



SOUTH WOLDS ECO NEWS

ECO CLUB
ISSUE 4



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July 2021

We are now an official Green Flag school!



Look out for our flag
on school site next
term...



What have we accomplished?

The Eco Council have been meeting regularly online and we are now 19 members strong. After continuing to work hard on our Eco-Schools Green Flag application during these unprecedented times, I am so pleased to announce the attainment of the Green Flag award. It truly reflects our school's determination to make a real difference.

Also, we would like to thank our generous benefactor, Barbara McEwen for funding the purchase of 'Eco Council' badges. Support like this has helped to boost morale of the eco council during a time when we can't even meet face to face. The badges are made out of recycled materials and can be spotted on our members' school blazer lapels.



Goodbye



Our achievements

by Sylvie Cox

We founded the student led eco council in 2019. So far we have had 20 members and I am so proud of our efforts towards helping the environment.

What have we done in our first year?

We've launched a lunchtime eco club, ran numerous projects, released many newsletters and fundraised with cake sales. Also, we have collected and recycled thousands of crisp packets, published online articles and posters on the topics of environmental racism and plastic pollution, we planted approximately 200 trees on school site during a student organised 'Dig Day' with over 60 participants of both sixth form students and staff. We have initiated a successful school-wide used pen collection scheme, designed and placed posters all around school site in our recycling campaign, created eco display boards around school site to increase whole school awareness of environmental issues, encouraged greener ways of commuting to school such as by bike with emphasis on use of our bike shelters. We have also designed bird feeders out of recycled milk cartons and placed them around school site. Excitingly, we launched an eco-photography competition to the whole school community! Follow our Instagram account to see the amazing entries @southwoldseco

Having completed my second year of A levels and with my hopes set on attending university in September to study Communication and French. I must now leave South Wolds and the Eco Council and I am very sad to go! I will continue to help the environment at university, I will join the environmental society and vegan society and I will be checking in on the Eco Council whenever possible. So, goodbye and keep doing your bit for the planet!

Only just the beginning



Looking towards the future of the Eco Council, we already have plans in place to ensure our great work continues. I am pleased to announce that Amy Smith and Emily Shenton, who are moving into year 13, are going to take over the Eco Council in September. They are both very enthusiastic and have been devoted members thus far. I can't wait to see what they do over the next year and I am positive that we will continue to see positive change in the school environment and wider community.

We Love Summer, But Does The Environment?

Emily Shenton

Seasonal Patterns

Throughout the year, most energy is consumed from October to February, during the winter. This is of course because of the lower temperatures which cause us to have our heating on for longer hours throughout the day.

Wind Turbines

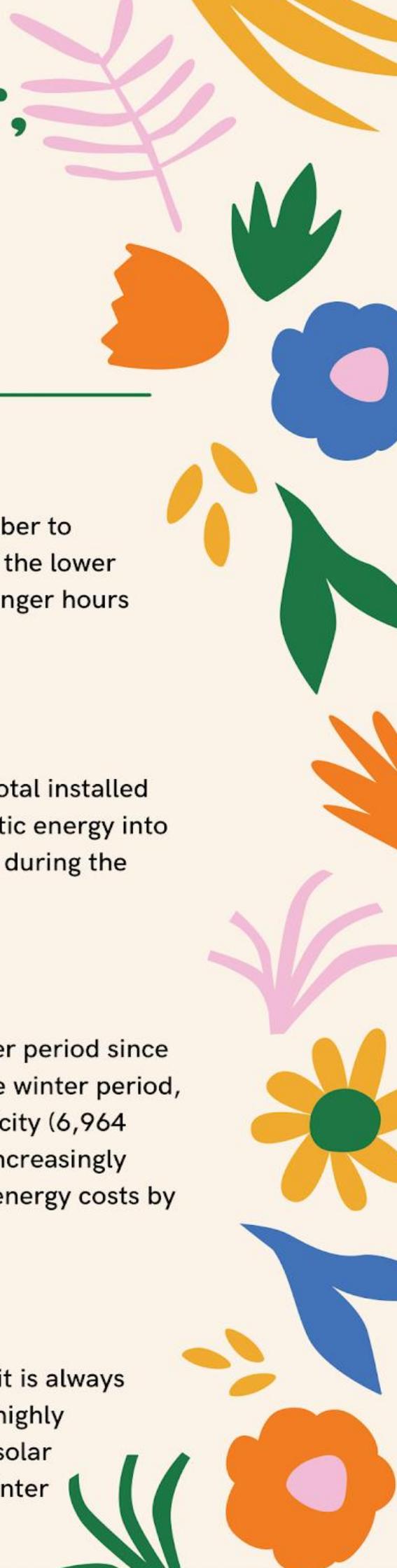
In the UK there are around 10,000 wind turbines - with a total installed capacity of over 21 gigawatts. These turbines convert kinetic energy into mechanical power and they generate most of their energy during the winter due to an increased amount of wind.

