



**West St. Paul School District 197, Minnesota
2014-2015 District Nominee Presentation Form**

CERTIFICATIONS

District's Certifications

The signatures of the district superintendent on the next page certify that each of the statements below concerning the district's eligibility and compliance with the following requirements is true and correct to the best of the superintendent's knowledge.

1. The district has been evaluated and selected from among districts within the Nominating Authority's jurisdiction, based on high achievement in the three ED-GRS Pillars: 1) reduced environmental impact and costs; 2) improved health and wellness; and 3) effective environmental education.
2. The district is providing the U.S. Department of Education Office of Civil Rights (OCR) access to information necessary to investigate a civil rights complaint or to conduct a district wide compliance review.
3. OCR has not issued a violation letter of findings to the school district concluding that the nominated school district has violated one or more of the civil rights statutes. A violation letter of findings will not be considered outstanding if OCR has accepted a corrective action plan to remedy the violation.
4. The U.S. Department of Justice does not have a pending suit alleging that the school district has violated one or more of the civil rights statutes or the Constitution's equal protection clause.
5. There are no findings of violations of the Individuals with Disabilities Education Act in a U.S. Department of Education monitoring report that apply to the school district in question; or if there are such findings, the state or school district has corrected, or agreed to correct, the findings.
6. The district meets all applicable federal, state, local and tribal health, environmental and safety requirements in law, regulations and policy and is willing to undergo EPA on-site verification.

U.S. Department of Education Green Ribbon Schools 2014-2015 District Sustainability Award

Name of Superintendent: Dr. Nancy Allen-Mastro

District Name: **West St Paul-Mendota Heights-Eagan School District 197**

Address: 1897 Delaware Ave, Mendota Heights MN 55118

Telephone: 651-403-7001 Fax: 651-403-7010

Web site/URL: ISD197.org E-mail: nancy.allenmastro@isd197.org

I have reviewed the information in this application and certify that to the best of my knowledge all information is accurate.

Nancy Allen-Mastro, Ed.D.

(Superintendent's Signature)

Date: 1/27/2015



Nominating Authority’s Certifications

The signature by the Nominating Authority on this page certifies that each of the statements below concerning the district’s eligibility and compliance with the following requirements is true and correct to the best of the Authority’s knowledge.

- 1. The district is one of those overseen by the Nominating Authority which is highest achieving in the three ED-GRS Pillars: 1) reduced environmental impact and costs; 2) improved health and wellness; and 3) effective environmental education.
- 2. The district meets all applicable federal civil rights and federal, state, local and tribal health, environmental and safety requirements in law, regulations and policy and is willing to undergo EPA on-site verification.

Name of Nominating Agency: Minnesota Department of Education

Name of Nominating Authority: Dr. Brenda Cassellius
(Specify: Ms., Miss, Mrs., Dr., Mr., Other)

I have reviewed the information in this application and certify to the best of my knowledge that the school meets the provisions above.

Date: January 30, 2015

(Nominating Authority’s Signature)

SUMMARY AND DOCUMENTATION OF NOMINEE’S ACHIEVEMENTS

Provide a coherent "snapshot" that describes how your district is representative of your jurisdiction’s highest achieving green school efforts. Summarize your strengths and accomplishments in all three Pillars and nine Elements. Then, include documentation and concrete examples for work in every Pillar and Element.

SUBMISSION

The nomination package, including the signed certifications and documentation of evaluation in the three Pillars should be converted to a PDF file and emailed to green.ribbon.schools@ed.gov according to the instructions in the Nominee Submission Procedure.

OMB Control Number: 1860-0509
Expiration Date: February 28, 2015

Public Burden Statement

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless such collection displays a valid OMB control number. The valid OMB control number for this information collection is 1860-0509. Public reporting burden for this collection of information is estimated to average 37 hours per response, including time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. The obligation to respond to this collection is required to obtain or retain benefit P.L. 107-110, Sec. 501, Innovative Programs and Parental Choice Provisions. Send comments regarding the burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to the U.S. Department of Education, 400 Maryland Ave., SW, Washington, DC 20202-4536 or email ICDocketMgr@ed.gov and reference the OMB Control Number 1860-0509. Note: Please do not return the completed ED-Green Ribbon Schools application to this address.

Summary Narrative

West St. Paul-Mendota Heights-Eagan Area Schools serves more than 4,800 students from the communities of Eagan, Inver Grove Heights, Lilydale, Mendota, Mendota Heights, Sunfish Lake and West St. Paul, Minn.

District 197 is fortunate to have a vibrant school community filled with a variety of academic, athletic and artistic opportunities for students at every age, from Pre-Kindergarten to Grade 12, in eight buildings. District 197 is committed to operating all of its facilities efficiently and fully supports all of the initiatives of LIVEGREEN.

