



King County Green Schools Program

# Success Story

Reduce • Reuse • Recycle • Rethink

## Forest Ridge School of the Sacred Heart

**School type:** Private

**School location:** Bellevue

**Began participating in the Green Schools Program:** September 2008

**Level One of the Green Schools Program:** Achieved in June 2009

**Level Two of the Green Schools Program:** Achieved in June 2010

### Waste Reduction and Recycling (Level One)

- The student Green Team at Forest Ridge created a video about reducing paper and showed the video to the school.
- The school promoted its policy of making double-sided photocopies, and staff followed the policy.
- The school expanded use of "GOOS" (Good On One Side) paper for students to use in classrooms.
- The student Green Team created reusable wrapping bags for the holidays and paper reuse boxes for classroom printers. Paper printed on one side was used for draft copies.
- Email communication was used as much as possible.
- In the cafeteria, condiments were served in bulk containers, and reusable utensils were available.
- The school's recycling rate increased from 33% to 70%.
- In the school cafeteria and kitchen, food scraps were collected for transport to a regional composting facility.
- Recycling bins were placed in the cafeteria, all classrooms, and offices. Stickers from the Green Schools Program showing what can be recycled were placed on all recycling bins.
- Student Environmental Club members promoted recycling during Green Week. They created posters, included recycling facts in morning announcements, and showed a video about reducing the use of plastic bags.
- Environmental Club members also made classroom presentations about recycling, and showed samples of recycled content products to illustrate what companies do with the materials collected for recycling.
- Unwanted CDs were collected for recycling.



Clear signs and convenient recycling containers in school commons at Forest Ridge.



Recycling containers and signs in high school lounge.



Containers for dumping leftover liquids and recycling bottles and cans.



## Energy Conservation (Level Two)

- The student Green Team created a video about how to conserve energy at school, and showed it to the student body.
- The Green Committee created “lights out” signs and placed them on all light switches throughout the school.
- Energy conservation was promoted during Green Week.

## Additional environmental education

- The student Green Team started “Stall Talk” by placing environmental facts on bathroom stall doors.
- A green educational group was added to the school’s Ethics Conference.
- The Student Green Team organized an eco-fashion show to raise awareness about alternative clothing options.
- A Green Bucks campaign was started to encourage green practices. When students were seen making green choices, they were given Green Bucks. A prize was given to the class with the greatest number of Green Bucks.
- The school’s Green Committee started to create a web page about the committee’s efforts, and began to design a faculty training session about going paperless by using technology.

## Awards

- Teacher Heather Mirczak received a King County Earth Hero at School award in 2009.
- Forest Ridge won the City of Bellevue’s Recycler of the Year award in 2009.