

Three Bridges School - Home of the Terrific Tigers



TBS

Green Magazine

JUNE 2017



**BE GREEN
READ ME
ONLINE**

Students enjoy ending the school year with a Book Swap. Students brought in books to exchange for new reading material for the Summer.

Happy Reading!

480 Main Street Three Bridges, New Jersey



Three Bridges School holds a Sustainable Jersey Silver Level Certification and is a Champion Award Winning Sustainable Jersey School.



Principal's Message

Mrs. Kristen Higgins

khiggins@readington.k12.nj.us

Dear Three Bridges Community:

TBS has continued its multi-year efforts to teach the students the importance of conscientious sustainability practices. In our words – We are green! Being green means so many things.

When thinking of green, we think of gardening. Yes, we have gardens! We have vegetable, sensory, pollinator and rain gardens. We also compost. The students have been taught how to sort their trash into recyclables, trash for the landfill and compost. We use the compost we make to fertilize our gardens throughout the school grounds.

We also are teaching the students to avoid plastics and promote the use of re-usable water bottles. We have learned to evaluate products for their packaging materials that are minimalistic. Students are encouraged to bring reusable containers for their sandwiches and snacks. To make this easier, the school has purchased two water bottle refilling stations. The fountains have extra filters on them and are very cold! The station by the gym has replaced more than 52,433 plastic water bottles.

We also promote green practices by participating in fund raisers; physical fitness activities; health training, such as Asthma training and certifications for the school staff; and sun safety for our students. Grade levels also participate in STEM-based activities, which focus on science, our environment and how we can make an impact. This year, we learned to “rethink the straw.” We use, as a human population, more than 500,000,000 straws a day. That plastic does not biodegrade, but photodegrades and stays around forever in teeny tiny pieces. Not using straws saves plastics from going into our oceans.

Volunteerism also plays a role in sustainable practices. This year, we raised more than \$10,000 for Jump Rope for Heart, and we collected many items to share with various groups. We taught that helping and giving in our community makes sense, and we feel really good about it.

Please read our magazine and learn of all the ways we are sustainable, green and working to make our community and world a better place.

Yours in green learning,

Mrs. Kristen Higgins

Help us Earn Supplies and Money for our School

Through Terracycle Recycling Program we collect the following items:

. Hostess Little Bites Bags



. Personal Care and Beauty Waste

- Hair Care Packaging—shampoo/conditioner bottles and hair gel tubes
- Skin Care Packaging—lip balm tubes, face soap dispensers and tubes and face lotion bottles
- Cosmetics Packaging—lipstick cases, lip gloss tubes, mascara tubes, eye shadow cases, bronzer cases, foundation packaging and bottles, powder cases, and eyeliner pencils.



Terracycle Points

You have earned **13,644 points (\$136.44)** and redeemed **2,000 points (\$20.00)** so far.

REDEEM

Free Recycling Program	Units Collected	Points Earned
Personal Care and Beauty Recycling Program	1,932	992
Scotch® Tape Recycling Program	0	0
Colgate® Oral Care Recycling Program	0	0
Inkjet and Toner Cartridge Brigade®	0	0
Entenmann's® Little Bites® Pouch Recycling Program	11,690	11,220
E-Waste Recycling Program	0	0
GoGo squeeZ® Recycling Program	0	0
Drink Pouch Brigade®	444	1,088
Elmer's Glue Crew Brigade®	133	344

