



Sustainable Jersey for Schools Certification Report

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

Readington Middle School (Hunterdon) was certified on August 08, 2018 with 260 points. Listed below is information regarding Readington Middle School (Hunterdon)'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 Readington Middle School (Hunterdon) was approved for in 2018 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

5 Points

🏅 Bronze Priority 🏅 Silver Priority School District

Program Summary: In Readington Schools our focus for the past two years on Professional

Development for Sustainability has been how to bring the district's solar array project into the classrooms. Sessions were presented on various solar energy projects that could easily be incorporated into the classrooms, demonstrations of solar energy kits located in each school, and overviews of the solar project from the facilities perspective and from the solar owner, Ameresco, were given.

PDF: [FALL 2017 TEACHER ACADEMY COURSE DESCRIPTION](#)

PDF: [TEACHER ACADEMY ATTENDANCE SHEETS](#)

IMAGE: [SPRING 2018 TEACHER ACADEMY COURSE DESCRIPTION](#)

IMAGE: [SUMMER 2016 TEACHER ACADEMY COURSE DESCRIPTION](#)

District Sustainability Policy

10 Points

District

Program Summary: The Readington School District Green Committee drafted a comprehensive Sustainability Policy that was adopted by the Readington Board of Education on July 25, 2017 and revised February 6, 2018. The policy includes guidelines for professional development for sustainability, green purchasing, classroom chemical storage and disposal, green cleaning, disposal of electronic waste, long range facilities planning for facilities, waste reduction, and promoting physical activity. The policy was communicated to the school community at the Board of Education meetings and posted on the district's website. Since this policy is new to the district, the Green Committee is working to establish ways to measure progress on the areas indicated in the policy. This is a great step forward in formalizing sustainability goals in the district.

PDF: [DISTRICT SUSTAINABILITY POLICY](#)

IMAGE: [READINGTON SCHOOLS WEBSITE SCREENSHOT](#)

Green Enhancement of District Strategic Plans

10 Points

District

Program Summary: District parents, students, staff, and community members came together to participate in our district's Strategic Planning Retreat in June 2016. Through rich dialogue and smart thinking on a variety of topics, several common themes developed. The district identified four vital areas for focused growth. This plan will be used to guide actions over the course of several school years. Following approval by the Board of Education on October 18, 2016, this plan will inform the professional goals of our district faculty who will develop action plans in their respective areas. Our strategic planning process looked at: 1) Where are we now? 2) Where do we want to be in 3-5 years? 3) How are we going to get there? Readington Township held a Community Intake session in February 2016, conducted a survey of the school community in May 2016, in preparation for a Strategic Planning Retreat in June 2016. One of the four focus areas, "School Environment" deals specifically with sustainability. The goal under that area reads "Promote a healthy and caring school environment for students and staff members." Specifically, the goal aims to continue the focus on sustainability and environmentally friendly practices in all areas of school operation. This guides the efforts of the district, the Green Committee, and the Energy Efficiency Program in moving forward. The Strategic Plan was communicated to all staff and parents through Genesis e-mail blasts, and is posted prominently on the district's website.

PDF: [READINGTON SCHOOLS DISTRICT STRATEGIC PLAN 2016-2020](#)

Climate Mitigation & Renewable Energy

School Carbon Footprint

10 Points

 Bronze Priority School District

Program Summary: Readington Middle School's carbon footprint was calculated using January to December 2016 as the baseline year. The Sustainable Jersey Carbon Footprint spreadsheet was used to do the calculations and is attached. The facility uses natural gas and electricity as its utilities. Vehicle mileage and fuel numbers were provided by the district's Transportation Department, and facility energy usage numbers were provided by the Energy Efficiency Coordinator. The school's carbon footprint was initially calculated to be 1442.7 metric tons of CO2 equivalent in 2014 and has now been recalculated to be 1023.7 metric tons of CO2 equivalent for 2016. Each school in the district continues to use a behavior based energy efficiency program and ongoing energy tracking. Readington Middle School also had new windows and exterior doors installed in 2014-15. Additionally, the bus routes for the school district have been consolidated from a three tier system in 2014 to a two tier system in 2016. The resulting 29% reduction in our school's carbon footprint is amazing! We can really see the impact our actions have on our carbon footprint and the environment.

