

Mayor Luke Ravenstahl's Civic LEAF Academy

2013 Civic LEAF Academy Schedule - Sustainability, Safety and Health in Pittsburgh

Civic LEAF Academy students will participate in a number of activities throughout the summer. Part of the LEAF Academy experience includes learning the City of Pittsburgh. Students will travel as a group to and from tours using the public bus and train (T) system. Bus tickets will be provided for tours. If needed, students may request a bus pass to travel between home and the City County Building. Students will meet and be released each program day from the City County Building. The following activities and presenters respond to aspects of the triple bottom line concept of sustainability (economic prosperity and continuity; environmental protection and resource conservation; and social equity and well-being.)



Week 1: July 22, 2013

Introduction to Pittsburgh, Sustainability, Safety and Health

- **W.1.1 Monday 7/22/13:** introduction to City of Pittsburgh Mayor's Office, Civic LEAF Academy, sustainability, safety and health. Discussion about public and environmental safety and its relationship to local government and community development. Students will learn about sustainability in general; public, individual and environmental safety and the relationships between crime, neighborhood development, food security, the environment and how they impact community and individuals in Pittsburgh.
 - Public Safety Scavenger hunt.
 - Introduction of Mayor's LEAFlet final project. Approximate completion time (ACT): 5 weeks.
 - Take Home Assignment (THA): Students will be responsible for keeping a food diary tracking cost and nutritional value of food for the remaining five weeks of the program. ACT: 5 min each day for 5 weeks. (We will discuss the journal in weeks 3 and 5).
- **W.1.2 Tuesday 7/23/13:** Hands on tour of CCI Center to view their solar panel and other green technology. Discussion of green technology and how it's helped to improve community health and safety. Tour of firehouse cool roof project, streetlights LED and solar on public safety facilities. Using ideas inspired in class and at home, student will brainstorm a "green" idea or recommendation to help improve public health or safety.
 - THA: Student will need to develop one green idea and/or prototype to present. Students will vote on which idea would be the most helpful. ACT: 2 hours. Due 7/24/13.
- **W.1.3 Wednesday 7/24/13:** Presentation from guest speakers on evolutionary environmental change. Tour of Carnegie Museum of History and discussion on animal and human relationships with the changing environment.
 - Take-home Assignment (THA): Home Sustainability Audit and Individual Carbon Footprint. ACT: 1 hour. Due next class 7/25/13.

- **W.1.4 Thursday 7/25/13:** Tour of Pittsburgh’s Heinz History museum. Evaluation of public policy, economic factors and the impact of Pittsburgh’s changing environment. Guest speaker discussion on policy decisions and business impacts of “going green”. Guest speaker to introduce relationships between sustainable buildings (schools in particular) and impacts on performance and health. How economic factors and public policy decisions on cleaning up Pittsburgh air and water impacted the city.
 - THA: Indoor Air quality science experiment and mini report. ACT: 3 hours. Due week 5 8/21/13.



Week 2: July 30, 2013

Sustainability and Self: Impacts of Personal decisions on our changing environment

- **W.2.1 Tuesday 7/30/2013:** Discussion about green products and health from Women for a Healthy Environment. Student will learn about the relationships between the things we buy (cosmetics, food, consumables and cleaning products) and how they impact the physical body and environment. Tour of Carnegie Science Center and Science Center SportsWork exhibit for discussion on the human body and its relationships to the environment.
 - THA: Physical Health Assessment. (No personal data will be collected. General impression of results will be surveyed and discussed in next class 8/1/13.) ACT: 30 min.
 - THA: Based on the information received in class, students are encouraged to try a “green cleaner” and/or “green cosmetic”. ACT: 1 hour.
- **W.2.2 Thursday 8/1/2013:** Getting a green healthcare education. Workshop on career planning at Carnegie Library of Pittsburgh’s Career Center with Pittsburgh Promise* guest speakers. Tour of the University of Pittsburgh’s Sustainability and Medical programs.
 - THA: Life coach. Acting as a life coach or guidance counselor, students will be challenged to provide education and career suggestions to a designated fictitious character matching their skills to a qualifying “Pittsburgh Promise program and green job”. (Fictitious character scenarios will be provided to students in class.) ACT: 2 hours. Due week 3 - 8/6/13)
 - THA: Favorite food. In preparation for week 3- 8/8/13, student will write down the recipe for their favorite meal.



