

## Energy Saving by AHS Eco Ambassador Ruby Hancox

The Eco Committee is making progress towards the Green Flag Award and as part of this we have chosen to look at energy. In school this includes reminding people to turn off the lights, projectors, and computers when leaving rooms or when not in use. There are similar initiatives with saving water by turning off taps. A dripping tap can waste more than 5,300 litres of water a year, so it is important to make an effort to ensure that taps are properly turned off after use. Both of which are things that can easily be encouraged at home.

The week between January 18<sup>th</sup> and January 24<sup>th</sup> 'Big Energy Saving Week' here in the UK. It's a national campaign to help people cut fuel bills and save energy. Apart from raising awareness on switching energy suppliers or tariffs in order to get the best deals, the campaign aims to make homes more energy efficient. It is a part of the 'Big Energy Saving Winter' campaign that runs between November and January. This week is an opportunity to find out how small changes can make us all more energy efficient and therefore save energy, money and the environment. These small changes don't have to be a huge commitment - we can all play our part by simple everyday actions, such as turning the lights off, just as we are encouraging within our school environment.

There are many easy ways to become more energy efficient in various parts of our homes. This [document](#) lists 20 easy energy saving actions and shows that saving energy, and money can simply be making a few minor adjustments to the way we currently do things. Many of these actions can also be beneficial to reducing the amount of water used per household, further reducing bills and our impact on the environment.

Examples of ways to save energy include:

- Reducing the time spent showering by even 1 minute can reduce the household energy and water bills; for a family of four this could be up to £75.
- Closing curtains at dusk to stop heat escaping through windows
- Not leaving devices (phones, computers etc.) on charge unnecessarily.
- Only filling the kettle with water required
- Turning lights off for a few seconds will save more energy than it takes to restart the light and can make savings of £15 a year.

Although 'Big Energy Saving' week in a large part focuses on reducing energy bills per household, these changes can positively impact our world. Our focus when looking at what we can do during this week is more in line with how saving energy can reduce our human footprints and environmental impact. We would love to encourage you to make some changes in your lives to positively impact the environment.

For more ways to save, switch or check you can visit:

<https://bigenergysavingwinter.org.uk/>