

Sir Robert Borden School Sustainability Plan

In association with Ottawa Biosphere Eco-City Initiative (OBEC) & Sustainable Youth Canada (SYC)

Completed: 28 June 2016

What is Sustainability?

Sustainability is the ability of things to continue to exist. It applies to natural and human features. We use the earth's resources to meet our needs, but we also want to leave enough natural resources and beauty for future generations to live healthy and happy lives. What we do matters. You impact the environment—the environment impacts you.

What is this Sustainability Plan?

Students developed this plan. Ten students from the school held discussions with several classes to get ideas for the plan. This sustainability plan is your agenda for action. It lists Sir Robert Borden students' ideas on important issues in Ottawa and their local area, and suggests actions or projects that could address them. As you read the plan, you may get new ideas on what you can do to address sustainability. Feel free to put your own ideas into action.

The table of Priority Issues and Actions/Projects for sustainability list three kinds of projects the students have suggested, distinguished by different colours and print styles:

- a) Student & family projects
- b) School projects
- c) Community projects

The last page helps you to decide your personal priorities for sustainability and to make a commitment for action. It then becomes *your personal sustainability plan*.

Biosphere Eco-City

The Biosphere Eco-City (BEC) initiative aims to create a culture of sustainability in a city by 1 involving people, 2 encouraging cooperation, and 3 supporting the sharing of information on sustainability. BEC includes a city's urban core and its surrounding countryside.

Biosphere means, "sphere of life" and is the Earth's outer shell of land, water and atmosphere that supports all life. People have the power to harm or protect the Biosphere. Let's protect it.

The Ottawa Biosphere Eco-City initiative (OBEC) has operated in Ottawa since 2009. It is an all-volunteer charitable organization. Its members believe that government plans are useful, but the actions of you, your friends and neighbours will make the most difference in determining whether Ottawa will be sustainable.

Themes of Sustainability

These are the areas of action for sustainability. Think of sustainability in terms of your area of interest. Whether it is energy, food or waste etc., you can share ideas and activities with people who have the same interests. BEC's Ten Themes of Sustainability are described in the left column of the table beginning on page 3 of this plan. Issues may relate to more than one Theme.

Ottawa Biosphere Eco-City Tools

The Ottawa Biosphere Eco-City (OBEC) Initiative uses simple tools to help people get involved, cooperate and share information on sustainability. They are:

- Sustainability Plan This plan was developed by your students as an agenda on how to address sustainability.
- Database of Projects The OBEC website (obec-evbo.ca) lists many sustainability projects. Anyone with a sustainability project can send a summary to OBEC to put on its database. You can read about them, get ideas and contact project managers to get more information.
- Demonstration Projects These show new ways of addressing sustainability. People can see how the projects were done and even copy parts that interest them.
- **Biosphere Eco-City Council** Stakeholders and volunteers meet to share ideas and to provide direction to make Ottawa sustainable.

Sir Robert Borden High School

Sir Robert Borden High School is a large, culturally diverse, community-based secondary school located on Greenbank Road. It promotes well-being, creativity, critical thinking and leadership. It has significant outdoor space including large athletic fields. Community involvement and world issues are important at Sir Robert Borden; both of which are addressed in this sustainability plan. Enrolment in 2015-2016 was 840 students.

Sir Robert Borden, OBEC and SYC Partnership

In January 2015, volunteers from OBEC and SYC formed a partnership to develop a training program for high school students. This training would allow student leaders to lead the development of Sustainability Plans and Implementation Strategies for their schools. This happens through short formal discussions with fellow students, who suggest issues and actions for each of Ten Themes of Sustainability. In the spring of 2016, OBEC volunteers trained 10 student leaders at Sir Robert Borden and they organized workshops to brainstorm ideas for the school's sustainability plan.

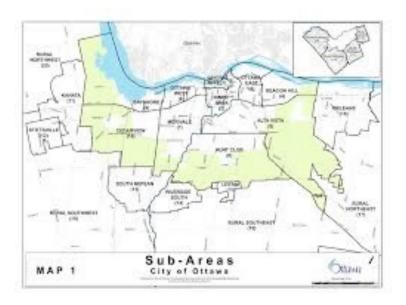
Sustainability Vision for Sir Robert Borden Students

Sustainability relates to people's use of the environment and the impact of that environment on their quality of life. This plan proposes that students and staff at Sir Robert Borden High School incorporate sustainability principles and practices into their work and lives. In so doing, they will enjoy a healthy, sustainable environment. This supports a high quality of life now and in future generations.