LIVEGREEN is the district's sustainability program that promotes energy saving and recycling initiatives throughout the district. Each school in the District has a LIVEGREEN Team that consists of students and a teacher. These teams help implement low-cost or no-cost strategies to reduce energy use, promote recycling and composting, and focus on conserving resources. Through sustainability efforts, the district has avoided more than \$1.9 million in utility costs since 2003. School District 197 uses B3 Benchmarking and EnergyPrint, an independent third party utility reporting service, to track and report quarterly usage and savings. LIVEGREEN goes beyond a standard energy reduction program by incorporating right sizing waste streams, recycling, composting, green cleaners, diesel emissions reduction, paper reduction, behavioral changes and engineering controls into its initiatives. LIVEGREEN Teams in each school facilitate LIVEGREEN events across the district including Recycle Bowl, LIVEGREEN Week, Earth Day, compost sales and individual school activities. LIVEGREEN is always looking for smart, green, and efficient practices to incorporate into our district.

Thanks to a generous grant from C.H. Robinson Worldwide, Inc. and the Let's Move Salad Bars to Schools initiative, all eight schools in District 197 operate salad bars which feature a variety of fruit, vegetable, whole grain, legume and low-fat dairy options during breakfast and lunch.

School District 197 is the recipient of funding through the United States Department of Agriculture's Fresh Fruit and Vegetable Program to offer a weekly snack program at Garlough Environmental Magnet and Moreland Arts and Health Sciences Magnet schools.

In 2011-12 all five District 197 elementary schools earned a silver award in the Healthier US Schools Challenge.

In 2012-13 Friendly Hills Middle School and Henry Sibley High School earned silver awards and Heritage E-STEM Magnet Middle School earned a gold award in the Healthier US Schools Challenge.

All schools in the district operate a salad bar during lunch, increasing student access to fruits, vegetables, whole grains, low-fat cheeses and yogurt.

Afterschool Physical Activity: District 197's School-Aged Care (SAC) program teamed up with the Dakota County Public Health Department in 2014 to train six SAC site employees in the Minnesota Department of Education's workshop Active Before/After School Time. The training covered the importance of physical activity, the connection to academic indicators, tangible examples of movement to incorporate into lessons, and how to develop students as leaders in physical activity initiatives.

District 197 provides pathways for students in environmental education, health sciences and STEM (Science, Technology, Engineering and Math) education. In addition to these pathways, all students in



Rural: _____

Total Enrolled: 4853

Does your school serve 40% or more students from disadvantaged households Yes X No

Percentage receiving Free or Reduced Priced Lunch: 41.5% _____

Percentage limited English proficient: 13% _____

Other measures: _____

Graduation Rate: 85.4% _____

Attendance rate: 95.1% _____

Cross-Cutting Programs

1. *Is your district participating in a local, state or national program, such as EPA ENERGY STAR Portfolio Manager, EcoSchools, Project Learning Tree, or others, which asks you to benchmark progress in some fashion in any or all of the Pillars?*

X Yes No

Program(s) and level(s) achieved:

All 8 schools in ISD 197 have earned an Energy Star Label.

The years District 197 schools received their Energy Star ratings:

2004 – 2014 Friendly Hills Middle School

2008 – 2013 Heritage Middle School

2008 – 2014 Mendota Elementary School

2009 – 2014 Pilot Knob Elementary School

2009 – 2014 Moreland Elementary School

2009 – 2014 Garlough Environmental Magnet

2009 – 2014 Somerset Elementary School

2010 – 2014 Henry Sibley High School

We use a third party utility tracking service called EnergyPrint, to ensure our reported energy savings are accurate. We also use B3 Benchmarking, a building energy management system for public buildings in MN. Our average B3 Benchmark Star rating is 4.5 out of 5 stars.

2. *Has your district received any awards for facilities, health or environment?*

X Yes No

Award(s) and year(s):

District Energy Star Awards:

School District 197 has earned ENERGY STAR Leaders Top Performer recognition for achieving an average energy performance rating above 75. The 2009 rating was 81 and in 2010 it climbed to 93. The district was recognized by the U.S. Environmental Protection Agency for increasing its energy efficiency by 10 percent in 2005, 20 percent in 2009 and 30 percent in 2010. Since launching its energy efficiency program in September 2003, the district has avoided more than \$1.9 million in energy costs.

Green Ribbon Awards:

Green Ribbon Award Garlough Environmental Magnet 2012

Green Ribbon Award Heritage E-STEM 2013

Healthier US School Challenge:

Garlough, PK, Somerset, Mendota, Moreland (all Silver Award Winners) - December 2011 FH, Henry Sibley (both Silver Award Winners), Heritage (Gold Award Winner) -



July 2012

3. Does the district have a sustainability program or coordinator? If yes, describe it.

Yes No

LIVEGREEN, the district's sustainability program, has been in place since 2003. It is led by Lisa Johnson, District Sustainability Manager. The program has allowed the district to avoid \$1.9 million in utility costs, putting more general operating funds in the classroom.

Pillar I: Reduced Environmental Impact and Costs

Describe how your district is reducing environmental impact and costs by reducing or eliminating greenhouse gas emissions; improving water quality, efficiency, and conservation; reducing waste production; and using alternative transportation. Identify your district's energy-efficient facilities and practices, ecologically beneficial uses of grounds, and methods of disposal for solid and hazardous wastes. Provide data to support your claims. (See the PreK-12 School application for comparable data sources.)

