

The background of the entire page is a repeating pattern of orange slices. Each slice is depicted with a dark brown outline and a lighter orange interior, showing the segments and the central core. The slices are arranged in a grid-like fashion, overlapping slightly.


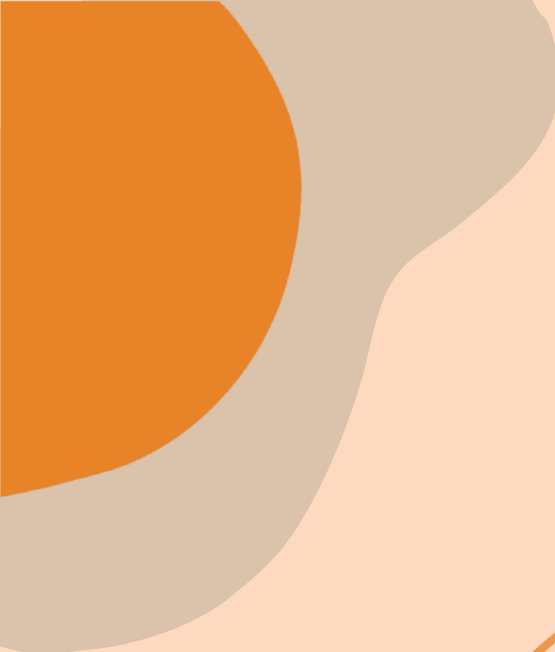
Eco Council Newsletter

**Summer 2022
Issue 5**

TABLE OF

CONTENTS

- 1 ECO CLUB LEADERS
- 3 SUSTAINABLE SUMMER
- 4 ALTERNATIVE BBQS
- 5 STRAWBERRY LEMONADE
- 6 SUPPORTING WILDLIFE DURING A HEATWAVE
- 7 SAVE WATER WHEN WATERING
- 8 ATTENTION DOG LOVERS
- 9 THE IMPACT OF LITTERING
- 10 BEE-FRIENDLY GARDENING



"Buy Less,
Choose Well,
Make it Last"

ECO CLUB LEADERS



new beginnings



What is in store for this

year?

After completing my A levels, I am now leaving South Wolds and so therefore the eco council in order to begin a degree apprenticeship. The eco club has allowed me to develop many skills including my leadership, organisation and technology skills as well as allowing me to develop a new outlook on how I can be of benefit to a modern society. From this I have managed to gain a six year level 7 solicitor apprenticeship with a five star full service law firm in Shrewsbury where my degree and educational fees will be paid for in full. I'm excited to see where this new journey takes me and will be sure to keep helping the environment in anyway I see possible in the future.



Emily S



Isabelle F

Looking towards the future of the eco council, we already have plans in place to ensure that our great work for the environment continues. I am pleased to let everyone know that Isabelle Freeman in year 12 will be taking over as head of the South Wold's eco club. Isabelle is extremely enthusiastic and hard working and I know that I am leaving the club in great hands. I'm very much looking forward to seeing the development of the eco club and continued positive change in the school environment and wider community.



ECO CLUB LEADERS



new beginnings



What have we accomplished this year?

This year we have ran numerous projects, written many articles and produced multiple newsletters for not just the school but also for the Keyworth Parish Council. After writing our annual summer newsletter, the local council got in touch to ask us if we would produce a monthly article that would be published and sent to over 10,000 local people, advising them on how they could and should make a difference to the environment.



Additionally, we have increased the size of our eco council in comparison to last year so that more exiting and creative projects can continue to take place. For instance this year we have managed to increase the number of crisp packets, bottles and pens that have even collected and recycled from both students and staff in order to improve the school environment.

In particular, one of the stand out moments this year was being invited to be a Green Growth Champion for the Midland's Engine - one of only ten in the county.

Over a few months I participated in zoom calls and group planning sessions in order to design an assembly for Members of Parliament and private and public sector leaders. The assembly was presented in the early months of 2022 in order to bring a young person's insight to the environmental challenges that we currently face.

**MIDLANDS
ENGINE**





We all know that summer is hot and we all know that it might be an obstacle to get through for some people. That's why we're here to help you in your Sustainable Summer journey!

sustainable summer

by Harikanth Ki

1- Make sure to stay hydrated! Even though this article is about sustainability, staying hydrated is still a crucial part of Summer! Staying hydrated can also reduce acne and have other health benefits!

2- Try to shop locally. Shopping locally can really reduce your carbon footprint and has benefits for the environment.

3- Try to buy sustainable products when you can. Although this might be hard at first, the switch from non-sustainable to sustainable can really impact the environment around you and can lead to a safer and cooler summer in the future!

4- Try using up less water. For example, filling up a swimming pool every week and using water balloons everyday. If, you do want to keep doing these things go for a more eco-friendly way like using re-usable water balloons!