Ottawa & Sir Robert Borden's School Area

Ottawa, developed around the junction of the Ottawa and Rideau rivers, is the capital of Canada. Ottawa is a diverse city with a population of over 900 000 people. The beautiful landscape has multitudes of green spaces within the urban area, and includes a green belt of farms around the urban core. Eighty percent of Ottawa is rural and contains some of the best agricultural land in Canada. Ottawa is one the most educated cities in Canada as well as one of the most bilingual.

Sir Robert Borden High School is located in the west end of Ottawa and draws students from Craig Henry, Briargreen, Qualicum-Graham Park, and Trend-Arlington. This is a diverse area with a mix of high and low-income housing.





Sustainability Theme	Priority Issues	Sustainability Projects		
	- Families with unnecessarily large vehicles	- Discuss energy efficient vehicles at supper table		
	- Students get rides to school on rainy days	 Wear raincoats and promote them as "cool" Sell school umbrellas 		
Transportation	- Students getting a ride alone to school	- Create carpool for school & sports events		
(Movement of goods and people)	- Need to motivate students to walk to school	- Free lemonade or hot chocolate for walkers		
	- Some students can't afford bicycles	 Program to repair, paint & sell old bicycles Create a rent-a-bike program Get group to sponsor low-cost helmets 		
	- Qualicum too far to walk, unsafe to bike	- Get school bus for Qualicum students		
	- Poorly insulated houses	 Encourage parents to get energy audit Insulate house as needed Install weather stripping around doors 		
Energy	- Electricity use for games & entertainment	- Invite friends over for board games		
(For buildings, transportation, manufacturing and	- Cost of shipping overseas food & equipment	- Buy local where possible		
agriculture)	- Heavy electricity use to light classrooms	 No-power hour one day per semester for which students bring non-scented candles 		
	- Incandescent lights are inefficient	- More school use of fluorescent & LED lights		

Sustainability Theme	Priority Issues	Sustainability Projects		
	- Bike racks unorganized & clustered at front door; not all students enter there	- Make efficient bike rack design and spread around school		
Design (Of buildings, roads, public spaces and communities)	- Students don't ride on rainy days for fear bikes will get wet and rust	- Make a shelter for bike racks		
	- Students getting a ride alone to school	- Free lemonade or hot chocolate for walkers		
	 Plants in school good for mental & physical health 	 Increase use of plants in lobby & classrooms Fundraise for "green wall" in school 		
	- Lack of refuge from heat for people without air conditioning	 Ask community group to work with City to provide access to libraries & community centres during heat waves 		
	- Lack of habitat for pollinating insects	 Plant butterfly & bee gardens at home Join Great Canadian Bumble Bee Count Plant Milkweed for Monarch Butterflies 		
Habitat	- Overuse of paper increases tree cutting & reduces habitat for animals	 After reading newspapers & magazines, give to others to read Allow only double-sided printing in library 		
(Living places for plants and animals, both urban and rural, on land and in water)	- Lack or insect diversity on school property	 Plant flowers to attract more diverse insects Create a roof-top garden on school 		
	- Urban students don't experience woodlands	 Ask for school Woodland Program at Wesley Clover Park Join group to protect woodlands Help community groups to plant trees 		

Sustainability Theme	Priority Issues	Sustainability Projects		
	- People eat too little local healthy food	 Grow vegetables in back yard or in containers Patronize local farmers markets Hold a "healthy food" fair at school Help create a community garden 		
Food (Local or organic food, urban gardens, heritage crops and animals)	- Too much take-out food eaten at home	 Sell simple recipe book as school "healthy food" fair Make meals & snacks from scratch 		
	- Too much waste from student lunches	 Pack your lunch in re-usable containers Hold "no-waste" Fridays for lunch at school 		
	- Cattle raising creates "greenhouse gas"	- Promote "Meatless Mondays"		
	- Children without experience growing food	- Help create a Children's Garden		
	- Wooden furniture is thrown in garbage	 Give useable furniture to Salvation Army Learn how to repair furniture 		
Natural Capital	- Runoff from properties overtaxes storm water system	 Collect rainwater at school to water school gardens Suggest parents use rain barrels at home Suggest parents use permeable pavers in laneway 		
(Soil, water, wood, air and other natural materials that meet human needs)	- Artificial fertilizer and herbicide pollutes soil & water	- Persuade parents to have an organic lawn		
	- Overuse of paper which comes from trees	- Enforce online handouts and hand-ins for classes		
	- Garbage along local streams	- Help clean up streams		

