

### 3.4.13

#### Dear Staff & Community,

I hope you had a nice weekend. **\*Tip of the Week:** Don't toss vegetable scraps from cooking!~ Save these trimmings in a covered container in the fridge and use them to make soup stock so you won't have to shell out on a boxed version.~

#### **\*Free Document Shredding 3/9**

The Cambridge Consumers' Council, working in cooperation with the US Postal Service, is offering free document shredding on Saturday, March 9th from 10am-2pm, at the Central Square Post Office, 770 Mass. Ave, rain or shine. Please contact Corey R. Pilz with any questions at 617.349.6150 or [consumer@cambridgema.gov](mailto:consumer@cambridgema.gov).

#### **\*Cambridge is a Green Community**

\*Did you know that Cambridge is a designated "Green Community"? Find out more about what we are doing to reduce greenhouse gas emissions, minimize energy use, and serve as a leader among municipalities in achieving sustainability.

HYPERLINK

"<http://www.cambridgema.gov/CDD/climateandenergy/municipalsustainability.aspx>"<http://www.cambridgema.gov/CDD/climateandenergy/municipalsustainability.aspx>\_\_

#### **\*Amazing Glacier Video**

This amazing 5 minute video shows the break-up of a glacier. ~This fits in with the grade 4, lessons on changing earth and on erosion and weathering. Grade 5 would find this video connected to weather and climate units - the video ends showing the documented retreating of glaciers over the past 110 years. For middle and upper grades, it could be a good launch for the conversations around global warming and climate change. Hope you find it useful. Let me know if you decide to use it and how it works with the students.

~<http://www.youtube.com/embed/hC3VTqIPoGU?rel=0>~

#### **\*CitySmart Program**

Find all the resources you need to get around without getting behind the wheel at CitySmart. CitySmart helps you take advantage of all your options by offering maps, guides, tips, schedules and more. Find a new way to travel and help the environment! <http://www.cambridgema.gov/CDD/Transportation/CitySmart.aspx>

#### **\*School Sustainability Pledge**

Check out the new Cambridge Green Schools Initiative [Sustainability Pledge](#) which covers multiple environmental categories including products, food, energy, waste and greenspace. Questions or feedback? Contact Sustainability Manager, Kristen von Hoffmann at [kvonhoffmann@cpsd.us](mailto:kvonhoffmann@cpsd.us).

### **\*Cambridge Honored for Roadmaps to Health Prize**

Cambridge is one of six winners nationwide of the inaugural Roadmaps to Health Prize from the Robert Wood Johnson Foundation. The prize honors outstanding community partnerships across the U.S. that are helping residents live healthier lives.

Cambridge was recognized its outstanding achievements and collaborative approach in the areas of healthy eating and physical activity, strengthening families, progressive urban planning, and integrating local public health within the Cambridge Health Alliance.

This is well-deserved recognition for city staff and community partners who have made a real and lasting difference in the lives of so many Cambridge residents.~Congrats!!!

### **\*Clean Out Your Medicine Cabinet**

Did you know that the Cambridge Police Department has a collection drop box for [unused medications](#) at 125 Sixth St, first floor lobby? Place medications in a sealed bag and place in the box. Items accepted: prescription & over-the-counter, vitamins, medication samples, veterinary medications and narcotics. No open containers of liquid and no syringes. Why turn in unused drugs? Children and animals could be poisoned if they find and swallow drugs, drugs can be scavenged and illegally sold, unused drugs are environmental toxins; flushing them down the toilet or sink can release them into our drinking water and soil. Also, the Health Center at 119 Windsor St accepts [needles and syringes](#) in a puncture-proof container (detergent bottles, coffee cans), sealed with tape.

### **\*Secretary's Award for Excellence in Energy and Environmental Education**

It's your time to shine! You and your students deserve to be recognized for the hands on, energy and environmental education happening in your classroom. Nominate your school today for Secretary Sullivan's Energy & Environmental Award.~

### **[Application for the 19th Annual Secretary's Award for Excellence in Energy and Environmental Education](#)**

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[Click here](#) to access the simple nomination form which is due March 22, 2013.

### **\*New England Aquarium Lecture Series**

Thursday, March 21

\*Book signing to follow

*Race France to France: Leave Antarctica to Starboard*

Rich Wilson, Vendee Globe Sailing Race 2008 - 2009

During 2008 – 2009, Rich Wilson became only the second American to finish the Vendee Globe, one of the most grueling and dangerous sailing races on the planet. At 58, Wilson finished ninth out of the 30 race starters despite his age, severe asthma and numerous bumps along the way. Wilson's tenacity, skill, determination and perseverance will inspire and motivate even the most landlocked audience member. A ~lifelong educator, Wilson has now turned his adventure into a book, ~*Race France to France*, and an online site for K – 12 students.~[Register here.](#)~~

For a full list of the lectures:

[http://www.neaq.org/education\\_and\\_activities/programs\\_and\\_classes/aquarium\\_lecture\\_series/index.php](http://www.neaq.org/education_and_activities/programs_and_classes/aquarium_lecture_series/index.php)

**Thank you,**

Kristen

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Cambridge Green Schools Initiative~  
<http://www3.cpsd.us/sustainability/Sustainability>