Solar Energy

As you may expect, solar energy increases over the summer period since the days are longer and much warmer and decreases in the winter period, in the summer of 2016 solar panels produced more electricity (6,964 GWh) than coal power did (6,342GWh). Solar panels are increasingly popular on new builds as it is possible for them to reduce energy costs by 10-20%.

Tidal Energy

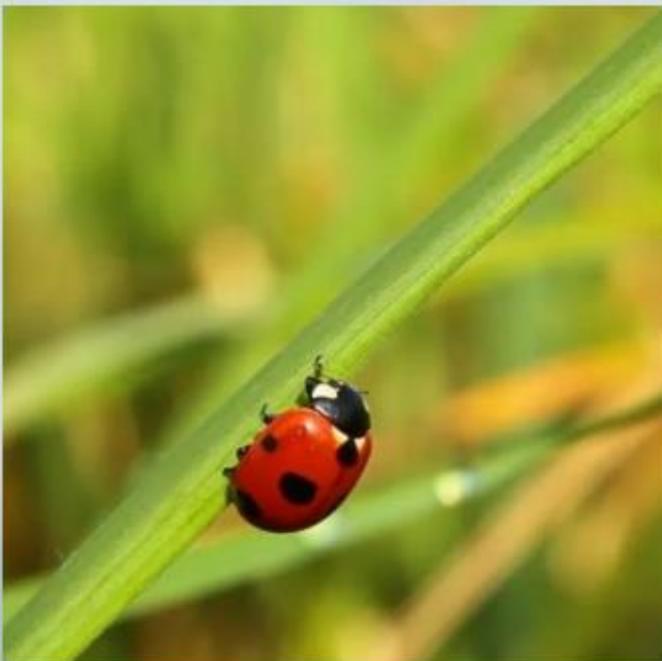
Tidal power can provide around 20% of British needs and it is always available, however due to the surface winds it needs, it is highly seasonal. It is more consistent than both wind power and solar power however the energy produced is increased in the winter months due to the increase in wind.



GRASS

REAL OR ARTIFICIAL?

Record breaking summers give us all the need to spend a bit of time out in the garden however, in an unprecedented manner, artificial grass is replacing our natural turf. The estimated value of the turf has grown 132% over 7 years. Great for rooftop, or shaded gardens, people with disabilities, and schools, faux grass can appeal to many situations.



To get to the point, faux grass provides no environmental benefits. Just the production emits carbon and releases fossil fuels & as the turf degrades it releases toxic chemicals. When the turf is too worn or toxic, it's sent to landfills- but the most detrimental effect is on our wildlife. It blocks access to our soil, starving soil dwellers (like worms) and other insects like bees from food sources.

Amy Smith

WILDFIRES

A wildfire is an uncontrolled fire that burns in wildland vegetation, and often in rural areas. They can burn in forests, grasslands, savannas and other ecosystems.

Research into climate change through the summer shows that conditions become warmer and drier, this increases drought and a longer fire season which boosts the chance of a wildfire to start.

