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**Plan:**  
**Plan type:**

Mt. Douglas Secondary School Sustainability  
Leadership Plan  
Organisation

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Mt. Douglas Secondary School

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# Health and happiness

## Outcomes

Name	Detail
Goals of equity, fair share, physical, mental & ecological well-being are embraced across the school	Students feel much more fulfilled, content, and active as a result of their efforts to promote sustainability in the school or in the community.

## Actions

Name	Detail
Environmental and Community Leadership Groups	The Environmental and Community leadership programs will prioritize activities that promote sustainability at school and/ in the community, in particular those that contribute to: Restoring native ecosystems, learning about indigenous species, learning about growing fruits and veggies.
Student Well-being Survey as a Part of PE Class	Conduct an annual Student Well-being survey to track ratings of happiness, health and fitness and gather suggestions from student body. A simple survey taken at the beginning of the year of activities students engage with can be compared to a survey at the end of the year. Students can rate health, fitness, feelings of having a purpose and a connection to others.
Publish articles highlighting well-being outcomes	Create regular articles for school website on well-being outcomes tied to One Planet related activities. Highlight rewarding aspects of time spent. Provide recognition for their efforts. Document progress in various areas around the school and the neighborhood in each One Planet category. Focus on meaning and sense of purpose derived from those activities, themes related to rewarding nature of frugality, humility and empathy toward others and the natural world.

## Indicators

Name	Detail
Happiness and Well-being Survey	Well-being survey results compared.
Number of published articles in school website on One Planet related activities.	Number of published articles.



## Equity and local economy



### Outcomes

Name	Detail
Strong connections with local businesses and organizations	Economic connections and partnerships between local producers, businesses & the neighborhood exist that support students having access to fresh fruit and vegetables.



### Actions

Name	Detail
BC Fruit & Vegetable Nutritional Program	Continue participating in the BC Agriculture in the Classroom Foundation to be part of their initiative which provides fresh fruit to every classroom in the school.



## Culture and community

### Outcomes

Name	Detail
Cultural awareness & shared values support long-term sustainability	The school community is knowledgeable about local ecosystems, sustainable food, how to reduce consumption, and energy use. The value of frugality is emphasized and rewarded.

### Actions

Name	Detail
Eco Lectures	Invite UVic professors and experts to come in to the school to talk about sustainability and other environmental topics. Everyone at the school will be welcome to listen and participate.
Create and provide hands-on learning of restoration strategies.	Design student led, hands on, interactive learning experiences about invasive removal and how to increase biodiversity. Provide these opportunities to interested local elementary and middle school students. Record these activities & number of participants.
Designate student to oversee record keeping efforts and make regular school announcements	Maintain overview and record of number of all interconnected eco-activities in the One Planet plan, number of participants, volunteers hours in garden, learning experiences provided, etc. Make school announcements that provide recognition and reward efforts. Create & oversee competitions and activities that increase excitement and involvement.
Opening Ceremony for School Garden	Invite indigenous leaders to the opening of the school garden project. Include native drumming and the planting of Garry Oak trees.
Create an Indigenous Plant Learning Library	Students create informational signage on indigenous plants including their traditional names, uses, and botanical information.

### Indicators

Name	Detail
Number of activities and number of participants in activities per year.	Based on collection of record keeping efforts.



## Land and nature

### Outcomes

Name	Detail
Local lands & natural surroundings are healthy, life supporting & productive	Local Garry Oak ecosystems are restored, with invasive species removed and indigenous species planted. Plantings heavily support pollinators.

### Actions

Name	Detail
Restoration Project on Mt. Tolmie	Continue program of student volunteer efforts removing invasive plants on Mt. Tolmie outside of class time .
Increase Biodiversity on Mt. Tolmie	Mount Douglas students continue to work with Dave Lock of Mount Tolmie Conservancy on seed collection and propagation of local species in the school garden for restoration planting on Mount Tolmie and elsewhere.
Create a photo journal of Mount Tolmie restoration activities & progress	Create photo journal of Mount Tolmie projects and publish on the school website. Record number of hours spent by students related to Mount Tolmie restoration efforts and to indigenous portions of the school garden.
Mount Tolmie Trail Recommendations	Creating a detailed map of main trails to be maintained for public access on Mount Tolmie, indicate new side trails that should be blocked by Saanich staff to decrease impact on threatened Garry Oak meadows.
School Garden Plan	Designing a school garden plan including fencing and water.
Shoreline Cleanups	Organize frequent beach cleanups at Cadboro Bay to remove plastics and other waste materials from the ocean environment.

### Indicators

Name	Detail
Number of hours and participants in restoration efforts.	Record hours and compare progress with photos.
Saanich Parks Trail Maps	Provide a detailed map to Saanich Parks of recommended trails on Mount Tolmie and see fences built to preserve the area.
School Garden District Approval	Proposing a school garden plan with budget, maintenance, and location approved by the school district.
Amount of Waste Collected	Weigh the material collected and tally the amount of each waste product.



## Sustainable water

### Outcomes

Name	Detail
Use of potable water is minimized for the school garden.	Rain water is diverted, used for school gardens & landscape.