Facilities- Our district is composed of eight schools: Henry Sibley High School, Heritage E-STEM and Friendly Hills middle schools, and 5 elementary schools, Garlough Environmental Magnet, Mendota, Moreland Arts and Health Science Magnet, Pilot Knob E-Stem and Somerset. They cover approximately 1,000,000 square feet. Original construction of our buildings range from 1936 - 1997.

Greenhouse gas emissions- Our district has reduced 3,335.34 MT eCO₂ of emissions between the beginning of 2009 and Oct. 2014. We use the 2008 as our baseline year, which was the first full year of operation after the completion of numerous district wide facility renovation (HVAC, Boilers, etc.) The reduction in GHG emissions comparing the 2008 baseline year to the most recent 12 months of data (Nov. 2013 - Oct. 2014) is 701.08 metric tons reduced. Additionally, the average annual reduction in GHG emissions between Jan. 2009 and Oct. 2014 in our school district is 571.8 metric tons per year. Therefore, we are currently doing better than our six year average in terms of CO₂ emissions reduced. Our baseline year (2008) MT eCO₂/person district-wide was 1.44. The MT eCO₂/person for our most recent 12 months of data is 1.29. This data was obtained using B3 Benchmarking for our eight schools.

Energy- In 2003 we implemented an energy efficiency program with a 10% energy reduction goal, setting the 2002-2003 academic year as our baseline year to compare future results. In 2008 we reset our baseline to the 2007-2008 academic year because performance goals became too easy to reach. We used a third party utility tracking service, Bishop Engineering, from 2003-2013, and have used EnergyPrint from 2013-present. We have also used B3 Benchmarking from 2007-present. Thanks to diligent energy management during the past decade we have avoided spending nearly 2 million dollars in energy costs. Additionally, since 2003, district-wide we have met or exceeded our goal of 10% energy reduction every year except two.

Using B3 Benchmarking Data, our current district energy savings compared to baseline year, 2008, is an 8.25% reduction.

Current energy usage (kBTU/Sqft/year): 60.28, Baseline energy usage (kBTU/Sqft/yr): 67.16

Reduction in energy use since 2008 baseline year by school: Mendota Elementary 28.18%, Garlough Elementary 15.63%, Pilot Knob Elementary 9.79%, Henry Sibley High School 9.73%, Somerset Elementary 7.85%, Moreland Elementary 7.54%, Heritage Middle School 5.18%, Friendly Hills Middle School -6.43%.

District-wide we have an energy and water efficient product purchasing and procurement policy in place. In 2008 we implemented summer building consolidation, hosting summer school in 3 buildings instead of 8. We also began closing the swimming pool at Heritage middle school for the summer.

We have indoor temperature standards for both the heating and cooling season. Our building automation system for heating, cooling and lighting allows us to schedule buildings for occupied and unoccupied times. We have MAH (Makeup air handling units) in our kitchens to capture exhaust.

Recommissioning- We schedule recommissioning at all of our buildings every three years.

Energy Audit- In 2014 we took part in the Energy Assessment program of Xcel Energy. An energy audit was performed by Nexant, an Xcel affiliate, at Sibley, Heritage and Friendly Hills.

Renewable Energy- For the second year in a row we are applying for Solar Rewards® through the Minnesota Department of Commerce, Office of Energy Security for the Made in Minnesota incentive program. The program offers incentives and rebates for installation of photovoltaic (PV) solar panels. Applicants are entered in a lottery with a limited number of awarded projects.

According to the U.S. Environmental Protection Agency, a 3.5-kilowatt (kW) solar photovoltaic (PV) system produces enough clean energy to reduce the usage of fossil fuels and prevent emissions equivalent to a car driving an average of 6,208 miles. The size of each array is approximately 40 KW, we are submitting applications for 7 of our 8 buildings.

GreenCorps- For the 2014-2015 school year, our district applied for and was awarded a full-time MN GreenCorps member through the national service organization, AmeriCorps. Andrew Hagmann, our MN GreenCorps worker, has been primarily focused on reducing energy consumption in all district buildings. He works to achieve this goal through behavior change student engagement initiatives, and by assisting the Facilities Director in ensuring efficient building operations. Examples of his projects include a district-wide “You’ve Got the Power!” energy conservation video contest for students, and the development of a Building Automation System weekly checklist to ensure that our schools eliminate unnecessary energy use.

Water-Water conservation has been part of the ISD 197 LIVEGREEN Sustainability program for many years. Our water comes from municipal water sources. We use motion sensors to control water usage on toilets, urinals and sinks. Additionally, we monitor all buildings monthly for leaks or high water usage. With the help of St Paul Water we created a process for calculating water usage while buildings are not in use for the sole purpose of uncovering leaks, running toilets, etc. In order to calculate this potential wasted water, building engineers from each school report monthly water meter readings at the end of an evening shift and again first thing in the morning. We also conduct annual audits of irrigation systems to ensure they are free of significant water leaks and to identify opportunities for savings.

