

# **SOUTH WOLDS**

# **ECO NEWS**

**ECO COUNCIL | ISSUE 3**



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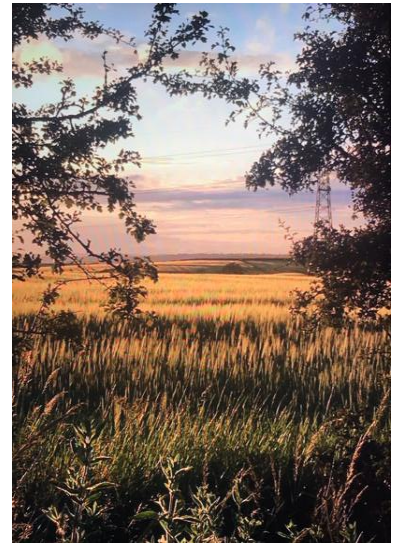
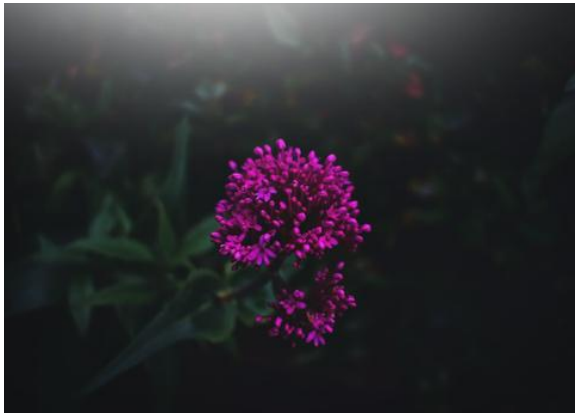
**The impacts of plastic pollution**

**Photo collage**



# Photography competition results

After receiving an incredible 212 entries to our whole school eco photography competition, we are delighted to showcase the winner on the front cover! An amazing picture by Ruby P in 7R, congratulations Ruby.



Runners up are featured here. We had such a difficult time choosing a winner because all of the photos were seriously outstanding. All photos entered are featured at the end, so don't forget to take a look! Keep a look out on @southwoldseco on Instagram where we will be posting them all over the next few weeks too.

## **Eco schools update:**

We are pleased to announce that we have just received our silver award in the Eco Schools program. We are so proud of our efforts towards getting the green flag status- we are on track and hope to be achieving this very soon!



Here is one of our fabulous eco council members telling you a bit about his experience of being involved in the council during the last year.

**"What I like most about being a member of the South Wolds Academy Eco Council is being part of a group of like-minded students, where we are all trying to make the world and the school environment just that little bit eco-friendlier and helping others to understand why being eco-friendlier is so important. There is a real team feeling amongst the student members and we all learn from each other as we come up with ideas and solutions.**

**We've all learnt a lot of skills over the last year – teamwork, creating eye-catching posters and writing short articles. But maybe the biggest thing I have learnt is to make sure we lead by example when it comes to making eco-friendly changes to our day to day lives – and that caring about the world is COOL!"**

**Iolo F, Year 8**

## The Impacts of COVID-19 on the Environment

Despite the endless disastrous impacts of the virus, it has resulted in some relief on our over-strained environment. However, there is a balance of positive and negative effects- also a new discussion of how this can affect our long-term sustainability strategies.

Starting with the more tangible negative reactions of the pandemic, there has been a significant increase in the quantity of medical waste. In Wuhan, China alone, the rate of medical waste during the pandemic was over 240 metric tons, almost 190 metric tons higher than the normal rate. Waste from hospitals was a key priority once research was published showing the virus can maintain on cardboard and metal- it also increased the awareness of disposing waste in a way that doesn't further the infectivity of the materials to more people, and also in a way that is environmentally-friendly.