**We also collect and recycle
the following items**



Recycled Ink Cartridges

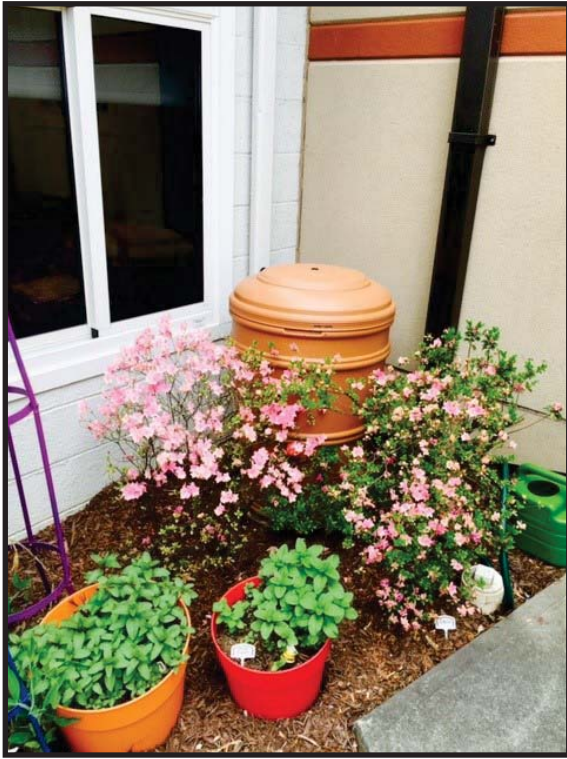


Campbell's Soup Labels



**Help us Earn Supplies and
Money for our School**

Rain Barrels



**Rain Barrel located in the
Outdoor Sensory Garden**

**Rain barrels not only help
protect the environment, they
also save money and energy!**

**Rain barrels at Three Bridges
School collect and store
rainwater from the school roof
that would otherwise be lost
to runoff and diverted to
storm drains and streams.**



**Our Second Rain Barrel is located
next to our Vegetable Garden**

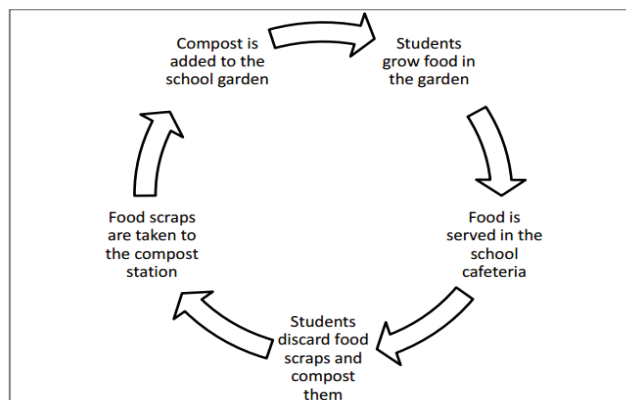
Composting

Did you know that our students are composting at school? Composting is a way to promote a responsible and environmentally friendly way to deal with waste.

Along with saving landfill space, school composting programs have many benefits:

- Compost as a finished product enhances the soil and plant quality in our school vegetable garden
- Providing educational opportunities that promote sustainable environmental practices
- Reducing the school's cost of waste removal
- Providing a medium for many environmental and science related topics for discovery along with opportunities for student development and responsibility

Compost happens when materials are gathered in a bin or pile, moistened, and aerated. Fungi, bacteria, and invertebrates are able to take over and composting happens. In the end, the finished product is humus, dark brown organic matter which builds up soil, saves space in the landfill, and teaches school children how nature recycles.



Outdoor Air Quality



How much pollution is in the air today? You can find out by simply looking at the flag pole. Our school has adopted the Air Quality Flag Program which means we will fly brightly colored flags to show how clean the air is each day. The flags correspond to the colors of the Air Quality Index (www.airnow.gov). The AQI is an index for reporting daily air quality. It tells you how clean or polluted your air is, and what associated health effects might be a concern for you. Every school day we fly a flag with one of the following colors:

Green – good air quality

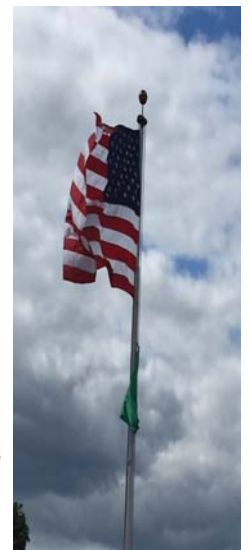
Yellow – moderate air quality

Orange – unhealthy for some people, including children and teenagers

Red – unhealthy for everyone






Purple – very unhealthy for everyone

The good news is the Air Quality Flag Program helps protect students' health. On green and yellow days we will encourage students to be outside and moving. When air quality is orange or red, it is still OK to play outside, but we will encourage kids to take some breaks and to do activities that might involve walking and jogging instead of running and sprinting. If the flag is purple, we will play inside that day. The U.S. Environmental Protection Agency is promoting the Air Quality Flag Program to schools in many U.S. cities and we are proud to be involved. In addition to raising flags, we will have in-class activities to learn more about air pollution, how it affects us, and what we can do to make the air cleaner. For more information on the Flag Program, go to www.airnow.gov/flag.