We have deduct meters at three of our facilities, Henry Sibley High School, Friendly Hills Middle School, and Heritage Middle School. The deduct meters measure water that does not end up in the sewer system, which is water from our irrigation and cooling towers. The readings from the deduct meters are recorded and reported for a credit.

100% of our landscaping is water-efficient and/or regionally appropriate. The plants we use are Zone 4a perennials, evergreen, and deciduous. The grounds department takes great care not to overwater landscaping. We have rain barrels at 2 of our 8 buildings to water outdoor plants. We have 4 rain gardens at 3 of our 8 properties, that take advantage of rainfall and stormwater run off and serve to slow



the stormwater as it travels downhill giving the stormwater more time to infiltrate and less opportunity to cause erosion. Native and drought tolerant plants are incorporated in our grounds at all of our schools, they are designed to grow well in the climate without additional watering needs. Natural prairie and woodland restorations are part of the grounds at two of our schools, both for identification and water conservation/erosion reasons listed above.

The district has performed lead in water sampling. Through renovations, all of our fixtures were replaced with lead free fixtures in 2006-2008.

We have installed water bottle filling stations in each building. These hydration stations deliver a clean water bottle fill and enhance sustainability by minimizing our dependency on disposable plastic water bottles. The first filling station was purchased with the help of our high school LIVEGREEN Club. The club sold reusable water bottles, and the proceeds paid for the hydration station.

Waste- Waste reduction has become a large focus of our district sustainability efforts in recent years, and we are seeing great payback as a result. In 2009 our district expanded recycling in all schools to a single-stream system in order to catch more reusable materials like cans and plastic bottles. That same year we also introduced organics bins into all school lunchrooms to reduce the amount of waste our district sends to a landfill.

In both 2009 and 2014 our district entered in a Joint Powers Agreement with Dakota County to enhance the recycling and composting program in all eight of our schools. This included new and increased numbers of recycling bins in our lunchrooms and halls/classrooms, as well as volunteers for waste sort events at the high school and one of our middle schools.

In 2012 and 2013 two separate schools in our district won the statewide Recycle Bowl competition. This contest is meant to encourage recycling in schools across the Minnesota. The winning school each year was the school that recycled and composted the most materials over a four week period. We are competing in the competition again this year and are hopeful that we will reclaim the top spot due to great participation from staff and students district-wide.

In terms of waste generation data, in a typical month for District 197 our eight schools generate about 21.6 tons of trash. The amount of single-stream recycling that our schools generate is about 11.6 tons. And the amount of organic/compostable waste generated per month by our schools is about 18.2 tons. So, the total amount of waste generated each month on average by our district is 51.4 tons. This gives us an average recycling/compost rate of 58%. This data was obtained from our waste hauler, Dick's Sanitation Service.

In collaboration with Dakota County, we conducted three waste sort events at three of our schools during the fall of 2014. This allowed us to see our detailed waste placement accuracy and gave us some excellent data to use for recognition and improvements. At Henry Sibley High School, which is the biggest school in our district, we found that an average school day generates about 863 pounds of waste. Of that 863 pounds it was discovered through our waste sort that 44% of it was sorted correctly. 44% is a slightly higher recycle rate than the Minnesota school average of 41% (according to the 2010 MPCA School Waste Study). Since obtaining this data we have implemented a lunchroom education initiative



to teach students where they should place their waste. A similar waste sort conducted at Heritage Middle School yielded some excellent results. We found that the middle school generates about 360 pounds of waste per weekday. The data revealed that 79% of all waste in the school was sorted correctly, which is much higher than the state average. Therefore, we now have a great picture of our district waste sorting accuracy and have been able to celebrate our accomplishments, while also striving to implement improvements wherever possible.

With the help of volunteer Master recyclers from Dakota County we have created an ongoing event, Waste Watch Wednesdays, to give students extra guidance at the bin in the cafeteria.

Other Solid Waste Reduction- We participate in the Books for Africa program, and any books that are not accepted as a donation are recycled. We donate tennis shoes to the Green Sneakers initiative, while also recycling scrap metal, old computers, and used fluorescent light bulbs. As a district, our schools participate in the U of M hazardous waste reduction program annually. We recycle in every classroom, hallway, bathroom, office and lunchroom. We also compost in every school lunchroom, with expanded composting in a few school hallways and classrooms. One of our environmental magnet elementary schools even uses worm bins and composting for each classroom.

A number of our schools were remodeled within the last five years. To ensure minimal environmental impact during this time we recycled as much material as we could. A major portion of this recycled waste was the carpeting, which we were successful in recycling all of. Finally, at the end of the year all unclaimed lost and found items in our schools are washed and donated to community members in need.

90% or more of the office/classroom paper used is chlorine-free (TCF) or processed chlorine free (PCF).

Hazardous waste- We have paint, science lab chemicals and used oil, which qualify as hazardous waste. We track these products using vendor manifests and the hazardous waste is disposed of quarterly using Industrial Waste services.

