

## **Part B: Summary of Green Schools Activities (page 1 of 2)**

Palm Springs Middle is currently a Green School of Excellence thanks to all of the hard work of the students, teachers, administrators, support staff and parents. They have all been working very hard so that our school can maintain the status of Green School of Excellence. Our hope is to instill the importance of green living so that it becomes a way of life for our students for the rest of their lives and not only something they did in middle school. As we work efficiently to train the leaders of tomorrow, we hope that they will not only remember but also implement all that they have learned to become leaders and partners in protecting our planet for generations to come.

Palm Springs Middle stresses the importance of staying physically fit for our staff as well as our students. Our staff participates in our own version of "The Biggest Loser" in order to help motivate staff to maintain a healthy weight. Our school promotes physical fitness outside everyday but sometimes that is not possible due to the weather so we have an indoor gymnasium for indoor sports as well as an indoor gym with weights and machines that the students learn how to use correctly. We also had use of a bounce house after one of our fund raisers. Our students get exposed to methods of staying physically fit that they may not otherwise. Hopefully this exposure will spark a lifelong love for physical activity.

Thanks to the previous efforts that made us a Green School of Excellence, more of our students are being exposed to outside learning. Ms. O'Shea's eighth grade science classes are studying the scientific method. They pick a topic, they form a hypothesis, they go outside for outside learning to perform their experiment, collect data (we are so incredibly blessed to have access to outside learning throughout the entire school year), and form a conclusion. Some experiments involve more physical activity, others require elements in the environment and lots of patience. The butterfly garden continues to be used for experiments, inspiration or relaxation by staff and students. Art classes take advantage of the outdoors and create decorations. Journalism classes use the outdoors for inspiration. Math classes learn indirect measurement by measuring shadows of native trees in the courtyard. They incorporate why we chose these plants in the lesson. Students use sidewalk chalk to test the Pythagorean Theorem, to find a correlation between diameter and circumference for pi, to display circle graphs, bar graphs and line plots. Band and Orchestra practice and hold concerts in the gardens. Palm Springs Middle broadcasts it's announcements from the courtyard. Culinary students enjoy fresh ingredients from the garden.

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Girls on the Run, the Heart Walk and the Race for the Arts Color Run are physical activities that the students and staff are continuing to participate in and support. From the Girls on the run website:

“Girls on the Run® is a 501(c)3 non-profit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Meeting twice a week in small teams of 8-20 girls, we teach life skills through dynamic, interactive lessons and running games. The 24-lesson curriculum is taught by certified Girls on the Run coaches and includes three parts: understanding ourselves, valuing relationships and teamwork and understanding how we connect with and shape the world at large. Running is used to inspire and motivate girls, encourage lifelong health and fitness, and build confidence through accomplishment. Important social, psychological, and physical skills and abilities are developed and reinforced throughout the program. At each season's conclusion, the girls and their running buddies complete a 5k running event which gives them a tangible sense of achievement as well as a framework for setting and achieving life goals. The result—making the seemingly impossible, possible, and teaching girls that they can.”

From the American Heart Association website:

The Heart Walk is the American Heart Association's premiere event for raising funds to save lives from this country's No. 1 and No. 3 killers - heart disease and stroke. Designed to promote physical activity and heart-healthy living, the Heart Walk creates an environment that's fun and rewarding for the entire family.

From the Race for the Arts website:

Race for the Arts in conjunction with Arts for a Complete Education is a nonprofit organization that raises funds and advocacy for arts programs in all Palm Beach County Schools so that lives are enriched and the community is strengthened through art and culture.

Green Rays are continuing to recycle every Thursday morning and we continue to use the yellow totters. Every classroom and workroom is provided with recycling bins. On average, over 2000 pounds is collected weekly.