



Sustainable Jersey for Schools Certification Report

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

Lake Riviera Middle School (Ocean) was certified on August 15, 2023 with 155 points. Listed below is information regarding Lake Riviera Middle School (Ocean)'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 Lake Riviera Middle School (Ocean) was approved for in 2023 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

20 Points

🏅 Bronze Priority 🏅 Silver Priority School District

Program Summary: Lake Riviera Middle School feels that it is important for our school

environment to be both inclusive and accepting to all individuals. Over the past few years, our ELL population has increased dramatically. Teachers were suddenly faced with the challenge of educating non English speaking students with no training in this area. Faced with this problem, Brick school district offered Sheltered English Instruction training through Stockton University. This was a 15 hour long, multi-day seminar. Lake Riviera Middle School had 65 teachers participate in this training. Once this was complete, we created a team to turn-key this important information to our staff. Our specials, PE, councilors and therapists are faced with the biggest challenges, since they have non English speakers in classes with no assistance. Our team has placed the focus on training this group. We have 23 faculty members who are receiving in depth PD on this. Weekly unit meetings and PD days have been utilized to train these individuals. We have also, with the help of our ELL teachers, developed a group of non English speaking students to help us understand how we can better help them. We created a survey, which all ELL students took to aid us in pinpointing what we are lacking.

PDF: [BTPSELLGROWTH.PDF](#)

PDF: [1_11 UNIT MEETING AGENDA.PDF](#)

PDF: [SEI TEAM AGENDA.PDF](#)

PDF: [SEI COURSE SYLLABUS.PDF](#)

PDF: [COPY OF LRMS - SHELTERED ENGLISH INSTRUCTION TRAINING - LRMS STAFF.PDF](#)

Diversity & Equity

Breakfast After the Bell

20 Points

School District

Program Summary: The “Breakfast After the Bell” program at Lake Riviera Middle School was implemented with delivery to the classroom in 2012, as a result of the township realizing the significance of providing students access to breakfast in order to grow, learn, and thrive throughout the school day. The LRMS students are provided with breakfast during homeroom (7:45 AM- 8:10 AM), which offers the students the option of breakfast without missing instructional classroom time. The breakfast menu that is served to each classroom consists of a minimum of five different reduce calorie/carbohydrate breakfast items as well as assorted fruits and milks. This breakfast program is structured to allow the LRMS food service workers to go to each classroom during that time frame using breakfast carts. The LRMS cafeteria staff uses portable POS systems to track the meals. Menu items are recorded on production records, submitted to the food service director for review, and final submission to the state. In addition, the students have shared that they enjoy eating breakfast more now, because it allows them more time in the morning to work on school assignments, socialize with their peers, gives them energy, creates healthy habits, and provides additional in class time to ask their teachers for help with school assignments and homework. Breakfast After the Bell at LRMS allows our students to refuel their bodies to prepare for a successful school day and create habits that will last a lifetime.

PDF: [SCHOOLCAFE - BREAKFAST AT LAKE RIVERIA MIDDLE SCHOOL - MAIN LINE - 01-10-2023.PDF](#)

PDF: [BOE LOCAL WELLNESS.PDF](#)

PDF: [1.HOW MEALS WORK AT LAKE RIVIERA .PDF](#)

PDF: [LRMS PARTICIPATION SEPT 2022 TO MAY 22 2023.PDF](#)

PDF: [2 MENUS AND NUTRITIONAL INFO 2022 2023.PDF](#)

Food & Nutrition

School Gardens

10 Points

School

Program Summary: Lake Riviera Middle School has an up and running aquaponics system. Students are able to make salads in consumer science classes for teacher luncheons, and for themselves. Students will learn in the science classes about aquaponics and being able to grow vegetables all year round. They will still be able to see the root systems and learn how the system is feeding the plants, instead of soil. The students this year have learned how to dry herbs and how to extend their self-life. Our consumer science classes teach students about the chemistry of foods. They use the produce of the month from Jersey Gardens and utilize our school grown herbs and lettuces to make healthy and sustainable meals. Students are shown how to change and enhance the flavor of foods using produce grown in our school and locally and its effects on our environment. The students learned how measure the pH, nitrates, ammonia and water quality of the system. Students were able to pick different lettuce grow and make a salad for lunch. School gardens demonstrate the scientific principles of plants and students will learn civil responsibility of serving those less fortunate. A garden will help spur students to grow fresh vegetables at home, not matter how much room they have. Students will learn the benefits of fresh organic growth produce in their health classes. They will be also shown how much carbon emissions it takes to get vegetables from other countries to their supermarkets and the amount of chemicals that are used to produce their bountiful crops. It is our hope that students learn the ease of growing healthy vegetables in their backyard and help themselves and the environment, at the same time.