We purchase and use green products whenever possible. We compost and recycle at all of our buildings. All of our lunch trays and utensils are compostable, and our electronics are recycled with Asset Recovery.

Transportation- 21% of our students walk, bike, bus, or carpool to/from school. We use a student tracking software package called Versa Trans. There are 4173 students who are eligible to ride the bus and 3274 that are currently using the bus. The eligible total includes all out-of-district students as well. We have a well-publicized no idling policy that applies to all vehicles (including school buses) to minimize wasted fuel. Vehicle loading/unloading areas are at least 25 feet from building air intakes, doors, and windows. We also participate in Safe Routes to School.

We have reduced our bus fleet from 67 buses 5 years ago to 58 buses today. This is due to route consolidations and efficiencies even though we actually transport more students today than we did 5 years ago. We have replaced 18 of our older buses with newer buses equipped to reduce emissions and improve fuel mileage. We have also partnered with Donaldson Corp and installed Doc mufflers and Engine breather kits on all of our 2003 and older buses. We require positive bus registration from all students which cuts down on unnecessary routing and saves fuel.

Pillar 2: Improve the health and wellness of students and staff

Describe how your district improves the health and wellness of students and staff by integrating a school environmental health program and promoting sound nutritional and fitness practices. You should discuss integrated pest management, contaminant controls and ventilation, asthma controls, indoor air quality, moisture control, and chemical management. Address the amount and type of outdoor time that your students and staff have, as well as the types of fresh, local, and organic food that they eat. Other components you may want to include are: health education, health services, counseling, psychological and social services, staff health promotion and family and community involvement. (See the PreK-12 School application for comparable data sources.)

Wellness Committee- ISD 197 Nutrition and Physical Activity Successes 2010-2014

Nutrition- Farm-To-School (F2S): ISD 197 received a \$20,694 grant from the U.S. Department of Agriculture's (USDA) Farm to School Program that assisted the district in partnering with Twin Cities Local to increase procurement of local produce for school meals in the 2014-15 school year. The grant was one of 71 projects funded nationally by the USDA.

School Lunch: All 8 schools in ISD 197 have received the prestigious Healthier US School Challenge award (www.fns.usda.gov/tn/HealthierUS/Minnesota.html). The HUSSC award recognizes schools whose menus offer a wide variety of dark green and orange vegetables, fresh fruits, whole grains, legumes, and low-fat and skim milk daily. The award also establishes criteria for the nutritional integrity of foods & beverages sold outside the meal program and increased levels of Nutrition Education curriculum and Physical Activity.

Salad Bars: Since the 2012-13 school year, all schools in the district have operated a salad bar during lunch, increasing student access to fruits, vegetables, whole grains, low-fat cheeses and yogurt. ISD 197 salad bars were featured in a Star Tribune article (www.startribune.com/local/south/142729425.html?refer=y) and on the federal "Let's Move" website (www.letsmove.gov/blog/2011/11/18/minnesota-raising-bar-school-foods).

School Breakfast: Changes in K-12 breakfast increased fruits and whole grains and reduced refined white grains. Smoothies are now a weekly reimbursable meal option at all three secondary schools, increasing participation on these days by 70%. In 2014, Garlough Elementary launched a successful breakfast in the classroom program that has doubled student breakfast participation.

Fresh Fruit & Vegetable Program (FFVP): Now entering its fourth year, the FFVP has received \$157,881 from USDA since 2011. Because of the high proportion of students (>50%) eligible for free and reduced-price lunch at Moreland and Garlough elementary schools, all students receive fresh fruit and vegetable snacks in the classroom twice per week.

Vending: All beverage vending machines in ISD 197 schools sell exclusively water. The one snack machine in the District at Sibley High School meets nutrition standards to ensure snacks are lower in sugar, fat, sodium and calories. The food/beverage offerings at the school store at Heritage Middle School also meet these nutrition standards.

A La Carte Lines: Foods sold outside of the federally reimbursable meal program, such as snacks, now meet nutrition standards to ensure they are lower in sugar, fat, sodium and calories. The district switched from fried to baked chips, reduced portion sizes, and removed many high-calorie, salty options from the high school snack line.

Beverages: In the cafeteria line, only water, low-fat or skim milk, and smaller portions of 100% juice are available. Sports drinks and other sugar-sweetened beverages are no longer for sale.

Healthy Classrooms: Many teachers now offer alternatives to unhealthy snacks at holiday and birthday classroom celebrations. Options include longer recess, time with an iPad, sharing a favorite story, and other creative activities.

Physical Activity- Afterschool Physical Activity: ISD 197's School-Aged Care (SAC) teamed up with the Dakota County Public Health Department in 2014 to train 6 SAC site leads in MDE's workshop on Active Before/After School Time. The training covered the importance of physical activity, the connection to academic indicators, tangible examples of movement to incorporate into lessons, and how to develop students as leaders in physical activity initiatives.

