



Sustainable Jersey for Schools Certification Report

This is the Sustainable Jersey for Schools Certification Report of Forrestdale Middle School (Monmouth), a Sustainable Jersey for Schools bronze certified applicant.

Forrestdale Middle School (Monmouth) was certified on August 11, 2017 with 160 points. Listed below is information regarding Forrestdale Middle School (Monmouth)'s Sustainable Jersey for Schools efforts and materials associated with the applicant's certified actions.

Contact Information

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Actions Implemented

Each approved action and supporting documentation for which Forrestdale Middle School (Monmouth) was approved for in 2017 appears below. Note: Standards for the actions below may have changed and the documentation listed may no longer satisfy requirements for that action. Additionally, points associated with actions prior to 2013 certifications may not be accurate.

Board Leadership & Planning

Professional Development for Sustainability

10 Points

🏅 Bronze Priority 🏅 Silver Priority School District

Program Summary: Sustainability is defined as using, developing and protecting resources in a

manner that enables people to meet current needs and provides that future generations can also meet their needs, from the joint perspective of environmental, economic and community objectives. The Rumson Borough School District strives to conduct its operations and make decisions that support sustainability by maintaining negative environmental impacts. As part of this commitment, we have partnered with Project WET, a professional development provider sponsored by the New Jersey Department of Environmental Protection to provide water education for our teachers. Project WET will provide professional development for staff, administration and BOE members regarding stormwater drainage and protecting watersheds. As a shore community, these topics are close to our hearts. Effectively educating our student body regarding protecting our water supply is our priority. On June 5, 2017 10 members of our school community will participate in a full 6 hour day of training at Forrestdale School regarding protecting our surrounding bodies of water so that future generations might enjoy their beauty. Through our participation our teachers will be provided with a curriculum and activity guide covering diverse content areas all related to preserving our New Jersey water sources Our ten participants include: Vera Ridoux, Supervisor of Curriculum, Dr. John Bormann, Superintendent, Mrs. Jaime Friedman, grade 4 teacher, Mrs. Brittany Flynn, grade 4 and 5 Science teacher, Mrs. Dawn Capetto grade K-3 science teacher, Mr. Judge Ellis grade 6 science, Mrs. Lauren Bennett, grade 8 science, Mrs. Jenn Crow, grade 7 science, Mrs. Sharon Mikolijack grade 4 teacher, Mrs. Moira Beyer Rumson Board of Education Member and Jen Gibbons Principal. In addition to our staff, two graduate students from Monmouth University worked with us as they are volunteering as fellows in the district to support our students work with the American Littoral Society on Oyster replenishment in the Navesink River and on the dredging and revitalization of a large pond on the district campus. The project WET training will be used to expand educational programs through these initiatives.

PDF: [PROFESSIONAL DEVELOPMENT FOR SUSTAINABILITY DOCUMENTATION](#)

District Sustainability Policy

10 Points

District

Program Summary: A sustainability policy for the district has been developed and approved by the Rumson BOE. This policy includes a definition of sustainability, intent of the policy, and district priorities under sustainability. The policy has been posted on the website and shared with all district staff.

PDF: [DISTRICT SUSTAINABILITY POLICY DOCUMENTATION](#)

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PDF: [DISTRICT SUSTAINABILITY POLICY DOCUMENTATION](#)

PDF: [DISTRICT SUSTAINABILITY POLICY DOCUMENTATION](#)

PDF: [APRIL DISTRICT SUSTAINABILITY POLICY](#)

Climate Mitigation & Renewable Energy

School Carbon Footprint

10 Points

Program Summary: Completed carbon footprint workbook and submitted same for Deane-Porter School, Forrestdale School and Rumson District. Deane-Porter and Forrestdale schools are the only two schools in the district. Utilized district utility bills as source of total Therms and total KWH's consumed by the District. Used this information to submit to LGEA for a District wide Energy Audit. Based on our calculations a school carbon footprint for 2016 for the District is 2.463175283 metric tons of CO₂e', for Forrestdale School is 628.8296142 metric tons of CO₂e', and for Deane-Porter School is 477.4504117 metric tons of CO₂e'.