PDF: [SCHOOL_GARDEN_REPORT_AQUAPONICS.PDF](#)

PDF: [AQUAPONICS_SYSTEM.PDF](#)

PDF: [LESSON_PLAN_FOR_AQUAPONICS.PDF](#)

Healthy School Environments

Access to Healthy Water in Schools

20 Points

School

Program Summary: Lake Riviera Middle School has installed water bottle filling stations and has plans to install additional stations, to eventually eliminate the water fountains in the school. One of the stations is located in the cafeteria with access for all students. Another is located outside the gym, where students are able to stay hydrated during physical education. More are scheduled to be installed in the spring. All water fountains are being switched over to filtered fountains. In addition, all fountains and filling stations fit NSPC code section 7.21 and are accessible to all. The Green Team has started an educational program to stress the importance of consuming more water to lead a healthy lifestyle. They have made a video, which will be shown to all students and have created signs that are seen hanging around the school. They encourage students to bring

their own refillable water bottles to school, and refill them to stay hydrated throughout the school day. We even sell water bottles for minimal cost, to help with this. Our water is tested regularly at all water fountains and sinks. A copy of the results are located in the custodial office and are available upon request. 5/30- since this submission, 3 additional water filling stations have been installed for convenient access to all students, cleaning/maintenance charts are posted for students to see, Green Team has continued water education and has continued to promote reusable water bottle sales. Vending machines are turned off during the school day so students can't access "unhealthy drinks". LRMS has made strides to both educate on the importance of drinking water and making it accessible to all.

PDF: [22051607 BRICK TWP BD OF ED REPORT - PB .PDF](#)

PDF: [SAFE DRINKING WATER NEEDS ASSESSMENT FINAL.PDF](#)

PDF: [HEALTHY WATER PROMOTION VIDEO](#)

PDF: [DRINK MORE WATER CAMPAIGN.PDF](#)

Integrated Science, Technology, Engineering, Arts & Math (iSTEAM)

iSTEAM Collaborative Units of Study

30 Points

School

Program Summary: We incorporated Art, design, woodshop, math and science and technology into these lessons. 1. The students will create a CO2 dragster from a set of specifications designed to achieve speed and good aesthetics. They will also describe how weight and aerodynamics can impact the speed of a vehicle. They will go to the woodshop to create their materials according to the design they had drawn in Art. They will use the design process in order to develop a car that fits within the criteria. 2. Balsa wood structures... For this project, students design and construct a structure that is tested for its efficiency, rather than strength. Some aspects of this project that support sustainability are: use of wood as renewable resource testing for efficiency encourages students to be "cost-effective" with their material use. A ratio of the amount held (to determine strength) compared to project weight (to determine material use) is used to determine the success of the project. 3. Mousetrap dragsters... For this project, students design and construct a vehicle using mechanisms supported by simple machines and the power stored from a set mousetrap. Some aspects of this project that support sustainability are: use of alternate energy sources (the potential energy stored in the set trap that turns into kinetic energy to provide motion for the vehicle) projects constructed of recycled materials (i.e.- used cd-roms, scrap wood pieces from the Woodshop classroom, kite string, etc.) students are allotted a set budget to "purchase" their recycled materials to complete their project; therefore being encouraged to be mindful of the materials used to complete the task

PDF: [MOUSETAP CAR UNIT_ I STEAM MEMBERS INFO, ACTION TEMPLATE, STUDENT WORK.PDF](#)

PDF: [BALSA STRUCTURES UNIT_ I STEAM MEMBERS INFO, ACTION TEMPLATE, STUDENT WORK.PDF](#)

PDF: [CO2 DRAGSTERS UNIT_ I STEAM MEMBERS INFO, ACTION TEMPLATE, STUDENT WORK.PDF](#)

Learning Environment

Curriculum Mapping

15 Points

School District

Program Summary: This is the inaugural year of a new elective class for 6th grade students at Lake Riviera Middle School called Sustainability. In this course, students will be learning about what it means to live a sustainable life, why people would choose to alter their life in such ways and what changes they can make in their lives to help our environment. In our classroom we have an aquaponics system, where students learn to take care of the fish, test the water, and harvest the lettuce that we currently have growing. Students learn how this simbiotic system works and how it is sustainable. Next, students will be researching local venues in which they can possibly donate their harvest to help those in our community. Throughout this class, students get a birds eye view into other communities around the world who are currently living or moving towards a sustainable life. They learn what it truly means to reduce their waste, reuse or repurpose materials or supplies where possible and recycle those items that can be recycled. But they also learn about the other three R's: Rethink our daily choices, Refuse unnecessary purchases, and Repair items instead of replacing them. Before too long students take an introspective look into their own lives to see what they can change to try to become more thoughtful of their family's choices. By the end of the marking period, and after many discussions, activities, videos, etc, students each take hold on one specific area of interest and create a PSA for their peers. This PSA takes the form of both poster - to be hung in the hallways for everyone to notice and well as video - to be shared with the entire school; hoping to change the minds and habits of these young adults, who are our future.