Air Quality and Outdoor Activity Guidance for Schools

Regular physical activity — at least 60 minutes each day — promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Check the air quality daily at www.airnow.gov.

Air Quality Index	Outdoor Activity Guidance
 GOOD	Great day to be active outside!
 MODERATE	Good day to be active outside! Students who are unusually sensitive to air pollution could have symptoms.*
 UNHEALTHY FOR SENSITIVE GROUPS	It's OK to be active outside, especially for short activities such as recess and physical education (PE). For longer activities such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.
 UNHEALTHY	For all outdoor activities, take more breaks and do less intense activities. Consider moving longer or more intense activities indoors or rescheduling them to another day or time. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.
 VERY UNHEALTHY	Move all activities indoors or reschedule them to another day.

* Watch for Symptoms

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.

If symptoms occur:

The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.

Go for 60!

CDC recommends that children get 60 or more minutes of physical activity each day. www.cdc.gov/healthyyouth/physicalactivityguidelines.htm

Plan Ahead for Ozone

There is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.

Green Apple Day of Service

Saturday, September 24, 2017

Three Bridges School students and families became Water “Rain”gers and helped clean up parts of The South Branch Raritan River. Teaming up with Raritan Headwaters scientists students learned about how we can do our part to protect our waterways.



The Green Apple Day of Service gives parents, teachers, students, companies and local organizations the opportunity to transform all schools into healthy, safe and productive learning environments through local service projects. The Center for Green Schools at the U.S. Green Building Council (USGBC) is the organization behind the Green Apple movement, working to ensure that every student has the opportunity to attend a green school within *this* generation.



Water Bottle Filling Stations

TBS has its very own water bottle filling stations for students to refill throughout the day!



Did you know that every hour Americans throw away 2.5 million plastic bottles? Using a reusable water bottle is an easy way to reduce waste in a landfill and help protect the environment. By continually producing more bottles, we utilize a tremendous amount of energy and resources. The benefits of a reusable water bottle are two-fold. You help the environment by creating less pollution and limit the use of natural resources. You also help humankind by reducing the toxins that are released during plastic production and create a cleaner, healthier world to live in. You'll also save a lot of money. Refill, not landfill!



Trash to Treasure Fair

Third Grade Students held a Trash to Treasure Fair the week of June 5th. Students created upcycled items from things that they would have put in the trash. The third grade hallway was transformed into a Trash to Treasure Museum where students' work was shared with the younger grade levels. Students learned how recycling is good, but upcycling is better! Recycling is turning what we normally throw away into something we can use again either in its current form or as something else. Upcycling is taking something we normally recycle and transforming it into something more valuable. We create too much waste, and upcycling is a fun way to reduce the amount of garbage we generate.



Art Club

Art Club students studied ocean awareness and created original pieces of art work using garbage, and recycled materials.



Isabella Schroder and Sadie Doyle hold the fish they created out of recycled 2 liter soda bottles.



“No Idle Zone”

Help Us Help the Environment!



Our district has adopted an anti-idling policy (#7471). It states that buses and motor vehicles are not permitted to have their engines on when they are stopped or parked.

The policy is meant to help reduce harmful emission that pollute the air. (There are a few exceptions during extreme weather conditions.)

Thank you in advance for your cooperation as you assist us in our efforts.

TBS Pollinator Garden



Did you know that the world's bee population is declining? Do you know why? Will the decline of the bees cause problems for humans? Second grade enrichment students have been doing research to answer these very important questions.

The problem

Students learned that bees are dying because of many factors including the use of pesticides, habitat destruction, climate change, and stress. Some people don't think that their decline is a problem, but the children were amazed to discover that plants pollinated by bees provide about one third of the food we eat each day! They also pollinate cotton plants that we use to make clothes. Bees also produce honey which we use not only for food but also in medicine too!



The solution

Habitat destruction is a big part of the problem for the bees, making it difficult for them to find food, places to build nests, or even fresh water. Our students took action to help the bees by creating a pollinator garden. Based on their research, students planted a variety of bee friendly plants, making sure to choose plants that bloom in different seasons. They also created a bee bath to make sure they always have safe access to fresh water. This was made possible by a generous grant from Sustainable New Jersey and the NJEA.