PDF: [DP ELECTRIC](#)

PDF: [DP GAS](#)

PDF: [CARBON FOOTPRINT APRIL](#)

PDF: [FD ELECTRIC](#)

PDF: [FD GAS](#)

PDF: [DISTRICT ELECTRIC](#)

Food & Nutrition

Healthy Food Choices Beyond the Cafeteria

10 Points

School District

Program Summary: The Rumson School District works collaboratively with parents, staff, and students to create an environment that promotes health and wellness. The Wellness Committee was formed to look into policy, food served in the cafeteria, and promoting health and wellness throughout our community. The belief is that children need and deserve a healthy diet filled with nutritious fruits, vegetables, clean proteins, and whole grains. Allowing students to access this type of healthy diet helps children grow physically strong, mentally alert, and fully charged to meet the academic demands asked of them daily. The Committee is planning and organizing a Wellness Week for May. This week will incorporate activities and nutrition sessions to get our school community up, moving and thinking about the food we eat. A Healthy Eating Challenge will kick off the week. Students will earn tickets towards a raffle when they are seen eating healthy foods for lunch. The healthy foods may have been purchased from the cafeteria or brought from home. Also, during this week a Healthy Eating Day will be highlighted. In Morning Meetings, all classrooms K-8 will be learning about healthy food choices and fueling their bodies. The cafeteria will include healthy smoothies and salad bar. Our food vendors, Simplified Culinary, will launch their nutrition information series during lunches and offer healthy food tasting from the cafeteria with guidance of their nutritionist. These events will fuel our initiative of making food choices in and out of the school. The week will carry over to create an environment highlighting the importance of making good food choices. Lessons in the classrooms will continue and nutrition information sessions during lunches will continue. After the May Wellness Week, the committee will review the events, activities, and information to reflect and begin plans for the following year-beginning in September. We are looking to change the culture of our school to one where health and wellness are the norm.

PDF: [HEALTHY FOOD CHOICES BEYOND THE CAFETERIA DOCUMENTATION](#)

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PDF: [HEALTHY FOOD CHOICES BEYOND THE CAFETERIA DOCUMENTATION](#)

PDF: [HEALTHY FOOD CHOICES BEYOND THE CAFETERIA DOCUMENTATION](#)

Promote Locally Grown Foods

10 Points

School District

Program Summary: Our district began reviewing the foods served in our cafeteria and our nutrition policies last spring. One reason that Simplified Culinary was chosen as our food vendor is because they make the food fresh daily and use many locally sourced foods. Our bread and bagels are purchased from local vendors and delivered daily. The tomatoes for salads, marinara sauce and for soups are NJ grown. Other featured produce, as available seasonally, are purchased from our local produce vendor and delivered every Monday. Our kitchens make their own soups, sauces, salads, pizzas, hummus, sandwiches from scratch. Our baked goods, other than bagels and bread, are made from scratch as well and baked daily. Regularly cleaner proteins are on the menu, no antibiotic chicken, grass fed meat, organic cheeses from Baldor and Sysco. Organic milk, yogurt, and snacks are also available for students to purchase. The cafeteria has posters and signs that visual show students the nutritious foods and the menu for the month. The cafeteria workers help students make healthy choices when they are in line. Parents are also able to communicate with our cafeteria staff on any food concerns, restrictions or allergies. Our food manager is a member of our Wellness Committee and meets with the committee to give information, listen to suggestions and brainstorm ideas to continually improve our food choices. Simplified Culinary Nutritionist will be speaking with our students during lunches on nutrition, as well as providing taste samples. Our school garden is in it's beginning stages, but we are hopeful that it will be an added source for vegetables and fruit. Students, parents and community members will work collectively on planting, growing and maintaining the garden. The greenhouse will help to start plants early and some will be grown in the greenhouse. We are moving towards featuring only organic milk and chicken in our cafeteria next year.

PDF: [APRIL LOCALLY GROWN 1](#)

PDF: [APRIL LOCALLY GROWN 2](#)

PDF: [APRIL LOCALLY GROWN 3](#)

PDF: [PROMOTE LOCALLY GROWN FOODS DOCUMENTATION](#)

PDF: [APRIL LOCALLY GROWN 4](#)

Green Cleaning

Green Cleaning Supplies

10 Points

School District

Program Summary: The Rumson Board of Education's Buildings and Grounds Department began its move towards Green Cleaning several years ago. It has been the practice of the department to replace equipment and cleaning products with products that meet or exceed the Green Certified requirements. All classroom cleaning products, floor care products and new equipment are Green Certified whenever possible. In an effort to improve indoor air quality we

have eliminated products that contain perfumes. We clean with micro-fiber dust mops and dust rags. Non impact IPM procedures are used to limit the use of pesticides at our facilities. We use a no strip floor care practice to limit contaminated waste water disposal. And continue to explore new products as they become available.