EXCEL: [RMS CARBON FOOTPRINT SPREADSHEET](#)

Onsite Renewable Generation System - Solar

30 Points

School

Program Summary: The Readington Township Board of Education undertook an onsite solar generation project at three of the district's four schools beginning in 2015. The installation was completed in January 2018 and came online in February 2018. The solar project is a Power Purchase Agreement with Ameresco and includes 292 kilowatt ground and roof arrays at Readington Middle School, 642 kilowatt ground arrays at Holland Brook School and a 136 kilowatt roof array at Three Bridges School. These solar installations are expected to offset 30% of the electricity usage at Readington Middle School, 64% of the electricity usage at Holland Brook School, and 28% of the electricity usage at Three Bridges School based on usage from 2014-15. Because this utility data is more than 2.5 years old, data from 2016-17 has been included as an attachment but was not used in the offset calculation provided by the energy consultant, Gabel Associates. During the 2017-18 school year while construction was occurring and the solar panels were coming online, the district's Energy Efficiency Coordinator provided ongoing opportunities for the staff and students to be involved and knowledgeable about the project. She offered overviews of the solar project installation to Readington Middle School sixth and seventh grade students, used solar science kits with 5th grade students to illustrate energy from the sun, and brought in Ameresco to provide solar education sessions to all district students in grades two through eight. Additionally, she offered multiple sessions on incorporating solar topics into the

classrooms to the teachers and brought Ameresco in to present a session open to parents about what the solar displays are and how to use them in their classrooms. Finally, there was a solar project ribbon cutting and dedication ceremony open to parents and the community where Board of Education members, students, and Facilities Department employees spoke about the impact the solar installation has on the district (see Community Outreach section).

PDF: [RMS SOLAR LETTER OF CERTIFICATION](#)

PDF: [ESTIMATED SOLAR PRODUCTION](#)

PDF: [RMS UTILITY DATA BASIS FOR OFFSET METER 1](#)

PDF: [RMS UTILITY DATA BASIS FOR OFFSET METER 2](#)

PDF: [RMS UTILITY DATA BASIS FOR OFFSET METER 3](#)

EXCEL: [RMS ELECTRICITY DATA 2016](#)

Energy Efficiency

Behavior-Based Energy Conservation Programs *Temporarily Suspended*

10 Points

School

Program Summary: At Readington Schools, we have been using a behavior based approach to energy conservation since 2012. Our behavior based energy program was started by the district's Energy Efficiency Coordinator and designed by the Class 5 Schools for Energy Efficiency Program, and after five years the program became so ingrained in each school's culture and daily routine that it has been taken over and run by staff and students at each school during the 2017-18 school year. Each school has a student club that monitors its school's progress with turning off lights and shutting down electronics. At Readington Middle School the Energy Club monitors the buildings and during the 2017-18 school year completed energy audit checklists of the classrooms. The Energy Efficiency Coordinator supplements the student's actions with email reminders to staff about turning off and shutting down before any breaks from school. She is a resource that the student monitoring teams can use to help with training on ways to save energy and implementing any ideas the students have, but the day to day awareness and energy monitoring occurs with the school based student teams. To increase awareness of energy conservation, Readington Middle School's Energy Club sponsored a Green Week April 24 - 26 where they shared energy saving facts and tips during morning announcements and shared a video (https://www.youtube.com/watch?v=aXemkml_oAo&feature=youtu.be) and Kahoot online quiz about saving energy in their school during academic support classes.

IMAGE: [TURN OFF AND SHUT DOWN REMINDER](#)

PDF: [RMS APRIL 2018 PARENT CALENDAR](#)

PDF: [RMS STUDENT ENERGY AUDIT FORMS](#)

PDF: [RMS ENERGY CLUB WRITE-UP](#)

IMAGE: [GREEN WEEK FLYER](#)

Energy Tracking & Management *Temporarily Suspended*

20 Points

School District

Program Summary: The Readington School District's energy conservation program began in 2011-12 and is ongoing in 2018. The district employs an Energy Efficiency Coordinator who regularly monitors and reports energy usage data to the school community. The school is applying for 20 points for this action for benchmarking and ongoing tracking. In 2018 we updated our building interview forms documenting the inventory of each facility. Electricity and natural gas usage data are entered into our EnergyManager energy tracking software and flow into Energy Star's Portfolio Manager. Each quarter results are shared with the school community in an e-mail results report. The results are also reviewed with the district's Green Team at their meetings and published on the Energy Efficiency section of the district's website. The district finished its fifth year of the Energy Efficiency Program in June 2017 still comparing its performance to the established baseline year of 2011-12. We have a yearly goal to reduce our annual energy usage by 10% compared to the baseline year, and we met that goal in Year 3 (2014-15) of the program. In Year 4 (2015-16), we had a reduction of 11%, and in Year 5 (2016-17) we achieved an 18% reduction. The estimate of avoided cost based on the usage savings over the five years of the program is \$421,000.