Another concern is one of PPE disposal, the huge amount of plastic produced and used of course is making an impact- China's daily production rate of medical masks increased to 14.2million since February 2020. But most importantly, lack of knowledge about appropriate dumping sites- often

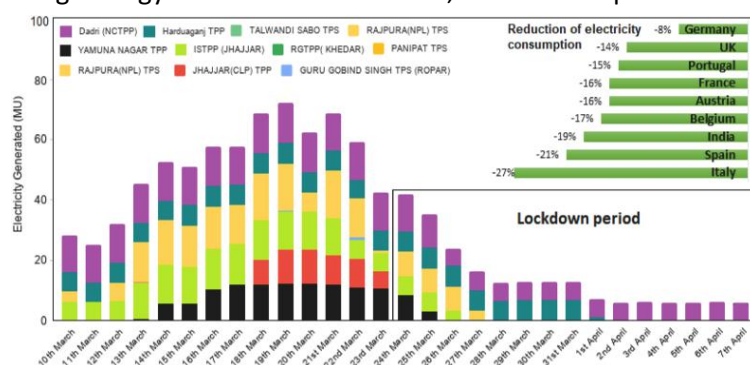


people has been binning their protection domestically or in public. This has caused a blockade in waterways & worsens pollution; it has been speculated that these plastics will become a potential source of micro-plastic fibers. This is a problem as it remains for a long time and releases toxins into the environment. Disposal of these items risk transmission and infection to waste workers.

However, there are huge upsides, strictly in terms of environmental benefits, firstly a decrease in air pollution; this is due to less travel by car, air etc. Last year in New York, the levels reduced by nearly 50% due to efforts taken to reduce transmission of the virus. Also, emission rates of NO<sup>2</sup> the cause of acid rain and several respiratory diseases has reduced from 30-60% over a series of European cities like Barcelona, Rome and Paris. It is proof of production and economic activity over the world so obviously reduced by the pandemic. Consumption of fossil fuels is also something we can look on with optimism as demand for oil has dropped 435,000 barrels globally in just the first 3 months of 2020 which helps with global warming. Energy demand is lowered too, in India coal-power went down by 26% after lockdown.

It was projected that the pandemic could cut 1,600 metric tons of CO<sup>2</sup>.

By Amy S





# Eco in the News

News stories this year that have given us hope for the future

## 5 good things to happen in the past year

### Whales made a comeback

Last year, more blue whales were spotted than ever seen before since the end of commercial whaling.

### Countries pledge to become carbon neutral

Last year, more countries opted into the pledge of being carbon neutral by 2050, now amounting to more than 110 countries. China, who are currently the larger producers of carbon dioxide, have pledged to become carbon neutral by 2060.

### Singapore became the first country to approve the sale of lab-grown meat

Lab-grown meat is made from animal cells without the need for animal slaughtering. This is great as it also eliminates the need for the land and water needed to raise animals, as well as the emissions that result from this.

### The Giant Panda is no longer endangered

Due to China changing their protection and reforestation measures, giant pandas are no longer 'endangered' and are living in protected reserves.

### Fashion saw a change for the better

Not only are thrift and charity shops on the rise, large companies have been making an active effort to recycle materials. As well as 32 large fashion companies signing a Fashion Pact, companies are individually reviewing their environmental impact. H&M, for example, have turned discarded grape skins, stalks and seeds from the wine industry into vegan leather!

## 3 things to look forward to this coming year...

### Climate-friendly rice

Direct Seeded Rice (DMS), which doesn't need to be grown in puddles, could be grown to replace rice grown in greenhouse gas-emitting paddy fields.

### Solar energy

Solar electricity is now being produced more cheaply than any other form of energy, and their efficiency is rising from 20% to 30-40%.

### Following on from the Paris agreement

World leaders will gather again in November as a follow-on from their meeting in Paris.

By Issy F

## Somebody to look out for



**Pablo Garcia Borboroglu**

Pablo Garcia Borboroglu, the founder of the Global Penguin Society, has worked to save millions of seabirds protect over 13million hectares of land.

# Team languages and their eco-efforts

An Interview by Amy Smith

Mr Roberts

Not only a genius linguist with 5 languages under his belt, Mr Roberts also makes a huge contribution to the climate crisis!

"I did a carbon audit of my lifestyle a year ago and saw that 70% came from my gas heating and food; I've bought zero carbon electricity for a long time. Also, we put in new insulation throughout the house last year- it has made a huge impact.

Transportation is also an important priority- I cycled about 4500 miles and drove only 1700mile.

Two years ago, I set out to remove almost all plastic packaging from my life done by shopping in zero waste shops (you take your own containers) as well shopping local. I also get all my toiletries without plastic packaging & trips to the supermarket are rare.

I went almost completely vegetarian last year, mainly for eco reasons. My daughter is vegan and is encouraging me to do the same but I'm not ready for that yet.