PDF: [GREEN CLEANING SUPPLIES DOCUMENTATION](#)

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PDF: [GREEN CLEANING SUPPLIES DOCUMENTATION](#)

PDF: [APRIL GREEN CLEANING](#)

Green Purchasing

Green Purchasing Policy

10 Points

 Bronze Priority  Silver Priority District

Program Summary: District administration met with the school stakeholders to promote awareness of the benefits of a Green Purchasing policy program. A draft policy was developed and reviewed by the board's policy committee and adopted by the BOE. The new policy was posted on the district's website and reported to the district wide via email. The next step will be to establish a District Task Force to develop an implementation plan for the 2017-2018 school year. The plan should include education on green practices for cleaning and maintaining the school building and green practices for the long-term management of the facility. This policy corresponds with the Green Cleaning practices submission under this program.

PDF: [APRIL - P7461 - GREEN PURCHASING POLICY](#)

PDF: [GREEN PURCHASING POLICY DOCUMENTATION](#)

Healthy School Environments

Anti-Idling Education & Enforcement

10 Points

School District

Program Summary: The Rumson Board of Education is a small District in Eastern Monmouth County that is split 50/50 on busing and walking. However we have a large percentage of walkers that are driven to school by parents. It has been and continues to be our goal to reduce the number of vehicles arriving to school each day. With the help of our local Police Department and Safe Routes to school we are looking into programs that promote biking and walking with the community being more aware of our programs and watching over all our student as they travel to from school. We have past a Board resolution and began to notify the community about the Anti-

Idling Law and that we will be enforcing it on school grounds. Signs will be posted and a series of initiatives will be in place to remind parents of the Law. All buses will be required to shut down while dropping off and picking up students if their wait will exceed three minutes. It is our goal to provide a safe and healthy environment both at school and in our community.

PDF: [ANTI-IDLING BOE RESOLUTION](#)

PDF: [ANTI-IDLING BOE CERTIFICATION](#)

PDF: [ANTI-IDLING POSTED EDUCATION INFORMATION](#)

PDF: [ANTI-IDLING EDUCATION & ENFORCEMENT DOCUMENTATION](#)

PDF: [APRIL ANTI-IDLING](#)

Learning Environment

Student Participation in the Arts

10 Points

District

Program Summary: The Rumson School district provides students in grades K-8 opportunities to experience art in all its various forms; students are enrolled in both art and general music classes for the entire school year, and participate in multiple instructional and extracurricular fine arts programs. In addition to general music classes, 5th grade students participate in instrumental music class. After this year-long experience, students in grades 6-8 are offered the opportunity to continue with instrumental music lessons as part of the instructional day. Instrumental music students in grades 5-8 play in one of three concert bands (Beginning, Intermediate, Advanced) and audition to perform with the Jazz Ensemble. Additionally, students can sign up to sing and perform with Junior Choir [grades 4 & 5] and Senior Choir [Grades 6-8]. The choirs and bands practice throughout the school year and perform and compete at a number of venues. Students begin K-8 visual arts instruction with exploration of arts across cultures and progress to more advanced color theory, observational drawing practice, self portraits, and finally an application of these skills in a unique project that uses various 20th c artists' work to help motivate the students' creative thinking and personal expression. The district is participating in the "Educational Leaders as Scholars" art integration initiative, using arts integration to improve teacher practice and school culture, as well as deepen the learning process for students in the 21st century. Each spring, annual Evening of Fine Arts showcases at both schools feature work from each K-8 student. Art Club and Drama Club are open to students in Grade 6-8. Drama students produce an annual musical; they try out for feature and supporting roles and also volunteer for production positions including lights, sound, stage crew, costumes, makeup, and stage manager. Practice and production during the fall and winter months culminate in a three-show performance run. Art students meet all year with a focus on using unusual materials and STEAM projects such as homopolar moving sculptures, art robots, and single circuit light up art.

PDF: [SUPT LETTER STUDENT PARTICIPATION IN THE ARTS DOCUMENTATION](#)

PDF: [STUDENT PARTICIPATION IN THE ARTS DOCUMENTATION](#)

PDF: [STUDENT PARTICIPATION IN THE ARTS DOCUMENTATION](#)

PDF: [APRIL](#)

Curriculum Mapping

20 Points

School District

Program Summary: Standards-based instruction guides the planning, implementation and assessment of student learning. When designing curriculum, districts ensure that teaching practices deliberately focus on agreed-upon learning targets; learning expectations are mapped to the standards and are clearly defined. Mapping curriculum and aligning classroom instruction and assessments in this way ensures that students will meet the high demands of the New Jersey Student Learning Standards. Teaching to the standards levels the playing field for all learners as they work toward college and career readiness. During the 2015-16 school year, grade 7 ELA teachers in the Rumson School District embarked on a full revision of their curriculum. The district devoted several days of professional development to staff training regarding understanding the NJSLS, the importance of, as well as how to unpack the standards into “WALT” and “We Can” statements, and creating appropriate units of study once unpacking was completed. During this revision process, teachers discussed the content that would be used to deliver instruction and as a result, core content was updated and revised: modern novels and short stories were added and approved by the BOE. During the 2016-17, grade 7 ELA teachers are revisiting the units they unpacked and developed last year; teachers are fine tuning the “WALTs” and “We Can” statements in real time and determining a timeframe for each unit. In addition, teachers continually evaluate the grade 7 ELA curriculum and work on the curriculum revisions during two PLC periods allotted in each six-day cycle.