To find out about this topic and more visit : trvst.world



Alternative

BARBECUES

By Thomas C-B

The veggie options

Many people say that you cannot have a barbie without the meat, but with the vegetarian options increasing at a rapid rate, is this really still true? There are hundreds of amazing options out there to replace the meat on your barbeque. For many of them it is actually hard to tell the difference from meat! Why not try a Linda McCartney's Mozzarella Burger, or Richmond's meat-free sausage? With so much available to you, it is so easy to do! Taking the eco-friendly option does not have to mean removing all meat off the barbeque menu – you can still make a difference by just limiting how much of it you eat.

The fuel problem

Although charcoal may be great for cooking your food, it is also cooking our planet. Charcoal is basically pure carbon, so burning it releases high levels of carbon dioxide, carbon monoxide and many pollutants such as soot, which has the ability to travel deep into your lungs. A much better option for cooking your food is investing in a gas barbeque, which produces far less carbon dioxide than a charcoal barbeque. A study shows that it produces half the amount than charcoal. Even with gas being driven from fossil fuels, it is much better for the environment. However, if you are a lover for a good old charcoal barbeque, there are

some environmentally friendly options. The best one is Big Green Egg 100% Organic Lump Charcoal, which claims to be free of additives and made from 100% premium, organic American oak.

As an alternative, if you love the taste of the Barbie but do not want to impact the environment, there are ingredients you can add to get the same smoky flavor, such as Smoked Paprika, Smoked Olive Oil, Black Cardamom or Chipotle Peppers. These days, you can even get Liquid Smoke!

THE BIGGEST FACT...

A classic summer barbeque for 4 people releases more greenhouse gases into the atmosphere than an 80 mile car journey!!!



Strawberry Lemonade

You don't need to buy refreshing drinks from the store, why not try this homemade recipe instead?

Ingredients

- 175g Sugar
- 400g Strawberries (Quartered)
- 5 Lemons, juiced

Method

1. Tip the sugar with 1 litre water into a saucepan over a medium heat and heat, stirring, until the sugar has dissolved.
2. Remove from the heat and leave to cool completely.
3. Put the strawberries in a blender and blitz to a purée (strain this through a fine mesh sieve to remove any seeds, if preferred).
4. Tip the strawberry purée into a large jug with the sugar water and lemon juice, and stir to combine.
5. Pour into glasses filled with ice and serve garnished with whole strawberries.



DID YOU KNOW that around 2.5 billion single-use disposable beverage cups are consumed in the UK each year?

How To Help and Support Your Local Wildlife During A Heatwave

By Rebecca N



We're not the only ones who have to figure out how to beat the heat, animals and plants do too. Here are a few ways you can keep your local wildlife happy.

1

Keep The Water Flowing



Whether it be by bird baths or small bowls of water, it will be much appreciated. Bird baths are good for creatures who can reach them but aren't as easily accessible. Small, shallow bowls of water are perfect for smaller animals, like hedgehogs but if you don't have a shallow bowl, the RSPCA suggests putting a stone or stick in the bowl to make it easier for the animal to climb out.

2

Maintain your garden

Without plenty of water, the beautiful flowers and plants you have in your garden will quickly wilt and die. These plants are always essential for bees, butterflies and other pollinators.

3

Provide Shade

Whether they are pets or wild animals, they will be needing shade (just like we do!), So please try to create shaded areas wherever possible. Putting up a sun umbrella is always a good and fairly easy option, but there are lots of ways to go about it

4

Helping Bees and Butterflies



They may not be what you first think of to protect, but they struggle too. Much like birds and hedgehogs, bees will be wanting a shallow bowl of water with pebble or rocks in the bottom. The pebbles will help to stop the worker bees from drowning when they come for a drink. And don't forget to look out for any bees struggling for energy and use the classic sugar water solution on a spoon to give them the burst of energy they need to fly away.

To help butterflies, creating a butterfly feeder is a great option. Hang up some fruit like halved oranges or bananas with vertical knife slits through the skin to allow butterflies to reach the fruit inside. These can also be helpful to other flying insects such as stag beetles.

Here is an alternative way to make a butterfly feeder: (Watch between about 0:10 and 1:20)



<https://www.youtube.com/watch?v=1s78bc5k0>

How to save water when watering plants in the summer



Use a watering can rather than a hose

Watering using a can helps you to control the rate of flow, meaning that you're not wasting water. If you do use a hose, invest in a trigger to help you control the flow instead.



Re-use rainwater

In addition to efficient watering practices, watering your home's landscape with rainwater or reused water can help relieve the strain on the local water supply.



Apply water only to the soil around the plant

Watering directly onto the soil prevents the leaves from catching water unnecessarily.