Since the 2000's, 15 forest fires in the United states have caused at least \$1 billion in damage. Mainly from the loss of homes and infrastructure, along with firefighting costs. Alaska's record-breaking heat and dry conditions over the summer months set the conditions for the state's historic wildfire season.



Olivia Lockwood

To Mow Or Not To Mow

The pollinators of this planet need our help to survive!

What is a pollinator and why are they so important?

A pollinator is an animal that brings pollen of one plant to another so that it can reproduce. Some examples of pollinators are: bees, butterflies, moths, midges, wasps, flies and hoverflies. Pollinators are important as they help plants keep spreading around the world and are important in the production of many of our crops. So, without them we wouldn't have as many trees and plants. We would also have less food on our plates!



Sadly, pollinators are in decline. One of the reasons is loss of habitat. Flower meadows provide food (nectar) for pollinators but unfortunately, 97% of Britain's flower meadows have disappeared since the 1930s. Other problems for pollinators include: gardening chemicals, climate change and disease.

Over mowing and mowing responsibly

A lot of us have lawns and most garden owners' ideal lawn would be one with neatly cut grass at an even height and not a 'weed' in sight. These people might not know it but these so-called weeds are really wild flowers that are brilliant at providing food for pollinators and cutting lawns too regularly is depriving pollinators of food and leaving them starving!

So, what do we need to do to mow in a way that is good for us but also the environment?

There are lots of ways you can help wild flowers and pollinators get back on their feet. Here are some tips about mowing and planting that will help the nature around you thrive.

1. **Keep grass at lots of different lengths-** Different heights of grass is good for different species of plant thus, helping different types of pollinators! You could cut just the edges of your lawn and leave the rest to go tall but, it is really up to you!
2. **Reduce the amount you mow-** This year, lots of people signed up for [#NoMowMay](#). Why don't you sign up for that next year? And there's always [#LetItBloomJune](#) or [#KneeHighJuly!](#)
3. **Create your own mini wild flower meadow-** Choose a small (or even large!) area of your garden to convert into your own wild flower meadow. If you don't have a garden, then you can use a window box instead. Here are some flowers that you can put in your mini meadow and are great for pollinators! Long grass flowers - Yellow rattle, Oxeye daisy and Common knapweed. Short grass flowers - White clover, Bird's-foot-trefoil and Self heal.

For more ideas of how to get the best out of your lawn, click [here](#).



By Lucianne H

The Impact of Summer's Increased Tourism on the Environment

By Rebecca North



As well as plastic pollution, tourism also contributes to more than 5% of greenhouse gas emissions, with travel accounting for 90% of this.

Here is a link to a live counter of approximately how many tons of CO2 have been emitted globally this year:

<https://www.theworldcounts.com/challenges/climate-change/global-warming/global-co2-emissions/story>

With summer comes tourists, and with tourists come masses of litter, especially on beaches which is possibly the worst place for litter to be. Once on the beach, the litter gets swept into the ocean by retuning waves, and harm the ocean world. 100 million marine animals die each year from plastic waste alone.



While the negative effects of summertime tourism outweigh the positives, there still are some positives. For example, raised awareness. In some places, there are national parks, game reserves, and/or conservation areas which help inform people about how badly we have hurt our planet.





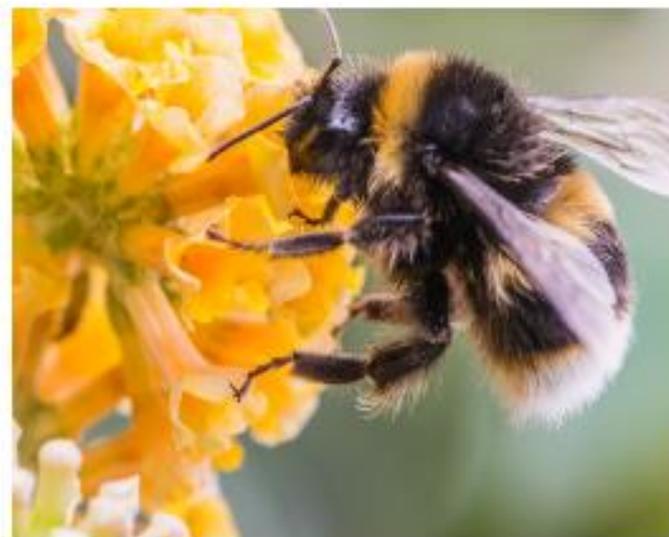
HELP THE HUMBLE

By Tom Barnes



DID YOU KNOW?