PDF: [SUSTAINABILITY CURRICULUM MAPPING.PDF](#)

Student & Community Outreach

Green Team

10 Points

 Bronze Required School District

Program Summary: The Lake Riviera Middle School Green Team was formed and approved by our principal in July of 2015 and revised September of 2018. This was initiated by our township green team being certified bronze and members of our school attending their green fair. Team members consist of our principal, Green Team Advisors, who are Consumer Science and Spanish teachers. Science, Physical Education, Excel, Robotics and Stem teachers also assist with the Green Team. The team members were chosen for the work that they do in the classroom, by enhancing the curriculum with innovative projects and activities that get students in the lab and outside into our environmental areas. Most of these members volunteer their time and talents to after school activities, events and clubs. Green Team members will give support to projects such as our recycling contests, school garden, hydroponics system, composting of waste, beach clean ups, outreach into local schools and other events that promote sustainability. It is our vision to continue these enriching programs, along with additional activities to enhance our students' experience in middle school and living in our township. Team members are striving to continue to help students and staff to aim for excellence and help to sustain and enhance the programs at Lake Riviera Middle School.

PDF: [GREEN TEAM MEETINGS AND AGENDA \(1\).PDF](#)

PDF: [^GREEN TEAM INVITE.PDF](#)

PDF: [^GREEN TEAM LETTER_.PDF](#)

Student Learning

Education for Sustainability Grades 4-12 Arts

5 Points

School

Program Summary: The Lake Riviera Middle School fine arts program and art club are wonderful programs that not only support our diverse population of learners but a sustainable environment as well. Throughout the course of the school year the art club meets monthly, supporting a visitorship of between 30 to 60 students. Our fine arts program circulates, during the course of the school year, the entire student population through the program, between both art teachers. Sustainability is important to us from an environmental perspective as well as a budgetary one. For us, using recycled materials is not just about Earth Day. It is an integral part of our curriculum. We feel it is important for our students to learn the value of giving items a second use. Students are amazing with what “junk” can create. Some of the materials that we use in art include, but are not limited to the following: -Egg Cartons- for paint -Plastic forks, spoons and knives- as clay tools -Yogurt Cups- water cups -Magazines- collage -Glass Bottles- for drawing still lifes -Legos & Blocks- architectural design -Shells and Starfish- decoupage -Clothing- for soft sculpture - Cardboard- for sculpture -Newspaper- for paper mache, sculptures -Old Crayons- for recycling to make new crayons or for rubbings -Pringles Cans- for clay building -Plastic Bags- Clay project storage -Toilet Paper Tubes and Paper Towel Tubes- for sculptures -Soda Cans- Ceramics and Pop Art Portraits -Cloth Shower Curtains- Tablecloths -Photo Calendars- Images for drawing/inspiration -Wire Hangers- for sculpture -Rocks- kindness stones

PDF: [RECYCLED ART.PDF](#)

PDF: [UGLY DOLLS PRESENTATION.DOCX.PDF](#)

PDF: [ARTS EFS_QUESTIONNAIRE.PDF](#)

Education for Sustainability Grades 4-12 Health

5 Points

School

Program Summary: Our district health curriculum stresses the importance of health and wellness. Wellness can be defined as a way of life that emphasizes health promotion measures such as eating healthy, managing stress and preventing and treating simple health concerns. Students maximize healthy living while promoting physical activity. All students will learn safe, efficient and effective ways to develop and maintain a healthy active lifestyle. During many lessons throughout their middle school health & physical education classes students learn how to balance their health and wellness along with balancing their diet. We use myPlate to teach students how to properly balance their meals. Many students and their families have busy schedules which do not leave much time for cooking. This causes them to order out from a restaurant (fast food or sit down). Students will work on a restaurant webquest and research the calories in the food they would normally order/eat and they will in turn try to find a healthier

option We have the students then construct a restaurant menu based on their acquired knowledge from their nutrition lessons. Grading Rubric is uploaded.

