



Wellness Advisory Council Meeting Agenda & Notes
Tuesday, February 19, 2019
3:30-4:30
College Counseling Center
***Meetings are open to everyone!**

3:30-4:30 Follow-up on action items, share updates from wellness initiatives around the school, view/discuss Mo's survey results, read article from Monika, discuss recycling bins in cafeteria, set action items

Attendees: Christie French, Erin Manzanaras, Vicki Lundquist, Sam Todd, Monika Bunting, Lisa Amerine, Elizabeth Begley, Shannon Ross, Annie Sasseville, and Kelly Reeser

- Meeting Reminders:
 - We are a solutions-focused group whose members all have good intentions for facilitating positive communication about wellness initiatives that benefit our entire K-12 school.
 - Everyone comes to the group with a willingness to volunteer their time to support the group's work and to make the school a better place.
 - We recognize that people are passionate about these topics and it's exactly this passion that fuels our motivation to do this work.
 - We recognize that most of the issues we tackle require cooperation from multiple stakeholders across the K-12 to be successful.
 - We all have different perspectives and we have much to learn from each other.
 - A reminder of where we started this year with recycling, where we are now, and where we are headed with possibilities for the future. At the end of the 2017-18 school year, the ELT was in agreement that we would focus earnestly on the recycling effort this year. Based on the recommendations coming from WAC, the ELT agreed with the rationale that color-coded bins were needed and spent

\$22,000 to purchase these for every classroom and the K-12 common areas. We also agreed that staff at all levels would participate in an effort to educate students about the importance of recycling and how to properly use the bins. We recognized that these efforts would be ongoing throughout the year. We have made a lot of positive progress this year, as Renay's feedback about the cafeteria attests.

- Previous Action Items:
 - Mo and Jessica Manzanares created an awesome art installation in the cafeteria
 - John will provide information about groundskeeping chemicals
 - Included is the MSDS for the following:
 - American Stockman Salt- ice melt
 - Gallery- pre emergent herbicide applied in spring
 - Mp2pm009- broadleaf weed control for use in turf
 - Round-up- spot sprayed in landscape beds
 - Fertilizer
- Updates:
 - [Click here](#) for the survey results on reducing waste. Thanks to Mo for getting feedback from families!
 - 156 parents took the survey
 - 135 parents support taking the cafeteria water cups away
 - 19 do not
 - 3 asked to have recyclable cups as a back-up
 - 126 are willing to provide their son/daughter with a water bottle
 - 9 know their student already uses a water bottle
 - 6 are not willing to provide their son/daughter with a water bottle
 - Many parents responded with the desire to have compost and reusable utensils
 - Recycling
 - How's it going? How will we measure success?
 - Paula and Elizabeth provided research on recyclable materials that the recycle company will process.
 - Investigate K-5 programs at other schools
 - What are criteria for Eco Cycle Green star ratings? How about K-12 schools?
 - Renay reports that recycling efforts are getting better at all levels. With increased understanding of recycling cups, contamination has decreased.
 - We need a SMART goal around how to measure success with recycling. When do we consider composting?
 - Suggestion to focus on cans because they were the primary contaminant in previous trash
 - **SMART goal:** Group needs to discuss again and come up with language for a SMART goal. *Kelly's suggestion: By the end of the 2018-19 school*

year, students and staff will successfully recycle 100% of the aluminum cans used for meals with zero contamination in the recycle bins.

- We use approx 150 cups per day at elementary. Elementary use of water cups is primarily at lunch. At breakfast, only 10-12 cups are used on a daily basis. Focus on changing habits. If kids have their water bottles on them, staff should encourage them to use the water bottles rather than getting a cup. Need additional supervision at breakfast.
 - Elizabeth and Paula are focused on hospitality in the cafeteria, and they want to make sure kids feel welcomed and are able to get water when they want it.
 - Group discussion about composting versus trash and recycling. The only thing we are currently recycling is cans and some milk cartons.
 - BVSD pricing may be available to P2P.
 - Idea: charge green fee to parents. Most liked this idea.
 - What would savings be on trash hauling?
 - Action Items: invite Eco-cycle to come and talk to this group. Sam will set up the meeting. Paula and Elizabeth will get updated pricing on compostable products, bags. ELT will consider the overall costs of adding composting options. Discussion about outdoor areas: we might not need recycling outside. Elementary would not need recycle containers on playground (not many use recyclable products when they are outside). MS and HS would, though.
 - Paula and Elizabeth offered clarification on encouraging people to use their own plates, containers: CDE regulations prohibit this.
- [Click here](#) for an article about the psychology of sustainable behavior.
 - Sustainable behavior is most likely when there are fewer barriers
 - What barriers do we need to remove to move forward with recycling and other sustainable behaviors we would like our students to internalize?
 - Positive social cues can make a big difference
 - People are more likely to repeat a behavior when someone smiles at them or says thank you. Application: have kids get involved in positive reinforcements for behavior that supports recycling.
 - We could print small cards (as we don't want to create more waste) that say, "Thank you for recycling" or give stickers to the younger kids
 - People are most interested in behaviors of people they consider similar to themselves (for example, a high schooler would be more likely to bring a reusable water bottle if they see other high schoolers bringing a reusable water bottle)
 - How do we celebrate this behavior and make it more obvious that people are recycling? (The article states that people are more

likely to participate in sustainable behaviors if others know about it)

- How do we encourage staff members to be recycling and waste reduction role models for our students?
- Emphasize personal relevance
 - Most people don't see environmental concerns as something that will directly impact them
 - Instead of talking about how to help the environment, make it more personal by saying things like, "the water we drink," "the resources we rely on," "the air we breathe." What other phrases could we use to make the recycling issue more personal for our students?
 - Draw out an impact diagram to show effects of recycling on individuals (personal and family health, moral obligations, the obligation to future generations, human rights; environmental breakdowns often impact the poor and people of color in the U.S., etc.)
- Make hidden information visible
 - Vivid, concrete images, action/animation
 - Recycling and waste art installation in the cafeteria
 - Stack of water bottles used in one week (in the cafeteria last year)
 - Graphical displays
 - Example: [plastic impact on wildlife photographs](#) and [portraits of American mass consumption](#) by Chris Jordan (for secondary students)
 - Charts, graphs, visual displays of how much we throw away
 - Words
 - ["These come from trees" stickers](#) placed on paper towel dispensers save up to 1,000 pounds of paper every year
 - What other ways can we make waste and recycling impact visible to students and staff?
- Provide feedback about waste reduction
 - How could we do this?
- Focus on improvement, not perfection
 - "Instead of giving people a list of behaviors that they should be doing, find ways to encourage them to ask themselves questions:
 - Do I really need this?
 - Can I borrow this instead, or find it used?
 - How far away has it come from?
 - Could this be done/created with less waste?
 - Is there a lower energy way of doing this?

- Could this item and/or its packaging be recycled?
- Create a checklist of these sorts of big-picture questions that people can carry with them, for example on a pad of paper for a grocery list or a credit-card-sized format to keep in one's wallet.”
- Create how-to resources
 - Videos, fact sheets, step-by-step directions
 - Have (student) experts available to help - can we offer volunteer hours for students to stand next to recycle bins like they do at Lafayette community events?
- Make the sustainable choice opt-out rather than opt-in
 - If you can't make the choice the default, at least make it the easiest choice
- Have a positive vision
 - Emphasize the future we are working toward instead of always emphasizing the threats we are trying to avoid
- Set challenging, but attainable goals
 - What goal should we set and how will we measure it?

[Click here for 18-19 WAC Priorities](#)

[USA News Story about Aerobic Activity](#)