Before the pandemic we started crisp packet and pen recycling at school: that was really successful, and I can't wait to get it going again. At the moment there's nowhere we can take the crisp packets, but we are still able to collect pens. In 2021 I'm looking to build in eco work to the Duke of Edinburgh volunteering program that we run in Year 9."

Miss Dixon

Next up is everyone's joint-favorite Spanish teacher.

I do try to be as environmentally friendly as possible, reducing my amount of printing, recycling, walking, saving energy with my smart meter, reusable bottles, recycling glass at bottle bank & buy organic products.

Looking towards the future, my main goal is to use less plastic- I've been looking into reusable/refillable cosmetic containers as well as electric cars!

Miss Draisey

This dual-language pro is also putting in her best efforts to combat climate change!

I try to be as eco-friendly as possible - walking, recycling, using reusable bottles, and buying organic products. I've also been reducing the amount of meat I eat, and I am trying to be more conscious of fast fashion brands when I am buying clothes.

I would love to grow my own vegetables (had no success with this so far...) and further educate myself on fast fashion and refillable cosmetics.

Mr. Roberts: "My advice to anyone who wants to help the environment is to focus on making big changes: it's no good switching off the occasional light, if you then buy a new smartphone every year."

Miss Dixon: "try to do little and – we can't solve it in a day, but we can all do our bit to make the world a greener place"

Miss Draisey: "Start small, even the little things will make a difference: recycling paper, reducing food waste, and fixing things rather than throwing them out!

Miss Pabari: "I recommend thinking about the amount of plastic in their packed lunch box and looking for alternatives."

Miss Pabari

The loveliest German teacher is also making huge strides in her contributions!

Plastic reduction is a great place to improve- with fewer bottles in the bathroom by using solid shampoos and soaps. We use less packaging & no cling film or shopping bags. My daughter is planning a vegetable patch this year & we get organic groceries plastic-free.

My whole family are vegetarian and are cutting down on dairy by using plant based replacements where we can.

Miss Crawford recommends this...

# Interesting Instagram Post



@malalafund - The climate crisis makes it harder for girls to go to school. Yet, if all girls had access to 12 years of free, safe, quality education, they could help make their communities more resilient and reduce the rate and impact of global warming. We know girls' education can reduce carbon emissions more than other green solutions. To be exact:

- 5x lower than switching to electric cars
- 4x lower than using solar power
- 25x (!!!) lower than using nuclear power.

<https://www.instagram.com/p/CMDcrISjHB5/?igshid=16siwqz1knozb>



# Recycling



Recycling is a very important aspect of reduce, reuse, recycle. Every year 2 billion tonnes of waste are produced worldwide and only 9% of that waste is recycled. At home you can help to recycle by washing out tin cans after you have used them and placing them in the green bin. You can also collect your glass bottles and take them to your local glass recycling point. Once you have recycled something it goes to a recycling plant and from there it can be reused for other things or go back into the shops for someone else to buy, as shown in my picture.

By Edith H



# **Erin and Sylvie's Eco Recommendations**



## **ONLINE SHOPS**

**<http://www.mylittleecoshop.com>**

**<http://theecoshopuk.com>**

**<http://www.ethicalsuperstore.com>**

**<http://www.boobalou.co.uk>**

## **LOCAL SHOPS**

**<http://www.thesimplerlifeld.co.uk>**

**<http://www.dashvegan.co.uk>**

**<http://www.thegoodweigh.co.uk>**

## **APPS**

**Better World Shopper**

**Happy Cow**

**Refill**

**Too Good To Go**

**Ecoxia**

**Regain**

**deliciously ella**

**Oroeco**

## **INSTAGRAM ACCOUNTS**

**@southwoldseco**

**@gretathunberg**

**@fridayforfuture**

**@sayplants**

**@ecoschoolint**

**@futureearth**

**@consciouschic**

**@earthrise.studio**

## **What's New In Energy?**

The world population is already around 7.7 billion people, a number that could exceed 11 billion by 2100. The rising population coupled with environmental challenges puts even greater pressure on already strained energy resources.

### **Marine Solar:**

Following the growing popularity of floating solar panels on freshwater bodies, there have been numerous announcements regarding sea-based PV projects. Just last month a Belgium University announced plans to build a solar farm in the North Sea in combination with offshore wind or aquaculture.

