



The South Wolds Academy

# Eco Council Newsletter!

Winter 2022 | Issue 6



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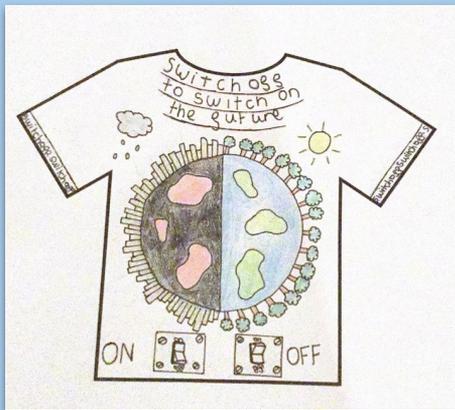
# What's been on...

## Switch off fortnight

South Wolds took part in the Switch Off fortnight national campaign. During this period we raised awareness with both students and staff on how to reduce energy usage in school. We created posters which were displayed around school, checked that appliances were being switched off at the end of the day, and held a T-shirt design competition. We are looking forward to see how we can implement the skills we've learned during this period going forward.

Libby T's design has been chosen out of hundreds submitted for the Secondary School category by the organisers. Libby will receive printed shirts from Teemill and have the opportunity to visit the factory to meet the design and production team. Look out for the printed shirts in the new year. Congratulations Libby!

Congratulations also goes to Florence D-S for the winning design chosen by the Eco Council (Design below).



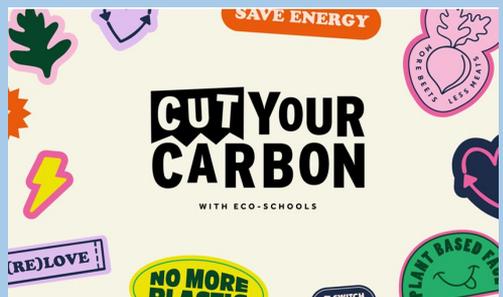
## Printing

The School has been awarded certificates from Polycopy on making the right choice with selection and demonstrating commitment to help building sustainable future, by choosing Kaskad and MyCopy paper for printing which is 100% sustainable.

## Cut your carbon

We're excited to next participate in the Cut Your Carbon campaign in February. This will enable us to focus on 3 main areas through the following projects

- (Re)love our stuff
- Energy investigators
- Plant based portions



# Supporting your garden wildlife this winter:

By Rebecca N



**As temperatures drop and trees become bare, the plants and animals in and around your garden need your help more than ever. Luckily, there is plenty you can do to help your local wildlife, for example:**

## Keep some areas of your garden messy!



While most people take pride in a nice, neat garden, animals need an area of warmth and shelter. By just leaving a few twigs and dead leaves and an area, you have created the perfect spot for hedgehogs to hibernate!

It also makes a lovely habitat for insects and bugs.



## Give them some food

Food is hard to come by for most animals in winter, especially for birds, so leaving out some birdseed or even some broken up bread is the best Christmas present you could give them! It is suggested to use a variety of birdseed to ensure you are catering to as many different bird species as you can.

Having a lot of shrubs and plants in your garden is also ideal, as it gives animals whose diet consists of leaves plenty of food.



## Make a bug hotel and put up a nesting box

Bugs and insects need a warm and cosy space to hibernate in the cooler months, so making a bug hotel – whether it be made of wood or bricks – is just what they need. Insects are also beneficial to your garden, as most are pollinators and some help to ward off pests.

As for the nesting box, it gives birds a safe space to build their nests in the winter months. Some birds even come back and visit it in the spring!



## Provide fresh water

As ponds and lakes freeze over, it becomes hard for birds to source water. Give them a helping hand by leaving out fresh water or keeping bird baths topped up and ice free. If you have a pond, you could melt a hole in the ice using a hot frying pan to give the birds and other wildlife access to the water, just make sure if they fall in they have a way out.



**Have a merry christmas and keep your local wildlife safe!**

# How to have a sustainable christmas dinner:

It's no secret that we all love a good turkey on Christmas day, but is this really as sustainable as we thought. Over 900 million livestock are bred in the UK, and we only take up 0.048% of the earth's surface. This number overall comes to an unbelievably high 56 billion livestock over the planet.

