

# Keeping Green at Home

By the AHS Eco Committee



**Green Flag  
Award**

# To achieve our Eco School Green Flag Award ...

We are working on the following areas:

- ★ Reducing our water usage
- ★ Decreasing our waste production and increasing recycling
- ★ Reducing energy consumption
- ★ Decreasing the amount of litter
- ★ Becoming healthier



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We made loads of progress this year

But now we're all at home,  
we thought we'd share some  
of the ways we can keep this up.



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# Reducing Our Water Usage

Talk to your family about how you all use water at home.

Some ideas [here](#)

Is there anything you could do to save water?

Why not make a water saving device for your toilet cistern?

Or try turning the tap off while you brush your teeth



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# Decreasing Waste

Now that we're shopping less frequently it's a great time to think about making the most of leftovers rather than throwing them away.

Some facts from Friends of the Earth:



Some great recipe ideas [here](#) to use up leftovers



One of our Eco Committee has been growing these seeds in her garden. This is a brilliant way of reducing food miles and carbon emissions.



# Increasing Recycling

Now you're at home, how about educating your family about what goes in which bin!

## YES PLEASE! RECYCLE THESE

Items go in loose, not bagged. Wash and squash cartons, plastics and cans; flatten cardboard to get more in your bin.



Plastic bottles (lids off), tubs, pots and trays



Tins, cans and aerosols



Newspapers, magazines and shredded paper



Paper, envelopes and phone directories



Milk, juice and soup cartons



Glass bottles and jars (lids off)



Foil, clean and scrunched up



Cardboard, greeting cards and wrapping paper (without foil or glitter)

## ✗ Items that **DON'T** recycle include...

- ✗ Plastic plant pots or toys
- ✗ Sharps/needles
- ✗ Plastic foil or glitter
- ✗ Containers for engine oil or paint
- ✗ Pet bedding or litter
- ✗ DIY items - MDF/Man made wood
- ✗ Nappies
- ✗ Carrier bags
- ✗ Broken glass or china
- ✗ Polystyrene eg food trays or cups
- ✗ Textiles and bedding

You could make a poster or labels for your bins at home.

Bucks now have a [Waste Wizard!](#)

Use it if you're unsure what goes where



# Increasing Recycling

Here are some [fun craft activities](#) using recycled materials!

The Eco Committee are holding a competition to see who can be the most creative with recycled materials. Deadline: 22 May

Email Mrs Queralt with a photo and description of what you've made.

Deadline: 22 May

These are made from recycled magazines!

















# Conserving Energy

We're probably using more energy at home.

But now it's lighter - do we need to leave the lights on?

What else could you suggest to your family?

## 12 Tips To Save Energy At Home

1  Turn off lights when leaving a room	2  Switch to energy efficient appliances	3  Use LED lights
4  Unplug devices when not in use	5  Keep thermostat at low temperature	6  Reduce water consumption
7  Use smart automated devices	8  Switch to double glazing	9  Cook with the lid on
10  Use a smart meter to track usage	11  Wash at a cold temperature	12  Use solar powered devices

# Reducing Litter

Nine year old [Claudia Brown](#) has started litter picking on her daily walks with her family.



This is a great way to help the environment during lockdown as long as you are careful about what you pick up and are sure to wash your hands afterwards!

You could also join in with Keep Britain Tidy's [Love Where You Live](#) campaign

Let us know if you do this!

# Keeping Healthy

It's more important than ever at the moment that we keep healthy both physically and mentally.

Remember the Five Ways To Wellbeing.



# Keeping Connected

Connecting is particularly important during isolation.

Do keep up with your friends.

You can support each other

In so many ways.

# HOW STUDENTS CAN SUPPORT EACH OTHER'S MENTAL HEALTH DURING LOCKDOWN



Be there for each other. If a friend needs extra support try and support them to find it



Engage in a relaxation or meditation activity each day which you can all be part of online



If a friend is struggling demonstrate care and compassion



Identify things you have found helpful and share with each other



Work through homework tasks together online. A great way to maintain relationships and stay in contact



Schedule a time each week where you can all connect and catch up on what you have done



Engage in some group online exercise. This can help boost mood and reduce stress and anxiety



Identify some self care activities that you can all engage with



Encourage each other to stay connected and to engage in regular activities that provide a sense of pleasure and achievement. Schedule these activities into a weekly diary and share with each other



Make sure you check in with each other on a regular basis and see how everyone is doing



 @BELIEVEPHQ



# Keeping Positive

Action For Happiness

Have some great advice.

Put this on your fridge

And get the family to

Join in each day

## ACTION CALENDAR: MEANINGFUL MAY 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"Start Where You Are. Use What You Have.

Do What You Can" ~ Arthur Ashe



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

8 Set yourself a kindness mission. Give your time to help others

9 Look out for positive news and reasons to be cheerful today

10 Tell someone about why your favourite music means a lot to you

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

22 Ask a loved-one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

# Keeping Active

Did you see [Mrs Carey's Home Triathlon?!](#)

How are you keeping physically active?

We know your PE teachers have set you some

Fun activities.

Here are some more ideas:

[Daily PE with Joe Wicks](#)

[Online Yoga](#)

[BBC Bitesize](#)



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# Healthy Eating Challenge

We know that lots of you are keeping occupied by helping out with the cooking.

We'd love to hear about your healthy recipes!

Email Mrs Queralt and include:

- ★ A photo
- ★ The recipe
- ★ Why you think it's healthy

Deadline: 22 May





So thank you for helping us all to:

- ★ Reduce our water usage
- ★ Decrease our waste production and increase recycling
- ★ Reduce energy consumption
- ★ Decrease the amount of litter
- ★ Become healthier

Don't forget to email Mrs Queralt with your

Recycled Craft and Healthy Recipe

Competition entries!



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