By Rebecca C



ATTENTION DOG LOVERS

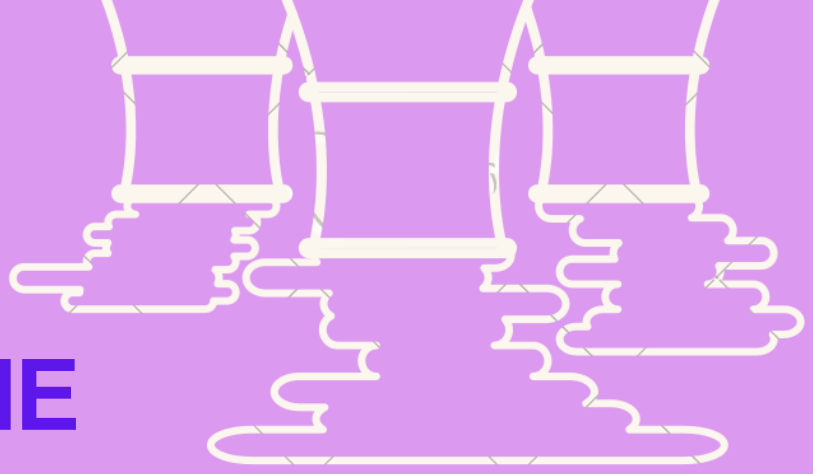
Some of our furry family members overheat easily and it's important to keep them cool so here are some good ways.

-During the summer our dogs may get a bit lethargic and drink less so putting a couple extra water bowls down can only help.

-If you see your dog looking a little uncomfortable trying to relax putting a half full water bottle in the freezer and tightly wrapping it in a towel under there bed could make all the difference.

-Last but not least, time to get your dog's friendship going with your local owls or your early birds swapping out there lunchtime walk for a pre-sunrise or post-sunset will be appreciated as the concrete will be cooler and it will be much easier on their eyes paws and skin

THE IMPACT OF INCREASED LITTER IN THE SUMMER.



By Lucianne H

Litter, at any time of the year, is a bad thing, but in the summer, with its longer and warmer days, much more of it is found. This is because warmer weather encourages people to head to the park or the beach; to have BBQs, picnics, go for walks or bike rides in the countryside.

Litter can harm the environment in many different ways:

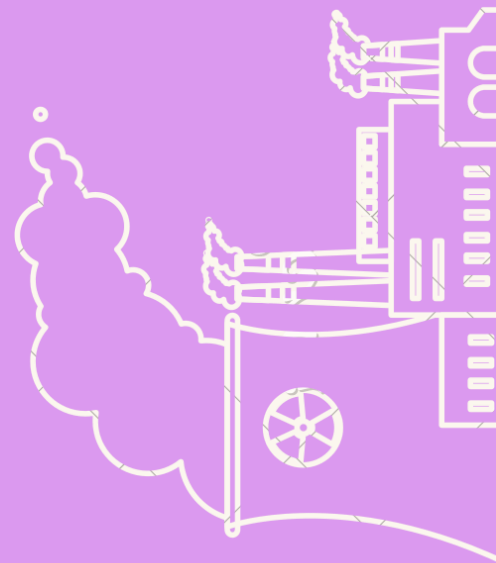
- Litter can harm wildlife. Animals can get entangled in rubbish like empty crisp packets and small animals can get stuck in discarded bottles and end up dying. Some animals may eat litter with harmful toxins in them like cigarette butts which could cause them to develop underlying health issues.
- Litter creates visual pollution. It spoils the way areas look for everyone.
- Litter, including food waste, dog poo bags, nappies (particularly on warm days) can quickly start to smell, attracting rats, creating a breeding ground for germs.
- It is also a massive cost to the government and local councils to clean up.

How you can help:

- If there is a bin nearby when you go outside in the summer and you have rubbish on you, put it in the bin.
- If the bin is full or there are no bins, take it home and put it in the bin at your house.
- Just because you see litter in an area, don't be tempted to drop your own.

DON'T DROP LITTER

Even if it's tiny, it will have a big impact that will affect everyone



6 WAYS TO MAKE YOUR GARDEN BEE FRIENDLY.

by Aiqi F



Plant bee friendly plants, these include: Cosmos, Geums, Hellebores, Lavender, Buddleja, Crab Apples, Wallflowers, Single Dahlias and more.



Believe it or not weeds are actually very good for bees as they provide pollen early in the season. So let your garden over grow a bit.



Place a small dish of sugar water. Take a small, shallow dish (shallow enough for a bee to stand in) and fill it with sugar water. This is great for injured or tired bees to gain energy. Don't use honey.



Make or buy a bee water feeder. You can make one by filing a saucer with water – ideally rain water – and put a few different sized stones in it that are large and stable enough to give bees a safe place to drink from.



Make a bee hotel out of plastic bottles. First, cut the top and bottom off. After you have done that, stuff it with sticks or bamboo with holes in them. Finally, place it in a south facing direction where it is a dry and quiet place.



Eat sustainable honey . Due to industrial honey making, bees suffer making honey as too much is taken at one time creating a stressful environment. So eating sustainable honey means that when honey is produced not too much is taken at one time creating a non-stressful environment for the bees.

Edited by Isabelle F

WITH THANKS TO

Emily S

Hari K

William B

Thomas C-B

Rebecca N

Rebecca C

Lucianne H

Aiqi F

@SOUTHWOLDSECO on Instagram