### **Solar:**

Although this is definitely not a new energy - related technology, new advancements are constantly occurring. For instance in China, even after the government locked down large areas of the country early in the year, businesses still wanted solar. The country's main solar industry group expects a record surge in business over the next five years following President Xi Jinping's September announcement that the country will zero out carbon emissions by 2060.

### **Coal Decline**

A 67-day period became Britain's longest stretch without coal since the Industrial Revolution and helped make 2020 the country's greenest year yet for its power grid. A decade prior to this, coal formed 40% of the UK's electricity generation. Britain is going to completely phase out the polluting fuel by 2025 as a growing share of its power comes from wind farms. Prime Minister Boris Johnson also vowed to ban new gas-power cars by 2030 and spend \$1 billion this decade to capture carbon emissions from at least two industrial hubs



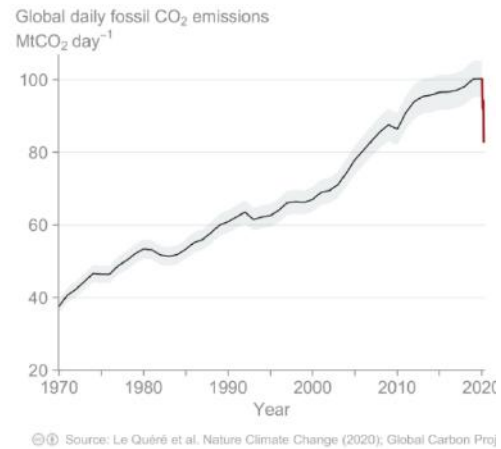
By Emily S



# Transport:

A study of 1072 people, carried out by Veygo car insurance showed that during lockdown:

- 37 % are driving a lot less during lockdown,
- 21% are driving a bit less,
- 55 % of people have chosen to walk,
- 25% of people have ridden a bike more often,



During recent lockdowns nations across the world have told people to travel only when necessary which as caused a huge drop in CO<sub>2</sub> emissions released into the atmosphere.

Another benefit of lockdown has been less flights are taking off and as air travel causes 5% of the CO<sub>2</sub> emissions in the Earth's atmosphere this partial break from flying has allowed the earth to breathe.

Air pollution levels have also dropped in the UK. Some cities have seen nitrogen dioxide levels fall by up to 60% when compared to the same period last year. This was founded by the BBC.

By Elliott R



# Helping Hand

By Maisie

Unfortunately, we are all stuck in lockdown at the minute but that does not mean you cannot help the environment. As now every little bit helps so here are some ways that you can help us:

1. Recycle: many of the products you buy on the regular can have massive impact on the world around you. Recycling plastics and other materials helps reduce waste and harmful emissions from landfills.
2. Composting: this is a process that decomposes organic matter like leaves vegetable scraps and leaves into soil conditioner that helps plants grow.
3. Reduce your carbon footprint: you can make a difference, even the smallest effort to reduce your carbon footprint helps such as on short journeys why not ditch the car and walk or cycle.
4. Conserve energy: conserving energy can easily be overlooked by many people but, it can be as easy as switching off lights or turning off your devices when they are not being used.



And finally inspire others if we all make a combined effort and work together, we can really make a big impact. Encourage friends and family to be eco-friendlier (without being too pushy) it could even be as simple as planning more outdoorsy activities or upcycling something old that you would have otherwise thrown away. But if you are not up for those then just make sure you are turning off taps and lights whenever you can.

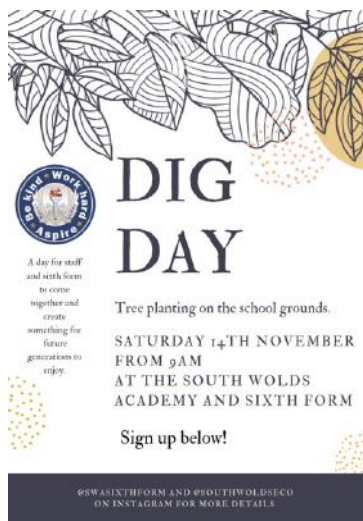
# Dig Day

To a bright and early 9am start on the 14th of November, over 40 sixth form students and many eager staff volunteered their time to help the environment. 'Dig Day' was a covid-safe event in which we planted around 400 saplings, courtesy of the Woodland Trust. After careful planning with Mr Legge, we planted on the field behind languages and the art field. Prepared with spades and enthusiasm, students and staff came together to create something extraordinary for future generations to enjoy. All of this was done as a part of the eco council's initiative to improve the school site, with the environment at the forefront of our minds!