- There are over 270 different species of bee in the UK
- Since 1900, 13 species of bee have become extinct, and another 35 are at threat of extinction
- All worker bees are female!
- A bee only produces 1tsp (5g) of honey in its lifetime
- To produce 1kg of honey, bees fly the equivalent of three times around the world.
- Bees don't want to sting you as if they do they will die



WHY ARE BEES IMPORTANT

Bees are the perfect pollinators, as they are so busy flying from one place to another (trees, plants, flowers). This affects the fruit and veg we eat, and the crops we feed our livestock. Without them, it is estimated it would cost farmers an incredible 1.8 billion pounds to pollinate their crops themselves

WHY ARE THEY DISAPPEARING AND HOW CAN WE HELP

Bees are in decline globally, not just in the UK. Habitat loss from urban development and also tree and meadow destruction play a large part, as do pesticides used by farming and households.

We need to be kind to our buzzy friends:

- Plant bee friendly flowers in the garden, preferably colourful ones, bees love colour!
- Bees need shelter; you could make them a bee hotel!
- Don't use pesticides in your garden
- Buy local British honey to encourage the levels of bees in this country to go up.





How do animals with fur cope with the summer heatwaves?

By Will Bee

Sweating: Humans and animals use sweating to cool themselves down. Some canine families even sweat from their feet.

Radiating heat: Elephants and jackrabbits can radiate heat from their ears, blood flows into the ears and carries heat out of the body, and cooler blood re-enters the bloodstream, reducing the effects of heat.

Estivation: Some animals such as toads and snails will go into a state of dormancy during hot weather to avoid heat and drying out. They may burrow underground to escape the cold and hunger.

Hiding out: Many animals seek shelter during the hot part of the day such as reptiles like lizards and snakes as they can die after only a few hours of exposure to the hot summer sun, these animals seek shelter under rocks and in burrows. Turtles will go into deeper water during heat waves and freshwater fish such as bass also seek cooler, deeper waters during the summer heat.

Panting: Many animals get rid of excess body heat by breathing rapidly. Almost everyone has seen dogs do this. Birds also pant and they have an elaborate breathing system that includes air sacs in addition to lungs and that helps them get rid of excess heat by panting.

Shedding: Losing body hair is a major way that mammals cope with heat. In winter, animals in low temperate zones put on heavy coats to keep warm, but in summer they do the opposite. Hormones in the body cause their dense winter coats to fall off, usually in patches, to be replaced with a lighter summer coat.

Taking a dip: Many animals seek water to cool down. Elephants often cool off in a pond or stream. Domestic pigs, which don't sweat, wallow in water or mud on hot days; mud also protects them from sunburn. If you provide water for backyard wildlife, you will find that birds, toads and turtles will benefit from access to water, especially as temperatures climb.

Rocky Road Recipe

Ingredients:

- 200g digestive biscuits
- 135g butter or margarine
 - 200g dark chocolate
 - 2-3tbsp golden syrup
- 100g mini marshmallows

Method:

· Firstly, place 200g digestive biscuits in a freezer bag and bash with a rolling pin or just the side of your fist until they're broken down into smaller pieces.

· Next melt 135g butter or margarine, 200g dark chocolate and 2-3 tbsp golden syrup over a gentle heat stirring constantly until there are no or almost no more lumps of chocolate visible

· Now, Take the biscuits, 100g mini marshmallows and stir into the chocolate mixture until everything is completely covered.

Finally Tip the mixture into the lined baking tin and leave to chill.