PDF: [NUTRITION MYPLATE & MENU LESSON.PDF](#)

PDF: [2023 MYPLATE ORIGINAL.PDF](#)

PDF: [MENU RUBRIC UPDATED \(1\).PDF](#)

PDF: [2023 FITT FRIDAY LESSONS.PDF](#)

PDF: [HEALTH QUESTIONNAIRE \(1\).PDF](#)

Student and Staff Wellness

Programs to Promote Physical Activity

10 Points

School

Program Summary: Along with high-quality physical education, students need additional opportunities for physical activity throughout their day to help meet the recommended sixty minutes or more of daily physical activity. LRMS promotes wellness all year with something we call, F.I.T.T. Friday. This is a wellness initiative in addition to our normal PE class to help students understand the benefits of being active. We use the F.I.T.T. principle (frequency, intensity, time, & type) and Fitnessgram Program to teach our students about exercise & physical activity through different types of activities. Students learn that physical activity is beneficial to their overall health & wellness and are given opportunities to participate in physical activity during the school day. Physical activity is an essential tool for preventing and treating childhood obesity and its related adverse health conditions including Type 2 diabetes, high blood pressure, & high blood cholesterol. We offer activities outside of the normal PE Class to promote fitness. Cross country and Track & Field are 2 after school activities that take all that sign up. This gives students the opportunity to stay active. To keep students active in the winter months we started a Running Club which is a club that students can join that is not just running. It is a mixture of strength, cardio, core, PLYOGA and more. Another event that we hold outside of the normal PE activities is a Track & Field Meet involving all students who would like to participate. We encourage all students to sign up and be involved in the events in hopes to score points for their grade.

PDF: [PROGRAMS TO PROMOTE PHYSICAL ACTIVITY.PDF](#)

PDF: [2022 FITT FRIDAY LESSONS.PDF](#)

PDF: [2021-2022 RUNNING CLUB FLYER.PDF](#)

PDF: [2022 LRMS TRACK MEET FLYER.PDF](#)

Staff Wellness Program

10 Points

School District

Program Summary: Brick Township School District and Lake Riviera have been proactive in addressing health challenges faced by educators today. As a result they are devoted to providing the LRMS staff members with a healthy and supportive work environment by providing several staff wellness programs. Lake Riviera provides teacher running clubs, mindfulness classes as well

as yoga for staff members before and after school. Lake Riviera School District believes that by offering physical fitness clubs, yoga, and mindfulness classes their staff members it will support their overall wellness and healthy mindset. These programs provide overall positive effects which are seen both inside the classrooms and outside in the local community. These fitness programs have improved staff self-awareness, emotions, and causes for behaviors. Staff members who participate in these wellness programs not only improve their own well being, but are able to offer more support to each of their students with in their classrooms. Creating a health and supportive school environment has had a significant impact on the teacher' ability to create and maintain effective and supportive classroom environments. The participating staff members were ask about their experiences with the after before and after school wellness programs, including the impact of yoga and mindfulness on their own well-being, professional, and personal development. One staff member shared that practicing yoga after school helps her to feel more relaxed. She has said that she is more patient with her students as she is able to remain calm during stressful and anxious situations that may occur during the day. In addition, the LRMS staff work together and support their colleagues in initiatives that not only help students, but also the well being of their coworkers. Faculty and administrators have formed walking and running clubs, which encourages staff to focus on overall wellness, physical health and relieve stress. These staff wellness initiatives (walking clubs, running clubs, yoga classes and mindfulness classes) occur on different days during the week before and after school, which allow all staff members, the option of participating. In addition, our LRMS physical education staff does a commendable job with students as well as staff members by promoting overall wellness. The physical education department hosts several events such as the Harvey Lynch Color run, promoting both staff and students to compete in a health competition. Our school nurses and administration give staff the opportunity to facilitate weight loss contests and check their blood pressure. Our health insurance plan also provides reimbursement for gym memberships as well as wellness programs and walking initiatives. Brick Township schools also has a partnership, which is free to all employees. There are a variety of health offerings, such as health screenings, behavior health specialists, chiropractors and physical therapists...just to name a few. All of these actions help the overall wellbeing of the LRMS faculty. Participation in these programs continue to grow and will help the LRMS faculty member to create lifelong habits and live healthy lifestyles.

PDF: [YOGA 2023.PDF](#)

PDF: [BEHAVIORAL HEALTH SERVICES AT YOUR PHC.PDF](#)

PDF: [BIGGEST LOSER 2023.PDF](#)