Active Recess: 16 recess aides at the 5 elementary schools received professional development training from the Dakota County Public Health Department in 2013 on best practices to keep children engaged and active during recess. As one example of the changes that have been implemented, Moreland elementary staff now schedule recess before lunch, recess has been increased from 15 minutes to 30 minutes per day, and children have increased opportunities to be active. Recess period begins with students doing a full running/walking lap around the field followed by students' self-selection of one of 12 different game stations. Students are taught the rules to playground games in PE class.

Active Classrooms: Eleven ISD 197 teachers were trained on activities that increase movement in the classroom. Movement breaks and movements aligned with curriculum content are associated with increased student brain activity, focus, self-control, and academic performance.

100 Mile Club: Garlough successfully implemented a 100-mile club where students track the number of laps they complete at recess equivalent to 1 mile, striving to reach a goal of 100 miles during the school year! Moreland plans to implement this successful model during the 2014-15 school year

Quality PE: Seven district PE teachers attended a spring 2014 training from MDE on the new 2013 national standards and model benchmarks for physical education and how to assess current programming to better align with the standards.

Safe Routes to School: Garlough Elementary students will be supported in safer walking and biking to school thanks to a grant from the Minnesota Department of Transportation. The City of West Saint Paul received \$125,200 to create sidewalk and path connections and crossing improvements along Wentworth and Bellows in 2016.

Newly Developed Partnerships: West Saint Paul YMCA now has a standing position on the district's wellness committee to better bridge student wellness needs as expressed by building wellness committee champions with community resources.

Running Math: Garlough Elementary piloted a running math program for 4th graders that integrates active games into math challenges. Results show that participating students improved average RIT growth and a higher percentage achieved the target RIT goal and attained grade level.

Pest Management-All staff and students are notified annually of our pesticide and herbicide application timelines. We only apply pesticides/herbicides during 2 weeks of the year when there are no students present. The first week is in mid June and the second week is in mid August. All buildings are monitored by a professional pest control company monthly and all have log books located in the custodial office for reporting of any pest sighting. Only live trapping is used for mice and non toxic



sprays are used for ant control. We promote an indoor environment that does not attract pests whenever possible. No eating or storing of food in the classrooms whenever possible. If food storage is needed it must be stored in a covered container such as a plastic covered tote.

Air quality- Our schools have a comprehensive indoor air quality management program that is consistent with Minnesota Department of Health best practices, which are based on EPA's IAQ Tools for Schools. The testing is done annually.

All staff are asked to participate in an annual air quality survey for school buildings.

Our schools prohibit smoking and all other forms of tobacco, including e-cigs, while on campus and in public school buses. _____

Our district is in compliance with Minnesota Statutes, section 121A.33 and have identified and properly removed sources of elemental mercury and prohibits its purchase and use in schools. (This does not apply for fluorescent bulbs, mercury thermostats, switches and gauges for HVAC systems.)_____

Our schools use fuel burning equipment (such as boilers, water heaters and ovens) and have taken steps to protect occupants from carbon monoxide (CO).

Our schools have identified and properly managed or, where applicable, have removed asbestos-containing materials in accordance with U.S. EPA AHERA regulations and the Minnesota Department of Health asbestos abatement rules.

Our schools have identified and properly removed sources of lead according to the U.S. EPA's Renovation, Remodeling and Painting Rule where lead containing paint may be disturbed in areas used by children under the age of six.

Our schools have identified any wood playground or other structures that contain chromate copper arsenate and have taken steps to eliminate exposure.

Our staff are trained to report mechanical deficiencies to the building office who then create a work order that is assigned to a maintenance person to investigate. Any stained ceiling tile is reported/removed and if a roof leak or pipe leak is found we promptly fix the issue. If we have a leak that causes carpet or wall material to get wet, we have a practice of drying out the material within 24 hours and testing with a moisture meter. If we are not able to get carpet dried we replace the carpet. Any sheetrock that gets wet we cut out and replace. All staff are surveyed annually regarding indoor air quality and all ventilation units are inspected by an outside testing firm to verify operation and cleanliness. In our two middle schools we employ the use of desiccant based cooling units to remove moisture from the outside air entering the building and to maintain indoor moisture under the dewpoint. All other buildings have air conditioning systems with reheat that controls humidity levels in the buildings.

Ventilation-Our Architectural design firm WOLD A&E designed the mechanical ventilation systems for our High School and 5 elementary schools to comply with the following design criteria, 1) 2001 International Building Code 2) 2000 International Mechanical Code 3) ASHREA Standards 62-2001 Ventilation for acceptable Indoor Air quality 4) ASHREA Standard 15- Safety Code for Mechanical



Refrigeration 5) MN Plumbing Code 6) NFPA Code 13 for standard sprinkler install 7) 2001 International Fuel Gas Code 8) MN Energy. Our two middle schools were designed by ATSR Architects and Engineers built to exceed the ASHRAE outdoor air requirement of 15 cfm/occupant. Every building gets annual IAQ inspections from an outside firm, and every 3 years we do a complete recommissioning of mechanical systems. To complete the recommissioning we hire a mechanical engineering firm as a test and balancing firm to verify operation.