PDF: [RMS ENERGY DATA 2017](#)

PDF: [ENERGY RESULTS REPORT YEAR 5](#)

PDF: [SEP REPORT](#)

WORD: [BUILDING INTERVIEW FORM 2018](#)

IMAGE: [ENERGY RESULTS WEBSITE SCREENSHOT](#)

Green Cleaning

Green Cleaning Policy & Plan

10 Points

School District

Program Summary: A proactive plan started by the district's green committee (now the District Green Team) several years ago, replaced several harmful cleaning chemicals being used to clean the buildings. Now an all-purpose peroxide based cleaner that provides a safer and more effective alternative to previous products used. Several other procedures were changed that increased the cleanliness of the buildings and reduced costs such as microfiber cloths for dusting and floor care. This year for the Sustainable Schools Program, the District Green Committee has been revived as the Green Team. As a refocused team, we started reevaluating our cleaning plan, and to create a policy to assist us in becoming "Greener" in our sustainability efforts. The team worked with our district custodians and our contracted cleaning services to create a written cleaning plan, and with the help of the district policy committee added key points to what would become the green cleaning policy. The policy has been adopted by the board of education, and as a living document, along with the cleaning plan will be updated as technologies become available. The policy has been distributed to staff through an email, and will be presented as part of a green cleaning awareness program for staff, parents, and the community. The info will also be available on the schools' website. The district had a solid and effective cleaning plan in place, but it has been refined, and by continually improving cleanliness, the health of occupants, and further lowering costs will continue to have a positive impact for students, staff, and the community who use our buildings. The plan is reviewed and adjusted annually to keep up with current cleaning practices and technologies.

WORD: [GREEN CLEANING POLICY & PLAN DOCUMENTATION](#)

PDF: [GREEN CLEANING POLICY & PLAN DOCUMENTATION](#)

PDF: [GREEN CLEANING POLICY & PLAN DOCUMENTATION](#)

PDF: [GREEN CLEANING POLICY & PLAN DOCUMENTATION](#)

Green Cleaning Equipment

10 Points

School District

Program Summary: Green cleaning equipment is just part of the district overall plan of a low environmentally cleaning program that incorporates prevention, product selection, equipment efficiency, and effective procedures. Through the purchase and use of green motorized cleaning equipment, our custodians are able to clean more efficiently and ensure allergy- and asthma-friendly environments by improving indoor air quality and eliminating harmful cleaning products. By utilizing a local purchasing coop, we have been able to replace older less efficient equipment while also controlling costs. The newer equipment is quieter, ergonomically designed, uses HEPA filtration, and optimizes chemical use. Older equipment that is still being used is sent out for refurbishment to maintain standards and efficiency

PDF: [GREEN CLEANING EQUIPMENT DOCUMENTATION](#)

Green Purchasing

Green Purchasing Policy

10 Points

 Bronze Priority  Silver Priority District

Program Summary: The Readington Green Committee worked to draft a comprehensive Sustainability Policy which was adopted by the Readington Board of Education on July 25, 2017. It was revised after that time to include additional sections, one of which is the Green Purchasing Policy (page 3 of the document attached). The Green Purchasing Policy section lays out guidelines for the selection of products that are environmentally friendly and targets, at least initially, green cleaning supplies green cleaning equipment, recycled paper, and energy efficient appliances.

PDF: [GREEN PURCHASING POLICY DOCUMENTATION](#)

IMAGE: [SCREENSHOT](#)

Healthy School Environments

Indoor Air Quality Review *Retires 10/31/23*

15 Points

Program Summary: During the 2017-18 school year, the Readington Middle School's IAQ team used the Tool for Schools Checklists and procedures to inspect the building to get an overall perspective on conditions related to IAQ. The team took the findings along with having staff fill out the classroom checklist and developed a plan to address issues and educate parents and the community. The district IAQ designated person related these findings along with presenting an IAQ awareness training session. Along with a reporting process for concerns and annual awareness training, the staff feels they are a part of the process of creating a healthy environment for our students and staff. As a result of this team effort, there are generally very few IAQ issues in our classrooms.