A well-deserved reward of home-baked goods was provided by Mrs Youngson, Mr Roberts, and generous students. Alongside warming drinks, this went down a treat! The well organised event was spectacular, with over a third of the sixth form cohort turning out to graft. One student recounted that "it was a lovely opportunity to do something kind for our planet and I had a very enjoyable time!"

There were muddy boots and smiles all round...the day was undoubtedly a grand success!

By Amy Smith and Sylvie Cox





# Young Person of the Year

**"Year 13 student Sylvie Cox won the Rushcliffe Young Person of the Year award at the end of 2020. An amazing accolade for all of the work she has done with the eco council and for setting up various green projects in and around school. Congratulations Sylvie. We are very proud of you."**



**Celebrating Rushcliffe Awards Online Ceremony-**

**<https://m.youtube.com/watch?v=w7CgzJYzB4k&t=110s>**



**Winners of the 2020 Celebrating Rushcliffe Awards Presentation-**

**<https://m.youtube.com/watch?v=IFwB5nV5Wzk>**



# Low waste recipe

## Honey's Veggie chilli

### Ingredients:

- 30ml vegetable oil
- 1 onion chopped
- 400g can chopped tomatoes
- 2 garlic cloves crushed
- 300ml white wine
- 300ml vegetable stock
- 2 thyme sprigs
- 2 tsp ground cumin
- 115g red lentils
- 45ml dark soy sauce
- ½ red chilli chopped
- 1 tsp mixed spice
- 225g can red kidney beans (drained)
- 2tsp sugar
- salt
- rice and sweetcorn to serve



### Method

1. Heat the oil and fry the onions. Add in the tomatoes and garlic. Cook for ten minutes then add the wine, stock, thyme, cumin and lentils
2. Next add the soy sauce, chilli and mixed spice
3. Cover and let simmer for 40 minutes and stir occasionally. Add water if the lentils dry out
4. Add the kidney beans and cook for a further ten minutes
5. Season with sugar and salt
6. Serve with rice and sweetcorn



# The impacts of plastic pollution

## 1. Plastics kill more than just people

there are an estimated 270,000 tons of plastic floating through the world's seas where it threatens 700 marine species with its presence. Further, there is growing evidence that plastics play a role in rising rates of species extinctions.

But entangling or lodging inside the digestive tract of an unfortunate victim, like whales and other marine mammals, birds, sea turtles and fishes, is not the end of the line, because plastics do not biodegrade, nor are they digestible. Instead, large plastic pieces break into smaller fragments that are easy for even more animal species to consume. Eating plastics results in malnutrition, intestinal blockage, or slow poisoning from chemicals leached from or attached to plastics

## 2. major impact to climate change

Plastic, which is a petroleum product, also contributes to global warming. If plastic waste is incinerated, it releases carbon dioxide into the atmosphere, thereby increasing carbon emissions. Carbon emissions impact the planet significantly, as they are the greenhouse gas with the highest levels of emissions in the atmosphere. This, of course, causes global warming and ultimately, climate change.

So, you're probably wondering how you can help... Try to reuse items that are still good or take them to a store or center for pre-owned things. find good alternatives to plastic for example why not use beeswax or soy food wraps instead of cling film; these small changes create such an immense impact, and in doing so you are saving lives!