Week 3: August 6, 2013

Sustainability and Self (Continued): Impacts of Personal decisions on our changing community

- **W.3.1 Tuesday 8/6/13:** Careers in Health Care. Tour of Highmark and continued discussion of opportunities and impacts of sustainability on health. (Insurance provider perspective.) Lecture from Bayer, (Medical technology and pharmacy perspective.)
 - THA: The cost of health care. Students will be encouraged to discuss the cost of maintaining their personal health with family and/or community. (No personal data will be collected. Survey, general impressions and feedback will be discussed in next 8/8/13 class.) ACT: 1 hour.
- **W.3.2 Thursday 8/8/13:** Continued discussion of community wellness and the importance of preventative care health and safety measures. Focus on issues of food security, obesity as an American epidemic, and welfare and development of families and community. Lecture from guest presenter on diet, health and sustainability. Complete a lunch food demonstration with nutritionist and Grocery shopping trip.
 - Evaluation of Food Diary. Students will be challenged to make health wise changes to their diet and record their new healthy diet strategies tracking cost and nutritional value of meals for the remaining two weeks of the program. ACT: 5 min daily for remaining 2 weeks. Will be discussed during week 5 – 8/12/13.
 - Students will prepare their favorite meal for their family using the healthy recipe “tweaks” learned in class. ACT: 2 hours Due 8/21/13
 - THA: Developing Green Technology. Student will be challenged to create or report on an idea or tool that would be helpful in improving a healthcare professional, personal or disabled individual’s engagement in the green movement. ACT: 2 hours. Due week 5 –



Week 4: August 13, 2013

Making Connections: Relationships between sustainable business decisions and impacts on community and employee health and safety

- **W.4.1 Tuesday 8/13/13:** Sanitation, Health and Safety. Discussion of Pittsburgh sanitation practices with guest speakers. Tour of Allegheny County Sanitation Authority plant (municipal water sanitation plant).
 - THA: Behavior change challenge. Students challenged to attempt to impact their families “green practices” based on one of the suggested green changes identified in their week 1 carbon footprint evaluation. Results will be discussed in week 5. ACT: 2 hours. Due week 5: 8/21/13.

- **W.4.2 Thursday 8/15/13:** Students will receive presentation on emergency medicine. Tour of UPMC Children’s Hospital learning about impacts on building health and patient and employee safety. (Healthcare provider perspective.)
 - **THA: Providing Care.** Students will be encouraged to interview a healthcare provider (parent, doctor, nurse, physical therapist, etc) about their experience managing an individual’s health or working in the health “industry”. (No personal data will be collected. Survey, general impressions and feedback will be discussed in next 8/19/13 class.) ACT: 1 hour.



Week 5: August 19, 2013

Going Further with Green: Communicating the importance of green practices with the Pittsburgh Community

- **W.5.1 Monday 8/19/13:** Health, environment and community discussion. Discuss community environmental services and health. Tour of Environment and Energy Community Outreach (EECO) Center.
 - **THA:** Based on week 1 health evaluation and in class discussion, students will discuss the importance of knowing emergency medical techniques and preventative care with parent or guardian.
- **W.5.2 Tuesday 8/20/13:** Volunteer project and tour of Global Links ‘sustainable international shared medical equipment supply operation.
- **W.5.3 Wednesday 8/21/13:** In class work session to prepare LEAFlet and prepare for mock press conference.
 - In class discussion of THA’s due during week 5.
- **W.5.4 Thursday 8/22/13:** Putting it all together. Students turn in draft sections of the Mayor’s LEAFlet. Students present LEAF Academy experience via mock press conference to parents/guardians, friends, family, LEAF partner organizations and City officials.

