

April 2018

# The 3 Peas Newsletter

(Pupils Protecting the Planet)



In January Immanuel Christian School registered to take part in the Eco-Schools scheme. This is a global programme across 67 countries. The aim of the scheme is to empower children to improve their environmental awareness and improve their school environment. There are 7 topics covered in the eco school scheme these are Biodiversity, Energy, Litter, Waste, Water, School Grounds, Healthy Living, Transport and Global Citizenship. This term we have been working on three of these topics - Healthy Living, Litter and Waste.

After conducting a review of the school, we saw many positive things we do to lessen our impact on the environment, but we also identified areas we could improve on. This newsletter has been created to inform you about all the things we have done this term as part of our commitment to make the school more eco.

We have gained our Bronze eco certificate and are now working towards our silver certificate.



## Healthy Living

The healthy living topic covers a wide area of possible things the school could do. This included students having the opportunity to learn and have fun outdoors, being encouraged to eat healthy food and reducing harmful chemicals in the school environment.

## Den Building

On Mondays after school we do a school club, this term it has been Den Building. We got given a challenge to build a campsite. We split up into groups and each group made a den. Lots of people wanted moss to cover their den in and one team even made a flag! Den building is really fun. Some teams made windows and moss beds. My team made a den and from a distance you wouldn't know it was there.

By Rufus



## Food Technology and Healthy Eating

This term the year's 7s and 8s have been studying food technology and healthy eating.

**The importance of Healthy Eating:** Eating a healthy, balanced diet plays an essential role in maintaining a healthy weight, which is an important part of overall good health. Being unhealthy can lead to being overweight or obese which can lead to health conditions such as type 2 diabetes, certain cancers, heart disease or strokes. In Food Technology we have made sure we get all the vitamins, carbohydrates and proteins we need to maintain our health. For example: soups – lentil, tomato and bacon, and leek and potato soup. Also egg and vegetable frittatas and pasta bakes.



By Imogen

## Cleaning Products

When we analysed our eco-schools review, we noticed that the cleaning products we were using were not only damaging to aquatic life, but also to us. The chemicals released into the atmosphere are harmful to us and can contribute to health problems. Therefore, we substituted the old brands with new ones: Greenscents and Ecozone. These companies have a better eco rating on the “good shopping guide ethical company index”. One of our existing products scored 35, whilst Ecozone got 95 out of 100.

The ethical consumer investigated 25 toilet cleaners and gave them marks out of 20 based on ethical criteria. Our existing toilet cleaner was given a rating of 4.5, Greenscents a rating of 16.5 (the highest).

For surface cleaners the guide gave our existing spray spray a 4.5 rating and Greenscents cleaning spray 16.5, top of the table. We are now in the process of testing the efficiency of these brands and so far the results are looking positive.



By Molly

## Waste

### Mill on the Brue

On the 19<sup>th</sup> of February five students from Immanuel, alongside Mrs Gulliford joined pupils from Emmaus School for a residential trip at Mill on the Brue. During their stay they were challenged not to waste any food.

We had lots of types of foods and were challenged to make sure that we could eat everything on our plate. At the end of the table there was two waste bins, white and black. The white was for things like orange peel and banana skins. If you ate everything on your plate you would be on the zero-waste food board.

Everyone successfully stayed on the zero-waste food board.

By Isaac

## Waste Week

Alongside other schools throughout the country Immanuel Christian School participated in Waste Week during 5-9 March. The focus for the 2018 national waste saving campaign was food waste and packaging. During the Monday assembly Mrs Gulliford hid 10 facts on waste around the school. Pupils had to find these facts and read them out to the rest of the school. The amount of wasted food and excess packaging in the UK was shocking. Pupils talked about the importance of not wasting food. Mrs Gulliford challenged pupils to waste no food all week and recycle packaging. Some pupils also designed packed lunches that didn't use any throw away packaging such as crisp packets, cling film and bar wrappers.



On the Tuesday and Thursday of the week pupils bought in clothes that their family no longer needed but could be worn by other people. These were collected and can now be reused.

## Less waste at lunchtime

The school now have a small compost caddy so that children and staff can put food such as banana skins and apple cores in rather than chuck them in the main bin. Children have also been asked to take any packaging home in their lunch box so that it can be properly recycled.



## Reusable Handtowels

Handtowels have been upcycled from old Bath Towels to reduce the amount of paper towels that the school throw away. They are also washed in eco washing powder to reduce any harmful impact on the environment.



# Litter

Pupils in key Stage 1 and 2 were given the opportunity to write a poem about litter. Here are a couple:

*Litter is bad,  
It destroys habitats,  
It is upsetting,  
It spoils the view,  
Litter kills animals  
Get rid of litter!*

By Charlie

*Litter, litter, bin that bag,  
Dreadful litter very bad.  
Please recycle if you can,  
Put your rubbish in the dustbin van.  
Litter is bad flying in the wind,  
Dropping to the ground it needs to be binned.*

By Rufus

## Key Stage 1 and 2 Litter Lesson

On the last day of term Miss Cruickshank taught us about the dangers of litter. We watched a Sesame Street video with puppets singing about putting litter in the trash can and not on the ground.

Miss Cruickshank brought in a bag of litter, including a car wing mirror, hairband, netting, batteries and plastic bag. We talked about the dangers of litter to animals. Hedgehogs might get stuck in the plastic, birds might get their beak or claws caught in the net and the batteries might leak and poison the animals. After we talked about the dangers the boys and girls each got in groups of four and acted out the animals getting hurt or eating poison.

By Charlie and Tallulah

## School Litter Pick

One Wednesday lunchtime pupils took part in a school litter pick.

On the litter pick we collected plastic bags, sweet wrappers, cans, cigarette lighters and butts and a plastic box of food. We also found netting. I think this is all very bad for the environment and maybe more signage about not dropping litter would be a good idea.

By Tallulah



## Great British Spring Clean

The Great British Spring Clean was supposed to take place between the 3-5 March. Unfortunately, many organised events had to be cancelled or postponed due to heavy snow fall and freezing temperatures. One school family carried out a litter pick on the 10 March along the cycle track in Greenbank. They were surprised and saddened by the amount of litter there. During their litter pick they filled a small bag full of non-recyclable rubbish (mostly crisp packets and chocolate wrappers) and a very large bag full of recyclable litter. The recyclable litter included, 35 cans, 2 glass bottles, 4 plastic bottles, tin foil, a plastic pot, some cardboard and a metal lid. They put all the recyclable rubbish in their green and black recycle bins at home.

Immanuel School has 2 litter pickers that families can borrow over the weekends or for an evening if they would like to do their own litter pick.