Renovations- In 2008 we completed 3 years of renovations in 6 of 8 buildings, including Henry Sibley High School and all 5 of our elementary schools. Heritage and Friendly Hills our two middle schools were built in 1997, so they were not included for the mechanical improvements. Outdoor air ventilation rates and standards are determined and defined by ASHREA. In accordance with these rates, carbon dioxide sensors were installed in return air ducts of new air handler units (AHU) to monitor air quality and as an energy conservation measure to ensure excessive quantities of outside air are not continually supplied, which reduces the heating or cooling load. Low pressure steam boilers were converted to hot water boilers and a dual fuel burner was installed. High efficiency condensing boilers were also installed in boiler rooms. To maximize boiler efficiency, the hot water temperature will now automatically reset by the energy management system. Gym air handlers were replaced with heating only constant volume units. These mechanical systems utilize efficient hot water fin tube radiation for zone reheating. Occupancy sensors in building spaces control the variable frequency drives on the AHU to modulate air flow to a predetermined occupied, or unoccupied ventilation rate. The unit also has a carbon dioxide sensor in the return main for demand limiting control of minimum outside air and a dedicated energy recovery unit located on the roof. District kitchens have energy efficient variable air volume unit utilizing terminal boxes with reheat coils. A make up air unit was added to serve the existing hoods. Cooling is done with roof mounted condensing units. Additionally, humidity sensors were added to each AHU to monitor space humidity. To minimize the need for actively controlling humidity, the AHUs have 2 circuit intertwined DX cooling coils and the condensing units have 2 stages with hot gas bypass on the first stage. The heat recovery unit also provides partial dehumidification. In school bathrooms, timed urinal flush systems were replaced with flush valves with infrared sensors on each urinal. The water heater acts as a storage tank with an integral hot water heat exchanger connected to the buildings hydronic hot water. The atmospheric water heater is connected to the storage tank and serves as a summer water heater. Ultimately, numerous upgrades were completed to maximize efficiency in district 197 schools. To best utilize these efficient new technologies we are able to monitor and maintain their efficient usage through our building automation system, which has made the upgrades extremely valuable and economical.

Chemicals- We use a single source for our cleaning chemicals. Green Cleaners- 95% of our cleaning chemicals are third party certified and meet Ecologo Standards (the generic label for Green Seal Standard for Commercial and Institutional Cleaning Services).

We have a designated high school chemical hygiene officer that is committed to managing chemical safety in an effort to maintain a safe environment for all employees and students.

Mental Health, School Climate and Safety:

School District 197 participates in a coordinated School Health approach to address overall school health issues.

We are participating in the American Academy of Pediatrics' Enhancing School Health Services through Training, Education, Assistance, Mentorship and Supports (TEAMS) project. As part of the TEAMS project we have teamed up with the Dakota County Health Department and a local pediatrician.

With the support from the American Academy of Pediatrics (AAP), the team will go through a five year process of engaging stakeholders, assessing our district's health services, develop a strategic action plan and implement and evaluate changes.

We partner with local agencies to support health and safety.

To support basic needs for our students and families, we also partner with 360 Communities, a local agency that provides hope and support to people by engaging communities to prevent violence, ensure school success and promote long-term self-sufficiency.

Our school district has a school nurse in every building.

We provide annual anti bullying training for all staff, students and volunteers in accordance with the new legislation passed in 2014 (HF 826) (District 197 School Board Policy 514). Anti Bullying training includes; definition, school responsibilities, identifying and preventing, procedures for reporting and notification.

Through a grant with Dakota County, we have co-located and school-linked mental health services. In our Elementary and Middle Schools the mental health services are provided by Family and Children Therapy Services (FACTS) and Association of Clinical Psychology (ACP) provides services at our high school. Besides mental health services, we also have a school counselors in all of our buildings.

Pillar 3: Effective Environmental and Sustainability Education

Describe how your district provides effective environmental and sustainability education by incorporating STEM, civic skills, and green career pathways. Provide examples of interdisciplinary learning about the key relationships between dynamic environmental, energy, and human systems. Demonstrate how your district uses the environment and sustainability to develop STEM content, knowledge, and thinking skills. You should also discuss how your district develops and applies civic knowledge and skills to environmental and sustainability education. (See the PreK-12 School application for comparable data sources.)

District 197 provides pathways for students in environmental education, health sciences and STEM (Science, Technology, Engineering and Math) education. In addition to these pathways, all students in the district in kindergarten through grade 6 participate in outdoor environmental education through a local partner, Dodge Nature Center. The district's elementary science curriculum provides a hands-on, inquiry based experience for all students through the use of FOSS science kits, LEGO kits and National Geographic resources. The middle school curriculum provides a hands-on, inquiry based curriculum and the high school provides comprehensive science course opportunities including AP Biology, AP Chemistry and AP Physics.