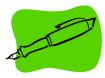
Sustainability Theme	Priority Issues	Sustainability Projects		
	- Reduce use of plastic bottles	 Stop sale of plastic bottles in vending machines Install more water bottle fillers Offer SRB merchandise bottles (recycled materials) Bring your own water bottle to school 		
	- Waste because of disposable batteries	- Have school use rechargeable batteries		
Waste (Reducing, reusing, recycling and processing of wastes, and conversion of waste to energy)	- Too much packaging on retail products	- Buy products with reduced packaging		
	- Disposal of items after short period of use	- Repair items that are easy to fix		
	- Items for composting going into waste	- Compost bins in cafeteria, kitchen & staff rooms/offices		
	- Used books are not reused	- Donate books to community book sales		
	- Plastic bags are not recyclable	- Make milk bag blankets for poor people in tropical countries		
	- Prescription drugs flushed down the sink affect our water and fish	 Offer to be a health guardian at your house and take old drugs back to the pharmacy 		
Health (Clean air and water, safety,	- Fumes from floor wax in gym affect health and performance	- Use non-toxic floor wax on gym floor		
tranquility, and environmental needs of vulnerable groups)	- Some students living alone after high school can't handle everyday problems	 Provide training for life in Home Economics Class Former students give talks on coping after high school 		
5 . ,	- Some students are inactive	- Organize indoor/outdoor walking discussion club		
	- Seniors & handicapped need more outdoor experiences	 Invite and welcome seniors to school games Help make playgrounds accessible 		

Sustainability Theme	Priority Issues	Sustainability Projects		
	- Many students eat lunch only inside and sit all the time	 Put more picnic table outside so students will play or walk around after lunch 		
	 Lack of free sports tournaments and little variety 	 Hold free/cheap monthly sports tournaments and rotate sports featured 		
Recreation (Non-motorized activities, urban or rural recreation, 'greening' of events)	- To few outdoor activities that are not performance-based	 Organize field trips to outdoor locations Ask a community association to create a local hiking club for young people Ask a community association to promote casual recreation programs 		
	- Some students don't identify with Ottawa	- Organize "My favourite place in Ottawa" video contest		
	 School clubs are too few and most are not well known 	 Hold a school fair where club members advertise their clubs to other students 		
Sense of Place (Feeling of belonging to a community of city, that leads to care for others and environmental stewardship)	- People in the community need to meet to create a stronger community	 Ask your parents to organize a street party for Victoria Day or Canada Day Volunteer to create a community garden where people can come together 		
	- Some people feel uncomfortable in parks	 Help community groups put plants/trees in parks Help community groups organize events in parks 		

Get Involved - Your Plan for Action

This Sir Robert Borden Sustainability Plan will now become your plan. It was meant to give you ideas on how to take action within your school at home, or in your neighbourhood. In the space below, you are invited to make your commitment to sustainability.

What issues from above most interest you? Try to pick issues in which you know you can make a difference. What action could you take to address these issues? Consider this your project. It could even be a project sponsored by your school.



The Project Database on the OBEC website is a great tool to find out what other individuals and organizations in Ottawa are doing to contribute to sustainability in Ottawa. If you develop or join in a sustainability project, please consider sharing it with others on the Ottawa Biosphere Eco-City Database at: obec-evbo.ca

Your prior	ity sustainab	ility issue(s)	:	
Your prop	osed project	(s) that you	can take:	



Thank you for contributing to the sustainability of your school and your community.

Report by:

Sustainability Leadership Team of Sir Robert Borden High School, In association with:

Ottawa Biosphere Eco-City Initiative, and Sustainable Youth Canada



With Support from the City of Ottawa