For More Information on our TBS Pollinator Garden please visit our school website:

[Three Bridges School—Where Did All the Bees Go?](#)

TBS HARVEST



GRAND FALLOONS ASSEMBLY



Three Bridges Students enjoyed a special assembly by The Grand Falloons on June 13, 2017 which focused on Green Education. The assembly was funded by The Hunterdon County Clean Communities.

Pajama and Book Drive



Students at Three Bridges School had a cozy day in their PJs when they celebrated Pajama Day on December 21. The school's Third Grade Student Voice collected new pajamas and books from December 12th through the 21st and marked the end of the donation period by inviting their fellow students and staff to wear their favorite PJs to school. The pajamas and books collected by the Student Voice members will be donated to the Pajama Program.

A not-for-profit organization, the Pajama Program works with more than 3,400 receiving organizations nationwide to distribute gifts of pajamas and books to children in need. The Program's "Good Night Bill of Rights" is based on five simple principles for every child, including the right to a sense of stability and security; the right to feel loved and cared for at bedtime; the right to wear fresh, clean PJs to bed and to enjoy a bedtime story; the right to have something special of their very own; and the right to a good night and a good day.

Jump Rope for Heart

Students at Three Bridges School participated in a month-long Jump Rope for Heart fundraiser during March and raised over \$10,000 for the American Heart Association. The fundraiser was coordinated by the school's physical education teacher, Ed Dubroski and school nurse, Stephanie Armstrong.

The school's Kindergarten through third grade students joined in the fundraiser, which incorporated various jump rope activities. The Jump Rope for Heart kickoff program included former Three Bridges School student Johanna Beam, who dazzled the students with her superior jumping abilities.

The students also learned Double Dutch courtesy of "Jump Rope for Life", a Double Dutch troop led by Coach Ken Hoff from Ocean Township High School. The high school students spent the day teaching Three Bridges staff and students how to jump and turn ropes while getting a great active workout. Year after year, Three Bridges students and staff show their support for important causes through various fundraisers and activities.



Candy Drive



Students at Three Bridges School collected 400 pounds of candy to send to U.S. troops stationed overseas. Third grade Student Voice members helped collect and weigh the candy, which will be shipped through Operation Jersey Cares, along with “thank you for your service” cards made by Donna Kwiatkowski-Belt’s second grade class.



Sun Safety

We at Three Bridges Elementary School have partnered with Hunterdon Medical Center to bring sun safety to our school. We have incorporated the Sunbeatables Program, developed at the University of Texas and shared with our local hospital, to teach our staff and students the importance of sun safety. Sun safety is crucial to our well being. No one is safe from the damaging effects of the sun. We have begun to promote sun safety here at TBS by encouraging all students and staff to wear hats and sunglasses during any outdoor activities and recess. We have also encouraged staff, students and families to apply sunscreen at home before school and outdoor activities. The teachers will also have the opportunity to incorporate further education and teaching as part of their science curriculum. Please click below for more information on:

[Sunbeatables](#)



Partnership with Hunterdon County Parks & Recreation

Pre-School Classes partnered up with Hunterdon County Parks & Recreations to learn about reptiles and their habitats.



Third Grade Students become Oceanographers

Third Grade students spent the year focusing on marine life and how we can do our part to protect the oceans and sea life. Each class created their own published book.