Not only this but it is currently estimated that 14.5 per cent of global greenhouse gases are produced due to waste products of animals, which is more carbon emissions than all the cars in the world put together. To put it in the perspective of our Christmas dinner, a kilogram of beef protein reared on a British hill farm can generate the equivalent of 643 kg of carbon dioxide, 749 kg from lamb. One kilo of protein, from either source, causes more greenhouse gas emissions than a passenger flying from London to New York. Lucky for us, turkey is one of the least harmful meats! Or why not try one of the many non-meat alternatives that can be purchased from all the major supermarket brands.

Over one third of food doesn't reach our stomachs globally, that's one third that goes in the bin rather than our belly. This means that in UK households we are throwing over 7,000,000 tons of food away each year. We all need to reduce our food waste this Christmas!

Here is a handy video with many methods to halve the environmental impact of your Christmas dinner.

## How to have a sustainable Christmas

The University of Sheffield

[https://www.youtube.com/watch?v=lkPeZHE1irA&feature=emb\\_imp\\_woyt](https://www.youtube.com/watch?v=lkPeZHE1irA&feature=emb_imp_woyt)



# Pollution News!!

## Plastic pollution

### How can we help during christmas?

There are a few examples of ways that you can help out with plastic pollution during christmas...

1. Buy brown recyclable wrapping paper instead of the laminated ones.
2. Make your own christmas cards instead of buying them (see later in the newsletter!)
3. Make your own christmas decorations such as origami stars, pine cone garland, or even salt dough ornaments.



### Chicks, plastic and glitter:

We have recently found out that sadly some sea birds have been found collecting pieces of plastic such as glitter out in the sea because they were mistaking them for fish and feeding it to their chicks. In Skomer off Pembrokeshire it was found that 9 out of 12 fledglings and 15 of 22 adult birds had swallowed at least one piece of plastic. One study also found 70 fragments in the birds stomachs!

## Air pollution

### Electric cars

In my opinion, electric cars are an extremely good idea to minimise air pollution. On the other hand not everyone can afford them as the cars are very expensive, but not only that they drive your electricity bill through the roof.



### How can we help reduce pollution in the air?

There are many different ways of reducing air pollution, for example instead of going into town by individual cars you could use public transport, walk or even cycle. Another way you could reduce pollution is to car share which is where you travel as a family in one vehicle instead of 2 different cars which drastically affect the environment.

By  
Sienna W





# 5 Ideas for an Eco Friendly Christmas



One way to have an eco friendly Christmas is to use different materials to plastic for decorations for example wood or paper.

Use different kinds of candles such as soy or beeswax instead of normal candles.



Another idea could be to recycle stuff you have lying around the house to create a homemade Christmas.



A more simple one could be to just be recyclable wrapping paper and bags when it come down to presents.



When it comes down to the dinner try buying organic and free range food and you'll see that it tastes just as good (if not better). You also get the satisfaction of knowing that you're helping the ecosystem at the same time - how cool is that!



By Harry D

# The Ethics Of Butchering

By Rowan S

## The law in the uk.

In the UK, meat is defined as mammal or bird skeletal muscle with natural tissue fit for consumption, so technically fish isn't considered to be meat. You are only allowed mammals with 25% fat content. You are not allowed to sell any meat if it is uncooked whilst having these things in it; feet, intestines(except sausage skins), lungs, oesophagus, rectum, spinal cord, spleen, stomach and udders. If the animal was poisoned for death then cleaned it would be considered a form of animal cruelty and would be arrested and fined.

In my opinion the laws are decent as they try to make sure the animals go safely and try to make sure that humans are able to consume them easier. The issue is that some food will be wasted as we can actually eat lungs and intestines but it is illegal to put them in food uncooked.

## What companies say they do.

Companies in Britain such as Aldi use the red tractor to source reliably well looked after meat. The red tractor with meats such as poultry, has three certificates: certified standards, Enhanced welfare and free range to make sure all the animals are well looked after and not treated poorly.

For red meat there is only one certificate but they have rules they have to follow.

1. Anyone working on a red tractor farm is competent and trained.
2. All cattle are tagged twice in their 20 days of birth and have a british passport.
3. Safe and comfortable homes for the cows
4. Kept in appropriate groups so and so forth.



There are other things but go to the website if needed to see more information.