POWERPOINT: [STAFF TRAINING PRESENTATION](#)

PDF: [IAQ FACT SHEET](#)

PDF: [RMS SCHOOL MAP](#)

WORD: [IAQ ACTION PLAN](#)

PDF: [IAQ CHECKLISTS](#)

Access to Healthy Water in Schools

20 Points

School

Program Summary: The goal of the Readington Middle School is to ensure that clean and healthy drinking water is available to all students during the school day and to promote water as the primary hydration option. This school is connected to 2 private wells on the property and is regulated under the Safe Drinking Water Act and required to complete regular water testing for all regulated contaminants, including lead and copper. Regular testing has ensured that our water supply is not contaminated and safe for our staff, students, and the community. A 2016 lead test mandated by the NJDOE resulted in finding fixtures with a high lead test results that were either replaced or removed. Results of the water tests were shared with parents through a letter. They are also posted on the Facilities section of the district's website. The Green Team evaluated and completed the drinking water needs assessment for 17-18 to determine the school's strengths and discover areas of improvement. A plan has been developed to address some needs and how to further promote the healthy benefits of water following the CDC's program Increasing Access to Drinking Water in Schools. The school currently has two water bottle filling stations in use. To promote the use of the stations, the school's Energy Club took data on how much the stations were being used and shared it in a presentation to the district Green Committee.

WORD: [RMS-WATER ASSESSMENT CHECKLIST](#)

WORD: [RMS-WATER ACTION PLAN](#)

PDF: [RMS-LEAD TEST RESULTS 6-2017](#)

PDF: [PARENT LETTERS-LEAD TEST OF 6/2017](#)

IMAGE: [RMS WATER BOTTLE FILLING STATION PRESENTATION TO GREEN COMMITTEE](#)

IMAGE: [FACILITIES WATER RESULTS SCREENSHOT](#)

Asthma Friendly Schools

10 Points

School

Program Summary: The Asthma Friendly School Award ensures that schools are in compliance with NJ laws regarding asthma management and good indoor air quality. Readington Middle School completed all necessary components. All staff have been provided with training regarding the treatment of Asthma and important environmental factors to reduce the exacerbation of Asthma symptoms in the school environment. The school environment is Asthma Friendly and our indoor air quality excellent. The attached award documents our designation and is valid for three years.

WORD: [RMS AWARD CERTIFICATE](#)

Reporting Process for Indoor Air Quality Concerns *Retires 10/31/23*

10 Points

School

Program Summary: The process for reporting IAQ concerns was presented at a staff faculty meeting as part of an IAQ awareness training session. The "designated person" for the district presented a power-point with basic info on the importance of IAQ, sources of contaminants, basic control strategies, and how to report concerns and the steps taken to resolve issues. Forms were developed for concerns, and follow up. All concerns and outcomes will be logged and filed as an ongoing IAQ record of the school building and compliance with PEOSH standards. Information and the reporting process will be made available in the facilities section of the school website for staff and the community to view and report issues. As a result of the awareness training and the facilities department proactive approach to building maintenance, there have been minimal reports of IAQ issues for this building to date.

PDF: [REPORTING PROCESS FOR INDOOR AIR QUALITY CONCERNS DOCUMENTATION](#)

PDF: [REPORTING PROCESS FOR INDOOR AIR QUALITY CONCERNS DOCUMENTATION](#)

PDF: [REPORTING PROCESS FOR INDOOR AIR QUALITY CONCERNS DOCUMENTATION](#)

PDF: [REPORTING PROCESS FOR INDOOR AIR QUALITY CONCERNS DOCUMENTATION](#)

POWERPOINT: [REPORTING PROCESS FOR INDOOR AIR QUALITY CONCERNS DOCUMENTATION](#)