Dolphins by Mrs. Lewis' Class

Sea Turtles - Part 1 by Mrs. Nabozny's Class

Sea Turtles - Part 2 by Mrs. Nabozny's Class

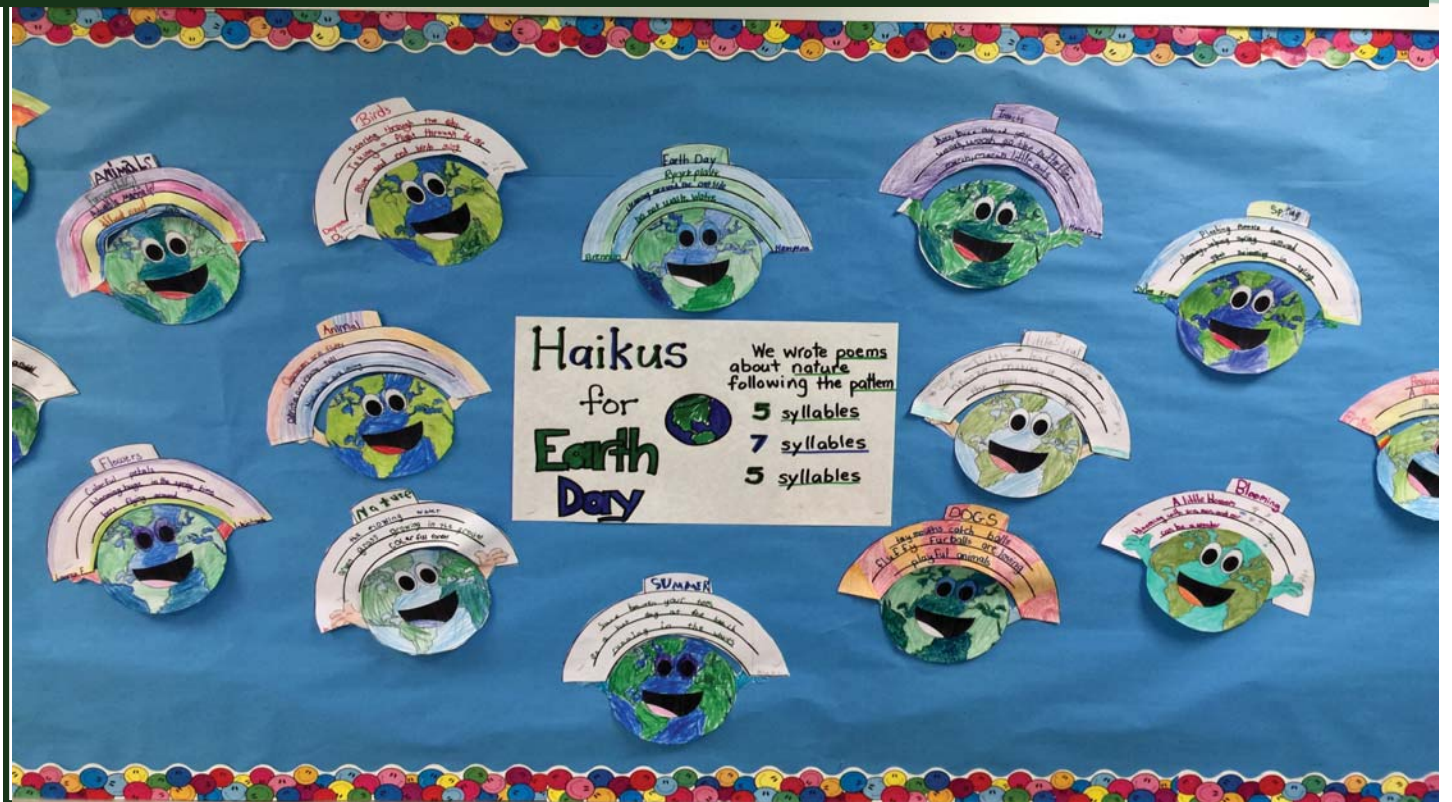
Saving Sharks - Part 1 by Mrs. Kokoszka's Class

Saving Sharks - Part 2 by Mrs. Kokoszka's Class

Whales by Mrs. Weintraub's Class



TBS CELEBRATES EARTH DAY!



Book Swap

On the last two days of school, students enjoyed a Book Swap in the Library. Students brought in books from home to swap for other books that they can read over the summer. No need to buy new ones! Just swap them! Thank you, Mrs. Hartman, for organizing our Book Swap.



ENERGY-SAVING PROGRESS

Three Bridges School continues to work to conserve energy by shutting off electronics at the end of the day, using moderate temperature set points for heating and cooling, and by practicing the great habit of turning off lights when they are not needed. In the first six months of the school year Three Bridges saved 10% in total energy usage compared to the baseline year of 2011/12. The school has done so well with saving energy that it has qualified to apply for an Energy Star label for the building meaning that it is more efficient than 75% of similar school buildings across the country. Thank you to the staff and students for the energy saving behaviors they use every day!



SPECIAL THANK YOU

A VERY SPECIAL THANK YOU TO BOBBIE FRIEDHOFF FOR THE COUNTLESS HOURS SHE HAS SPENT BEAUTIFYING OUR SCHOOL. MOST DAYS BOBBIE CAN BE FOUND MAINTAINING OUR VEGETABLE GARDEN, SENSORY GARDEN AND OUR NEW POLLINATOR GARDEN.