*Pittsburgh Promise:

The Pittsburgh Promise is essentially three promises in one. Initiated by Mayor Ravenstahl, with funding from local foundations and donors; our city promise the following to those who live in the City of Pittsburgh and attend Pittsburgh Public Schools:

1. We will provide you with up to \$40,000 as a scholarship to pursue higher education at a “Promise qualified” institution of higher education.
2. We will reform our urban public schools so that we are preparing you well for success in higher education.
3. We will develop our urban neighborhoods so that where you live and go to school is a place that is conducive to learning.

Beyond that, The Promise invigorates the entire community, improves the quality of life in the region, and creates a highly qualified workforce that will meet the needs of local employers, both now and in the future.

Learn more about Pittsburgh Promise at <http://pittsburghpromise.org>

Help encourage and keep your Pittsburgh Promise student on track by becoming a Promise Coach:
<http://www.pittsburghpa.gov/servepgh/promisecoaches>

Civic LEAF Academy Program Overview

- Five week program designed to engage up to eight high school (rising 9th through rising 12th grade students approximately aged 13 to 17) and two college students in an annual, summer, green-theme based program. College students participate as Mayor's Office program Interns.
- Schedule consists of 4-hour learning sessions following approximately a Tuesday/ Thursday schedule. Week one and five do not follow the typical schedule due to the amount of material covered. Some days may vary due to holiday or other special circumstances. Session rescheduling may occur due to unforeseen circumstances.
- Sessions run from 11 a.m. through 3 p.m. and include professional lectures, field trips, a half hour lunch break and hands-on work sessions.
- Summer 2013 theme: Sustainability, Health and Safety
- Summer 2014 theme: Urban Planning and Sustainable Building Design

Core competencies of Civic L.E.A.F. Academy:

Through the two components of Civic LEAF Academy, students will learn about the selected annual theme (2013: Health and Safety and 2014: Urban Planning and Green Buildings) as it relates to local government, businesses, nonprofit services, higher education, future employment opportunities, volunteerism and community development.

Program components:

Sprout: High School students.

Goal: Introduce students to annual theme, green technology, offer exposure to opportunities for future involvement in the City of Pittsburgh and develop peer mentorship atmosphere between peers, college students and professionals.

Students will:

- Learn about local government and its role in supporting a sustainable city through speakers and field trips to Carnegie Museum, CCI Center, Public Safety Facilities and Heinz History Center.
- Develop greater independence and a deeper understanding of Pittsburgh neighborhoods through the use of public transportation to access LEAF activities. (High school students will be chaperoned by program interns or directors when traveling by bus to accessible locations. All location with the exception of ALCOSAN and Bayer are accessible using Port Authority transit services. Those not accessible by bus will be reached using a chartered bus.)
- Gain knowledge on green jobs and future career opportunities as well as non-traditional applications of a science and math based education on field trips and workshops to Bayer, Highmark and UPMC Children's Hospital.
- Strengthen family and community personal and environmental ties through the completion of take home activities and the sharing of information learned in the LEAF Academy. Take-home assignments will be due the first day of the following week unless otherwise noted on LEAF Academy schedule.
- Develop resource connections and program opportunities for future engagement after graduating from the LEAF Academy, enforced throughout the five week program. As opportunities become available, information will be shared with LEAF Academy graduates.

- Receive information from Pittsburgh Promise* students and learn how the program can support their higher education goals. Promise graduates speak with students during week four along with a University tour.
- Be introduced to other students with similar interests and foster a mentoring relationship with other engaged students and professionals.
- Be responsible for documenting and noting their experiences for future presentations through the completion and publication of the Mayor's LEAFlet which journalizes their experience for other students to learn from.
- Experience how local government, nonprofit and for-profit work impacts Pittsburgh communities.
- Give back to Pittsburgh, gain experience and earn volunteer hours through creating and implementing a group service project at the Children's Institute.
- Develop public speaking, research and documentation skills through a final presentation as a mock press conference to Pittsburgh from City Council Chambers.