How to help the environment this Summer...

as we enter summer and the weather is increasing in temperature so we need to wearier of the impact we make on the environment.

To start off, the summer heat can increase the growth of bacteria and viruses creating a greater chance for the spread of disease. this is important to be kept under control now, more than ever. Also, a warmer climate in areas will create an atmosphere in where increased wildfires and declining water supplies are more common resulting in difficult times for many people across the world. It is causing long term changes to weather patterns that are destroying livelihoods.

So, what can we as individuals do to help with this?

Change your carbon footprint- a fun way to help the world is to set yourself goals and start on an enjoyable journey to low-carbon living. You could do something like making one day of your week dairy free or lowering your red meat intake or even if your work is close enough try cycling there instead of driving.

Reduce your energy usage and bills- this can be something so simple such as flicking off a light switch when it is not needed or turning off the tap when you are brushing your teeth. This change will not only help the environment but also lower the cost of your bills.

Cut back on flying- if you need to fly for work you could consider using video calls instead, which a lot of us have had some experience within the past year. For leisure trips choose nearby places and fly economy as on average a passenger in business class has a carbon footprint 3 times higher than someone in economy.

Many of your everyday chores add up to have a massive effect on climate change so this summer whilst you are staying hydrated consider buying a reusable water bottle. And make sure to look after the environment as much as you do yourself.



By Maisie Butters

How the summer benefits the environment and nature



By Edith
Harrison



Flowers bloom to attract insects, which then carry pollen from one flower to another and fertilize the growing fruits and seeds.



Summer is the best time for plants and flowers grow to flourish and blossom! Due to warm weather and sunny days they are growing very quickly and also have a chance to dissipate. Wind helps plants to scatter their seeds.

In the summer the sun is the most active, it means that everything in nature gets a lot of energy from the sun, to support life. breeding

Summer is full of colours, everything around is flourishing, the birds are singing. Plants and trees are giving fruits, a lot of flowers are blooming with the different colours and it can smell amazing.

Animals are active in the summer. They go hunting, reproduce, and they start to store energy, that will be necessary for them in the winter and autumn time.

Summer for animals is one of the best times in the year. They have a lot of food to eat, place to live and due to warm weather, they do not need a special shelter



plastic on beaches

why you should pay more attention this summer!

plastic pollution on the beach has began to increase drastically since outdoor areas have been slowly opening, although this issue has be prevalent for a long time, as of our current circumstances, the drastic increase has been too much. so to this i plead you to pay more attention to your actions, it may sound little, but it makes a much greater impact, by not disposing of waste correctly we are damaging our environment, not only that but it makes the areas look drained, saddened and unappealing, making the area seem awful, however by making small changes by correctly getting rid of waste, you are making a sizeable impact :)



By Husna Dar

Car idling

Car idling is when a vehicle engine continues to run whilst it is stationary, causing environmental damage.

As you may know, there are many harmful vehicle exhaust fumes in the air causing a major impact on climate change and air quality. If we all put the effort in, then we can make a difference together!

Ways we can help

- 1) when in traffic or dropping someone off, definitely turn your engine off! Firstly, it saves money and secondly it helps the environment majorly.
- 2) purchase an electric car. This will help because it does not run on petrol or diesel so the chemically air fumes don't infect the air .
- 3) try using local transport or going on a bike. You can also get much more exercise and be healthier.



Bella Anelay



How you can enjoy this summer...

Here is a list of covid-safe activities that can also benefit the environment:

- 1 Walking, running or hiking - why not enjoy some fresh air and reduce your carbon foot print at the same time by travelling by foot instead of travelling by car.
- 2 Cycling, skateboarding or roller blading - why not take up a new hobby that you can enjoy on your own and with others while maintaining a safe distance.
- 3 Fitness classes that are held outside or virtually - why not improve your health and have fun with others.

We understand that this can be a difficult and confusing time for everyone and so it's important that we help each other wherever possible. But it's also important to not take our eye off the environmental battle we have at our hands, so remember to also help the environment wherever possible.



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