A key partner in providing an environmental pathway for students is Dodge Nature Center. The Dodge Nature Center is an environmental education and habitat restoration organization located on 462 acres in West St. Paul and Mendota Heights. Dodge Nature Center was founded in 1967 by Olivia Irvine Dodge and has been recognized nationally as a leader in environmental education. All students in the district from Kindergarten through grade 6 participate in three field experiences (fall, winter and spring) at Dodge annually that are tied to our grade level science curriculum and Minnesota State Science Standards.

Dodge Nature Center is located within walking distance of Garlough Environmental Magnet School. The close proximity to Dodge allows for some unique experiences for our students. For example,

students walk through a portion of the Nature Center once per month to get on the school buses. Garlough has a Dodge Naturalist on staff that is able to work with students on a weekly basis, reinforcing the school's focus on environmental education.

Our environmental pathway continues for students from Garlough to Heritage Environmental STEM Magnet School. Science classes at Heritage have an environmental focus that engages students in creating field study guides to collect data while at Dodge Nature Center. Students use scientific data to analyze the natural habitats and the changes that occur throughout the seasons. Science classes monitor water quality of area lakes to determine environmental effects on area waterways which is shared with our county and state departments.

District 197 offers a health sciences pathway for students. At Moreland Arts and Health Sciences Magnet School, energy and creativity are combined to boost academic achievement for all students. A focus on healthy living and art of all kinds — visual arts, music, theater and dance — energize students in Kindergarten through Grade 4, and gives them important tools for learning. Students at Moreland participate in a program called InSciEd Out(Integrated Science Education Outreach). InSciEd Out is a program that comes from a district partnership with the Mayo Clinic and the University of Minnesota. Students participate in this program in grades K-6 at Moreland Elementary and Heritage Middle School. The program will continue to expand until we have K-12 programming with the eventual goal of expanding to more schools.

InSciEd Out aims improve health education, in particular obesity and diabetes, and reduce student environmental impacts. As students move through their grades they find out where food comes from and how it affects their bodies. As the years progress students do experiments to understand how the environment impacts the food supply and sustainability. Additionally, older students look at how economics are impacted by related decisions. (i.e. the development of Robert St from farmland to fast food). Students are able to access scientific tools such as microscopes and water sampling kits, and scientists come in to show students how to use such tools.

InSciEd Out also has global partnerships and our students have been able to connect with students in India and Ghana. Students will skype with other students in these countries and learn how the environment and weather play a different role in these regions of the world.

Students participate in poster sessions to share their science with the larger community. Scientists from the Mayo Clinic and professors and deans from the University of Minnesota have also attended these sessions. Scientists come into district classrooms to support students with their experiments and observations. Other community partnerships on this project include the West St. Paul YMCA.

Professional development is a key component of InSciEd Out. Teachers participate in 90 hours of professional development with scientists, including environmental scientists, in year one to implement this program. Scientists in this program have even traveled to share their research with our district and greater Minnesota. For instance, some recent visits from influential researchers that have been working on water quality at Itasca State Park.

Four of our schools have an outdoor garden, which is used to supplement the food served in the cafeteria, and to support the work being done in InSciEd Out and classroom curriculum. At some of our schools, panels of adults representing different ethnic groups have come in to share where their food largely comes from. High School students are able to grow their own food in an indoor greenhouse bed as a part of our Family and Consumer Sciences curriculum.



District 197 offers a K-12 pathway for our students in STEM (Science, Technology, Engineering and Math). Students at Pilot Knob elementary participate in a STEM focused curriculum that incorporates science, technology and engineering into the daily curriculum. Guest engineers come to have lunch with groups of students on a regular basis to share about their careers. All students at Pilot Knob participate in the Project Lead the Way (PLTW) curriculum on a weekly basis with a trained PLTW teacher. Students in grades 3 and 4 have an opportunity to participate in a tech squad that provides student leadership and support for the use of technology in the classroom for both students and teachers. STEM education continues for all district students at both middle schools, with opportunities extending to the high school. The Project Lead the Way curriculum is used in grades 6 - 12. At the high school students have the opportunity to participate in four different courses and earn college credit. A committee that includes teachers, administrators and engineers from our community advises our PLTW programming. Students have an opportunity to take field trips to get first hand experience in seeing what career fields are open through STEM. Guest speakers also visit on a regular basis to share their career and industry with students. PLTW course work is project based. All of our PLTW teachers have had extensive training equating to over 120 hours over the past five years. The district has received grants for equipment and support of the program, with one of the most recent grants coming from 3M for a 3D printer. We continue to look for partners and ways to bring more career exploration and industry experiences to our students.

Finally, District 197 offers a variety of clubs to our students. One of the most popular clubs is the LIVEGREEN club. LIVEGREEN is the district's sustainability program that promotes energy saving and recycling initiatives throughout the district. Each school in the District has a LIVEGREEN team that consists of students and a teacher. These teams help implement low-cost or no-cost energy efficiency strategies to reduce energy, promote recycling and composting, and focus on conserving resources. Through sustainability efforts, the district has avoided more than \$1.9 million in utility costs since 2003.