PDF: [CURRICULUM ELA MAPPING DOCUMENTATION](#)

Student & Community Outreach

Green Team

10 Points

 Bronze Required School District

Program Summary: A Green Team was established within the school district. This Green Team has begun assessing our current activities in our work towards the Bronze Level of Certification. Membership includes community, staff, BOE, administration.

PDF: [GREEN TEAM DOCUMENTATION](#)

PDF: [APRIL GREEN TEAM ANNUAL REPORT](#)

PDF: [APRIL GREEN TEAM LETTER](#)

Civic & Stewardship Volunteer Initiatives

10 Points

School

Program Summary: This project was a collaborative effort of Deane Porter School, Forrestdale School, The Rumson Shade Tree Commission, the Rumson Student Government Association, and the Rumson Town Council that resulted in the planting of 20 trees on the Deane Porter and Forrestdale shared campus for Arbor Day 2016. The project resulted in a legacy tree being

planted for each grade level, PreK-8 (PreK-3 in Deane Porter and 4-8 in Forrestdale) to monitor, care for, and observe over the years they are in the district.

PDF: [CIVIC & STEWARDSHIP VOLUNTEER INITIATIVES DOCUMENTATION](#)

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Student and Staff Wellness

Policies to Promote Physical Activity

10 Points

District

Program Summary: Under Policy 8505 the district has created a Wellness Committee. The committee is composed of parents, teachers, administrators, and community members. The committee focuses on both nutrition and physical activity. Through the work of this committee the district has established Bike and Walk to School Day events, Wellness Week events inclusive of a variety of student and family physical activity awareness activities, and provided support for recess and classroom breaks for the purpose of activities.

PDF: [POLICIES TO PROMOTE PHYSICAL ACTIVITY DOCUMENTATION](#)

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Staff Wellness Program

10 Points

School District

Program Summary: The Rumson School District is committed to health promotion activities designed to support healthy behavior in the workplace and home and to improve general staff health outcomes. The goal of our Staff Wellness Program is to allow staff members to see the role that their wellness plays in a productive, stable, and happy workplace environment as well as promoting more success in their workplace tasks. Our School Nurses play an active role in promoting staff wellness through staff health alerts and the establishment of a Flu Clinic annually on campus. Staff members visit Rite Aid nurses during the workday in order to receive their vaccinations. In order to make the program tailored to our staff's needs and schedules, one focus area is a challenge that staff members can voluntarily work towards both at home and school, "The Step Tracker Challenge." This program is inclusive and supports the importance of a holistically healthy lifestyle. The technology trend has assisted to this end, as this challenge will integrate use of Fit-Bits or Apple Watches so that staff members can track their fitness and earn

incentives or rewards for their participation. An additional effort to highlight healthy behavior topics is done through presentations during Faculty Meetings. Local businesses within the community provide free resources for staff members related to wellness in the specific areas of: strength training, nutrition, and farm to table initiatives. Staff members will also participate in a healthy recipe exchange.

PDF: [STAFF WELLNESS PROGRAM DOCUMENTATION](#)

PDF: [STAFF WELLNESS PROGRAM DOCUMENTATION](#)

PDF: [STAFF WELLNESS PROGRAM DOCUMENTATION](#)

Student Safety

Safe Routes to School District Policy

10 Points

District

Program Summary: District administration met with the municipal and school stakeholders to promote awareness of the benefits of a safe routes to school program. A draft policy was developed and reviewed by the board's policy committee and adopted by the BOE. The new policy was posted on the district's website and reported to the district wide via email. The next step will be to establish a District Task Force to develop an implementation plan for the 2017-2018 school year. The plan should include education on traffic safety, promotional activities, and parent awareness. The district will continue to work with the municipality in monitoring routes to school and seeking funding to improve safety.

PDF: [APRIL P8604 SAFE ROUTES TO SCHOOL POLICY](#)

PDF: [BIKE TO SCHOOL PRESS RELEASE](#)

PDF: [SAFE ROUTES TO SCHOOL DISTRICT GREEN PURCHASING](#)