Innovation Projects

Innovative Project #1

10 Points

School District

Program Summary: The Readington Public School District employs an innovative approach to resource conservation with its Energy Efficiency Program. Since 2012, the district has partnered with Class 5 Energy's Schools for Energy Efficiency (SEE) program to improve facility operations and modify behavior of staff and students resulting in reduced energy usage. An Energy Efficiency Coordinator (EEC) is employed to implement the strategies of the SEE program in the schools. Ongoing communication about program goals, activities, energy results, and energy saving tips is provided using an Energy Efficiency section of the district's website. With guidance from the SEE program, the district's Green Committee crafted a comprehensive Energy Conservation Policy adopted in 2013 to outline expectations for use of lighting, heating, and cooling as well as shut

down requirements for electronic devices. The goals of the Energy Efficiency Program include reduction in energy use, recognition of achievements, and engagement of staff and students. The Energy Efficiency Coordinator regularly monitors and reports energy usage data to the school community. In the first two years of the program, the district achieved a 13% reduction in electricity usage and a 2% reduction in natural gas usage for an overall reduction of 7% in energy usage. This has resulted in almost \$127,000 in avoided energy costs to the district. Several of the district's schools have been recognized for their achievements stemming from the energy program including Three Bridges School earning the National Green Ribbon School award from the U.S. Department of Education in 2014 and Readington Middle School earning a silver award in 2015 through the National Wildlife Federation's Eco Schools program. The Energy Efficiency Program includes education programs and activities for the school community as well as outreach to the local Readington community. Students have participated in poster contests and energy assemblies, one of which introduced an Energy Hog character. The Energy Efficiency Coordinator regularly goes into classrooms to educate staff and students about energy use in school with energy fact game shows as well as a Watts Up activity which uses a watt meter to illustrate how much electricity devices use over time. Middle School students can participate in an Energy Club which monitors classrooms to ensure lights and electronics are turned off at the end of the day as well as investigates renewable energy sources. In addition, the school district has participated in Readington Community Day sharing displays about energy conservation and green efforts.

WORD: [HUNTERDON DEMOCRAT WATTS UP ARTICLE](#)

IMAGE: [READINGTON COMMUNITY DAY DISPLAY](#)

IMAGE: [RMS ENERGY CLUB WEBSITE](#)

IMAGE: [ENERGY HOG ARTICLE](#)

PDF: [READINGTON ENERGY POLICY](#)

IMAGE: [ENERGY EFFICIENCY WEBSITE](#)

Learning Environment

Student Participation in the Arts

10 Points

District

Program Summary: Readington Township School District is committed to academically supporting district-wide participation in the arts at its four school locations. Whitehouse School, Three Bridges School, Holland Brook School, and Readington Middle School accomplish this by assuring that every elementary student is enrolled in music and visual arts classes and 94% of the middle school student population is enrolled in music or visual arts classes. Enrolled students are required to demonstrate competency in at least one arts discipline during the previous school year. The attached letter from Interim Superintendent Dr. DeFabiis attests to the district's support for the arts.

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

Curriculum Mapping

20 Points

Program Summary: The Science Curriculum Map provides a clear overview of the district's new science curriculum and the sustainable standards that are a natural fits with each of the units. The curriculum map was shared with the teaching staff at faculty and department meetings. Discussions about implementation and resources available were part of the meetings. It is also posted on the district website for easy access by the community.

PDF: [CURRICULUM MAPPING DOCUMENTATION](#)

Student & Community Outreach

Green Team

10 Points

 Bronze Required School District

Program Summary: The Readington Township Public School District has a long term commitment to sustainability and has utilized Green Committees over the years to provide stewardship as environmental initiatives have presented themselves. In January 2015, the Green Committee at the district level as well as Green Teams at each of the district's four schools became formalized and began moving forward with leadership for the Sustainable Jersey for Schools program. The district Green Committee served to steer the efforts taking place in the district while the school Green Teams evaluated implementation in their specific schools. Each group included a diverse membership from administration, teachers, nurses, facilities, and the community. Included in the membership are two representatives from the Readington Township Education Association. The attached annual reports from the district and from the school highlight accomplishments to date and look forward to where their efforts will be focused in the coming year.

