

Pacific Cascade Middle School

School District: Issaquah

School Location: Issaquah

Began participating in the Green Schools Program:
October 2010

Level One of the Green Schools Program:
Achieved in May 2011

Level Two of the Green Schools Program:
Achieved in May 2016

Level Three of the Green Schools Program:
Achieved in May 2018

Sustaining Green School 2018-19:
Achieved in May 2019

Waste Reduction and Recycling (Level One)

- Pacific Cascade increased its recycling rate from 65 percent to 86 percent through a school-wide program that includes classroom, office, and lunchroom recycling.
- Thanks to the significant recycling rate increase, the school decreased the frequency of garbage pickups.
- Six staff members formed a Green Team and coordinated waste reduction and recycling education throughout the school.
- Outreach was conducted through staff meetings, morning videos and lunch time announcements. Other promotion included updates on the school website and in parent emails and newsletters.



Green Team students tested school faucet flows and reported results



Green Team students completed a water testing project



Green Team students completed a litter clean-up



King County Green Schools Program

Success Story

Reduce • Reuse • Recycle • Rethink

- The school initiated a student environmental club to involve students in planning and promoting waste reduction and recycling activities.
- All recycling and composting bins were labeled with information about what to place in each bin.
- With assistance from City of Issaquah and with the help of more than 60 parents and student volunteers, the school launched a program to collect food scrap and other compostable materials in the lunchroom and staff lounge. Over 25 yards of compostable materials were transported to Cedar Grove Composting facility.
- The school further reduced lunchroom waste while also providing food for hungry students by setting up a share table for unopened packaged foods from the school lunch program that would otherwise have been wasted.
- The school's builder's club ran a school-wide program with Aveda to recycle twist-tops, plastic sandwich bags, and foil wrappers. By collecting from lunches and classrooms, club members gathered 6,000 twist tops, 3,000 zip lock bags and 500 cereal bar wrappers.
- Pacific Cascade reduced paper use by launching a Good on One Side (GOOS) program throughout the school to use paper that's only been used on one side.
- In 2015-16, to promote waste-free Wednesday lunches, the Green Team:
 - made posters, announcements, and presentations, and presented at a PTSA meeting and a staff meeting.



Green Team students went on field trip to Sammamish Water Plateau to learn about their water



The Green Team placed compost in the new herb garden



Students worked in the new herb garden



Success Story

Reduce • Reuse • Recycle • Rethink

- created a "we're all in for waste-free lunches" banner that students signed during lunch periods. The banner was hung in the cafeteria as a reminder of student commitment.
 - shared updates on waste-free Wednesday progress in the cafeteria and school newsletter.
- Green Team students created 15-minute lesson plans for teachers to use during advisory classes. The lessons focused on "why care about Waste Reduction and Recycling" and "what are we going to do about it?"
- Pacific Cascade used morning announcements to promote waste-free lunches. The school also participated in a district-wide waste-free lunch challenge.
- The school earned a City of Issaquah trophy for measuring its lunchroom waste. The trophy was turned into a Waste-Free Wendall mascot for waste reduction video announcement tips.



The Green Team created new signs and sign-holder for the cafeteria recycling station

Energy Conservation (Level Two)

- Energy conservation signs were posted by each school light switch reminding students and staff members to turn off lights when not in use.
- Head custodian Joanne Donovan and school staff pledged to conserve energy.
- The student Green Team gave weekly conservation morning announcements including tips for conserving energy.
- Classroom and common area window blinds were opened during the day to utilize daylight and closed at night to keep in heat.
- Issaquah School District's contract with Coca-Cola called for vending machine display lights to be permanently turned off to conserve energy.

Water Conservation and Pollution Prevention (Level Three)

- The school posted signs promoting water conservation above classroom and bathroom sinks.
- The Green Team measured school faucet flows and reported their findings, and the school adjusted some automatic faucet timing to reduce water use.



- The school installed moisture overrides and timers on sprinklers to avoid overuse of water.

Sustaining Green School Recognition

Pacific Cascade Middle School sustained and built on its Level One waste reduction and recycling practices, Level Two energy conservation practices, and Level Three water conservation strategies. How the school did this is described below.

Sustaining Green School 2018-2019

- Green Team students designed and led a promotional campaign in anticipation of the installment of a water bottle filling station at school.
- For cafeteria recycling stations, Green Team students built structures to place above waste and recycling bins so large signs on how to sort could be hung from the structure. The team also updated the sorting signs.
- Green Team members created a new herb garden, and used compost to nourish the plants.
- Thermostats were set between 68 to 70 degrees, and staff members received water and energy conservation reminders from the district.
- Conservation tips were shared via video announcements during the school year.

Award

The Green Team, teacher Courtney Peterson, and custodian Joanna Donovan received a 2016 King County Earth Heroes at School award for their waste reduction and recycling efforts which resulted in a 70 percent recycling rate achieved in 2015-16.