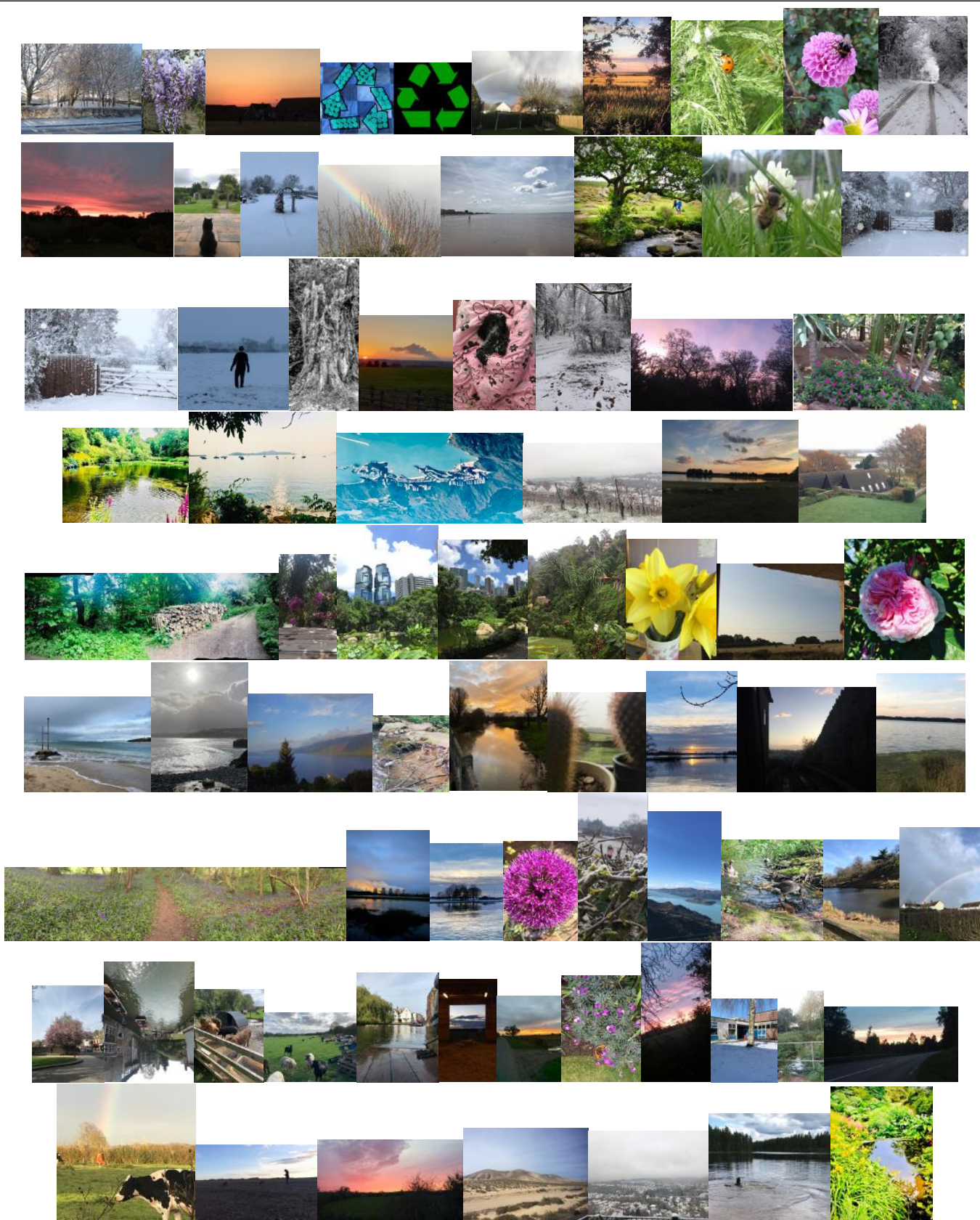
# Be Eco-friendly Be Responsible











Thank you for reading our Eco newsletter. We appreciate all of the support we get in our endeavours to become an 'eco school' and help the environment.

If you have any questions, ideas or would like to hear more about what we do then contact Sylvie Cox on  
14scox@southwolds.notts.sch.uk

**Don't forget to follow us on Instagram@southwoldseco**

**<https://www.instagram.com/southwoldseco/>**

**Last year we said goodbye to Megan, as she left sixth form in the class of 2020. We wish her luck for the future; we know that she will do great things and continue to have a positive impact on the environment. Thank you for your contributions Megan.**

**This year we happily welcomed Emily, in year 12, to the eco council, we are amazed by her enthusiasm.**

**We look forward to welcoming some new members to our eco council from KS3, shortly. Keep an eye on our Instagram page.**

**Writers-**

**Sylvie**

**Amy**

**Emily**

**Elliott**

**Erin**

**Isabelle**

**Honey**

**Husna**

**Maisie**

**Edith**

**Iolo**

**Editor- Sylvie**

**Front cover photograph- Ruby**