PDF: [READINGTON DISTRICT GREEN TEAM LETTER](#)

PDF: [READINGTON DISTRICT GREEN TEAM REPORT](#)

PDF: [THREE BRIDGES SCHOOL GREEN TEAM LETTER](#)

PDF: [THREE BRIDGES SCHOOL GREEN TEAM REPORT](#)

Community Education & Outreach

10 Points

 Bronze Priority  Silver Priority School

Program Summary: In 2018, solar panel arrays were installed on the roof and ground at Readington Middle School. Construction was occurring from the start of the school year in September 2017 through January 2018. The school community, parents, and the greater Readington community could see the project as it unfolded. To reach out and include families and the public in our renewable energy initiative, two opportunities were offered. The first was a district wide Solar Dedication Ceremony held on May 9, 2018, at Readington Middle School. Invitations were sent out to the Readington Township Committee, Readington Green Committee, all companies involved with the solar design and installation, the district's Green Committee, all

staff, and a Genesis blast was sent out inviting students and their families to attend. Students from Readington Middle School and their families were part of the ribbon cutting and dedication ceremony. Two students from the school's Energy Club gave presentations as part of the program and shared the solar houses they built. The second opportunity was for education about the solar installations and how they are able to be used in the classrooms. The Energy Efficiency Coordinator, Jodi Bettermann, in partnership with the solar operator, Ameresco, offered a workshop on May 10, 2018 to staff as well as the community called Incorporating Solar into the Classroom. Please see the screenshot of the Genesis blast that was sent home to parents and is available on the district website that details this workshop.

IMAGE: [SOLAR CELEBRATION SCREENSHOT](#)

IMAGE: [ENERGY CLUB STUDENTS AT SOLAR CELEBRATION](#)

IMAGE: [SOLAR WORKSHOP PARENT INVITATION](#)

Student Learning

Education for Sustainability Grades 4-12 Technology

10 Points

School

Program Summary: The overarching aim of this unit is for students to gain a greater understanding of the need to carefully use all resources in ways that are not wasteful and damaging to the environment – both now and in the future. They are challenged to think about a real world problem, solve it, and then present their solution to others. Students are also challenged to demonstrate how individuals can personally play an important role in reducing waste and increasing upcycling and recycling rates for a healthier environment. The students identified natural disaster preparation and relief as a problem they wanted to work on, based on their common experience with Hurricane Sandy and more recently with the series of Nor-easters we experienced in March. The students identified physical damages and the human cost too: uncertainty, and fear. They had drawn on their own storm experiences, feeling afraid and powerless, not knowing what to do while their parents were trying to get home and life back on track for all. So they created the Catastrophe Care Kit for kids, a multi-purpose, convertible backpack, full of tools they designed for kids and an educational game too. Sustainability and waste reduction were a primary goal; they used all recycled, upcycled, and reused materials. In developing the prototype care kit, they determined that their ultimate goal was to create a community of “kids who care” who would identify problems in their own communities, and likewise reduce waste in their own homes and environs, while providing care for others (e.g., Alzheimer’s care care kit, sick friend care kit, etc.). While the unit ended in May, the students have opted to continue their work. This summer, they will be leading a sustainability workshop with friends in our enrichment program to teach K-2 children how to make recycled paper seeded cups, that hold food and then grow plants when disposed of in the garden. The outcome, sustainability seeded with our youngest students, nurtured by our middle schoolers! The students also entered the global Spark!Lab Invent-It challenge hosted by the Smithsonian, and earned first place for their age group. They will also be headed to the Smithsonian over the summer also to work with mentors there, and share their ideas with others.

PDF: [EDUCATION FOR SUSTAINABILITY GRADES 4-12 TECHNOLOGY DOCUMENTATION](#)

PDF: [EDUCATION FOR SUSTAINABILITY GRADES 4-12 TECHNOLOGY DOCUMENTATION](#)

PDF: [EDUCATION FOR SUSTAINABILITY GRADES 4-12 TECHNOLOGY DOCUMENTATION](#)

IMAGE: [EDUCATION FOR SUSTAINABILITY GRADES 4-12 TECHNOLOGY DOCUMENTATION](#)

Student and Staff Wellness

Staff Wellness Program

10 Points

School District

Program Summary: Readington Middle School hosted a "Biggest Loser Challenge" from January to March for the staff members. The nurse sent e-mails about nutrition and exercise to the staff members as motivation. To celebrate "National Go Red for Women Day", the teachers donated money to support the American Heart Association. Teachers wore the color red, a special "heart smart" lunch was offered in the cafeteria and complimentary blood pressure screening was conducted. To keep the teachers healthy, there was a flu clinic at RMS where teachers were able to get their flu shots. We also incorporated many mindfulness activities into our faculty meetings and in-service days. Attached is information that was shared with teachers after a faculty meeting.

PDF: [STAFF WELLNESS PROGRAM DOCUMENTATION](#)

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