### Actions

Name	Detail
Install a Water Collection System	Plan and run an awareness fundraiser to install a water collection system and cisterns to provide water for the school gardens.
Design & Install Rainwater Collection System	To decrease use of city potable water, design and install rainwater collection system for use in school garden.
Design and Install Drip Irrigation System	Design drip irrigation system for school garden to reduce use of potable city water. Hold contest for best drip irrigation design. Recognize and reward those achievements and standout efforts.
Publicize results of water conservation efforts	Communicate results of water conservation efforts by sharing performance on average monthly water use indicator.

### Indicators

Name	Detail
Average monthly water use comparisons.	Announce progress, recognize and reward efforts.



## Local and sustainable food



### Outcomes

Name	Detail
Strong ethic of sustainable and local food	School is able to provide low cost fruits & vegetables to all students from campus gardens.



### Actions

Name	Detail
School garden established	The school garden is an initiative to provide an opportunity for students to engage in planting and growing fruits, vegetables, and native plants. This activity will supplement the social studies curriculum, the science curriculum, and the foods curriculum.
Increase the awareness of low-carbon food alternatives	Survey knowledge about vegetarianism - complimenting proteins as an alternative to meat & dairy. Bring in guest speakers.
Create photo journal of school garden projects.	Keep log and photo journal of projects in the garden, invite people to come see new additions ongoing progress. Do regular counts of students using outdoor areas in or near garden and student volunteer hours in garden.
Designing a composting system for the school garden	Opening a contest to students to design a compost system that will accommodate school-generated compostable material into soil for use in the school garden.



### Indicators

Name	Detail
Amounts of fresh food grown	Record, compare, and announce progress from school garden.
Number of student hours in garden & number of students using areas in or near garden.	Record, compare, and announce progress.
Providing fresh vegetables and fruits to the school Foods program	The winter garden will provide a variety of green vegetables for students to prepare while learning about the nutritional values and ability to grow food over the winter months. Some fresh fruits will be available in the spring from traditional indigenous plants.



# Travel and transport

## Outcomes

Name	Detail
Substantive increase in active transportation and use of public transportation	Students and teachers use active means of transportation to get to school and move around in the community.

## Actions

Name	Detail
Conduct a survey of bus transportation and bike use	Complete bus transportation survey at beginning and end of year. Announce previous findings and update progress announcements monthly.
Offer Safe Urban Biking Workshops	Invite local bike transport group to offer workshops on campus about safe riding gear and practices. Offer basic bike repair skill workshops and hold bike repair and fitting events at school open to neighborhood.
Increase student use of public transit	Work with BC Transit Commission to reduce cost of youth bus passes, offer these in exchange for bus use pledges .
Conduct bike parking survey	Count number of bikes versus cars on campus. Publicize results and later progress on regular basis.
Bike to School Week	Run a Bike to School week that encourages students and staff to participate by offering prizes and draws.

## Indicators

Name	Detail
Number of students and staff who bike to school on "Bike to School" week	Record, compare, and announce progress.
Number of bikes vs. cars on campus.	Publicize results and later progress on regular basis.





## Materials and products



### Outcomes

Name	Detail
REuse and REpurposing of materials and products are maximized	Landfill waste minimized. Carbon footprint related to production and distribution of new products & textiles on the part of students and the school is minimized to reflect essential needs.



### Actions

Name	Detail
Explore feasibility of Neighborhood Tool Library	Explore interest at the school and in the neighborhood for a tool library, survey for location alternatives. Promote the project and fundraise.
Initiate Frugality Campaign	Design poster campaign that promotes frugality, DIY/reusing, re-purposing, home food preparation and food storage, exchanging skills & time, sharing tools, bikes, cars, and neighborhood-based self-sufficiency.
Once a semester clothing exchange	Student run clothing exchanges allow anyone to leave unneeded clothing while allowing others to take these items without charge. Both carbon and total ecological footprints are reduced.



### Indicators

Name	Detail
Estimated carbon footprint of new goods consumption by students	Publicize results and later progress on regular basis.



## Zero waste

### Outcomes

Name	Detail
School is working towards Zero Waste	Materials are Reused, REcycled or composted on site.

### Actions

Name	Detail
Initiate Recycling Program	The school leadership groups pick up and sort recycling weekly. Records amounts going to landfill versus being recycled.
Reduce plastic water bottle waste	Encourage the use of reuseable water bottles and newly installed water fountains in the school. Track usage at each fountain, record and announce progress of use to increase engagement of students.

### Indicators

Name	Detail
Weight/size of weekly landfill waste collected on campus	Publicize results and later progress on regular basis.
Number of students who correctly use recycle bins on campus.	Publicize results and later progress on regular basis.



## Zero carbon energy



### Outcomes

Name	Detail
School is working towards Zero Carbon Energy	The school explores ways to meet its energy needs with on site renewable energy sources.



### Actions

Name	Detail
Energy Saving Contests	Set up contests for most use of natural lighting and least use of powered lighting - - Set up contest for thermostat setting reduction.
Energy Audit	Review school energy billing records for usage, compare each month from year to year. Announce status, progress and recognize efforts that are contributing to positive change.
Install small solar panel array	Fundraise to install solar PV panels in school garden for charging student phones as a way to promote renewable energy use.
Explore installing solar thermal hot water system	Explore installing solar thermal hot water supply systems for campus needs.
Explore low energy use alternatives for heat and cooling on campus	Explore heat pumps, solar thermal, and other low energy building heat alternatives.



### Indicators

Name	Detail
Compare School Energy Audit results	Compare school district energy use information.