a local Fort Collins company to create custom sauce blends with lower sodium content for use in scratch cooking.
- Over 200 hours of site-based services, including conflict resolution, crisis team support, supervisor training, and team building, were conducted by Employee Assistance Services (EAS). These services aimed to increase job satisfaction and attendance, foster relationships between co-workers, and reduce work-related stress.
- Bacon Elementary School began holding DREAM (Drop Everything and Move) time at 10:10 every morning. During this time, aerobics programs are played on classroom televisions, teachers use “movement sticks” to help choose an activity, and students and teachers from every class get up and move.
- Risk Management restructured its website to make it more accessible to district staff and department customers. With the redesign, department information and forms for Workers’ Compensation, student insurance, and accident reporting are easily reached.
- Johnson Elementary School encouraged physical movement before academic tests believing that the physical activity would increase the amount of oxygen in the brain and improve focus.
- During the High Park Fire, EAS assisted with mental health support at Red Cross shelters at Cache La Poudre Middle School and The Ranch, providing free consultations for families and staff members affected by the fire.
- Custodial Services converted all mops to bucketless microfiber systems. The system stores cleaning solution in an attached tank, which eliminates the need for the mops to be dipped into traditional cleaning solution and reduces cross contamination, water use, and staff time necessary to fill and transport buckets of water.

District Wellness

To support the district’s fifth learning goal focused on the integration of health and wellness, District Wellness formed the Wellness Advisory Council for Schools (WACS) and the Employee Wellness Advisory Council (EWAC). The councils, which include parents, community members, high school students, and district employees, were formed to help create a unified and comprehensive approach to both student and employee wellness. 40 schools currently have active wellness teams.



Health and Wellness continued



What's on the Horizon

- Customer Support Center staff will take “brain breaks” during the day by taking 15-minute walks.
- Wellness will name a “wellness champion” for each district building and create an incentive for the champion program. The wellness champion will be in charge of spreading awareness of wellness opportunities to all staff in their building and encouraging participation in wellness initiatives.
- Benefits Services will raise employee awareness of websites that staff can utilize to access benefit information, including claims data, flexible spending account (FSA) balances, and prescription costs.
- Kinard Middle School will construct a “Ga-Ga Pit,” an area in which Ga-Ga, a fast-paced, high energy sport similar to dodge ball, is played. The space will also be used as an interactive community-based activity space in order to connect peers socially.
- Child Nutrition will work with Bauder Elementary School to hold monthly taste testings. Students will sample a selected vegetable, learn about nutritional information and benefits of the vegetable, and provide feedback on taste.
- A staff weight loss competition will be organized by Leshner Middle School’s Wellness Team and have over 30 staff members participating.
- The Paint Department will continue to use low volatile organic compound (VOC) paint, which exceeds current Environmental Protection Agency standards.
- Child Nutrition will participate in National School Lunch and Breakfast Week in March, which will provide free breakfast for parents to sample the food served at schools. During the month, CSU basketball and volleyball players will have breakfast and lunch with students in an effort to encourage healthy eating.

Wellington Middle School Wellness

At Wellington Middle School, students are provided with many opportunities to learn about nutrition and healthy eating. To increase student awareness of healthy food options and the benefits of sustainable agriculture, Eagle Power and Teen Living classes completed the “Veggie U” program, which allows students to learn about the growing process, from planting to harvesting. The lessons were then brought to life as students traveled to local farms where they were able to harvest, cook, and prepare fruits and vegetables and taste the results.

Child Nutrition Farmer’s Market

As one of three Colorado school districts participating in a [Farm to School Program](#), Child Nutrition will further connect with and support regional Colorado farms by hosting a free farmers’ market during the summer. The department will reach out to local farmers for their participation, and booths will be provided at no cost. During the farmers’ market, Child Nutrition will hold cooking demonstrations and provide fruit and vegetable trays in order to display what the department offers for their breakfast and lunch program, as well as to provide health and nutrition information to parents and community members.



Looking to the Future

The staff, students, and community of Fossil Ridge High School are very proud to be active participants in supporting district sustainability efforts. Fossil Ridge High School has a nine-year history of leading the way in sustainability through our FRESH environmental club. The silver-certified LEED facility has been a model for high schools throughout Colorado and Wyoming. A partnership with Colorado State University has linked classroom instruction through GK-12 grants to futuristic energy conservation projects, the most recent of which is a laptop charging station, powered by human energy captured in a battery.

Recycling efforts happen daily in every classroom. 2013 welcomes our farmers' market garden as a model of living green. The Fossil Ridge High School STEM Academy focuses on innovative learning in biotechnology, clean energy, and engineering and computer technology. Whether it is our five-kilowatt solar panels, ice storage cooling system, or curriculum, we believe that teaching, modeling, and embracing sustainability education is the foundation of our environmental stewardship.

Dr. Dierdre Cook, Principal
Fossil Ridge High School



Acknowledgements

The following departments and schools have been instrumental in giving their valuable time to provide information and ideas used in preparing this report.

Departments

- [Athletic Services](#)
- [Benefits Services](#)
- [Carpentry](#)
- [Channel 10](#)
- [Child Nutrition](#)
- [Communications](#)
- [Curriculum, Instruction & Assessment](#)
- [Custodial Services](#)
- [Customer Support Center](#)
- [Employee Assistance Services](#)
- [Electrical](#)
- [Finance](#)
- [Heating, Ventilation & Air Conditioning](#)
- [Human Resources](#)
- [Information Technology](#)
- [Lock Shop](#)
- [Mentoring](#)
- [Outdoor Services](#)
- [Painting](#)
- [Partnerships & Volunteers](#)
- [Planning, Design & Construction](#)
- [Plumbing](#)
- [Professional Development](#)
- [Purchasing & Materials Management](#)
- [Records Center](#)
- [Risk Management](#)
- [Security](#)
- [Superintendent Office](#)
- [Theater Maintenance](#)
- [Transportation Services](#)
- [Utilities & Resource Management](#)
- [Wellness](#)

Schools

- [Bacon Elementary School](#)
- [Fossil Ridge High School](#)
- [Johnson Elementary School](#)
- [Kinard Middle School](#)
- [Leshar Middle School](#)
- [Polaris/Lab School](#)
- [Poudre High School](#)
- [Rice Elementary School](#)
- [Rocky Mountain High School](#)
- [Wellington Middle School](#)