I think doing this is very important to do as it tries to let the animals live safely and try to live their best lives before being killed but they are killed nicely at least though in my opinion nothing can be killed nicely so life is difficult for the animals still I Would imagine.

## My opinion

In my opinion you cannot say what is ethically correct as you cannot see through the eyes of the animals being killed so we don't know if they care for being killed or not as they are not on the same level as sentience or not. It will always depend on people's opinion as humans don't have a full system of proper ethics. For example a christian could say it is fine to kill animals as we have use of them as a food source and in the book of genesis it seems to say that god made the world perfect for humans so we are allowed to eat animals. So in conclusion it depends on what the person's ethics are and what the animals think. If an animal became sentient, would we still eat it.

# ECO BRICKS!



Eco Bricks are plastic bottles filled with soft, single-use plastics. They are very practical - being useful in place of several materials and even having been used as bricks for houses!

Approximately 10 million tonnes of plastic waste are dumped into our oceans each year and some reports say that this kills 100 million marine animals every year. Eco bricks are a great way to help reduce this burden and protect marine life.

## How to Make an Eco Brick (It's really easy!):

### You Will Need:

- Plastic Bottle
- Single-Use, Clean Plastics

### Instructions:

1. Take a clean plastic bottle and stuff in as much clean plastic as possible.
2. Put the lid back on the bottle.

**That's it!**



*By Bethany W*



*Please note: Eco bricks can take a long time to make and cannot contain food wrappers unless they have been thoroughly cleaned.*

# Benefits Of Making DIY Christmas cards

One benefit of homemade Christmas cards is that they are more sentimental and mean more to the people receiving them. Therefore, they are less likely to be thrown in the bin when Christmas is over. This would mean avoiding wasting the paper or card and also avoiding cutting down the much-needed trees.



Finally, you can recycle things like sweet wrappers to show a stained-glass sort of style, which avoids them ending up in the ocean. Or you could use scraps of ribbon and wrapping paper instead of just throwing them away. You can use plenty of things that otherwise would have been wasted.

**By Rebecca N**

**Merry christmas :)**



Another reason that DIY cards are the way to go is that instead of over-buying cards to give to everyone you've met, you would be giving to a more select few. This would mean that, again, you would be using less card and therefore cutting down less trees.



Making Christmas cards is a fun activity. If you are struggling to think up what to do, there are all sorts of brilliant examples on google, Pinterest, and other websites. All it takes is a quick search!

# How to help birds in winter



The temperature has been dropping very quickly now that we are in December. Both humans and wildlife have been trying to keep warm and this includes birds. Here are some tips to help them through the winter months.

- Get or create a bird feeder. They often struggle to find food in winter and putting some out for them will mean that they don't go hungry. You can also easily create your own feeder. If you follow this link it will take you to a step-by-step process of making a bird feeder out of a bottle! [How To Make A Bird Feeder | DIY Homemade Plastic Bottle Bird Feeder - YouTube](#)
- Birds also struggle to find water that isn't frozen. Try to have a way that birds can get water in your garden that is unfrozen. Cracking the ice open will help keep birds hydrated
- Try to provide a place that birds can live, like a bird house. You can also use small bushes that birds can use for shelter.

We need to help birds as many of our garden birds have drastically declined and helping the birds in winter will make sure there are more birds in spring. Can you imagine Christmas without a robin?

By [Lucianne H](#)



# Switch off fortnight

By Isabelle W (7R)

14-27 November

## What is it?

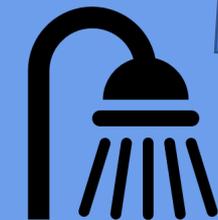
Switch off fortnight is a nationwide campaign that takes place every November to encourage schools to switch off lights and electrical appliances for 2 weeks.

## What can I do?

1. Turn off lights when not in use, as this will help you save electricity in your house.



2. For those tea lovers out there, only boil enough water for what you need, as this will help save water AND electricity in your home.



3. When having a shower, try and limit your washing to 4 minutes. This will help save water and electricity!



4. Switch off TVs and electrical appliances. **DON'T LEAVE THEM ON STANDBY!** Before going to bed or going out, make sure to turn these things off.

# Renewable Energy

by Shinoria H and Hedia K

## What is renewable energy?

Renewable energy is energy derived from natural sources that are replenished at a higher rate than they are consumed. Sunlight and wind for example are such sources that are constantly being replenished. Renewable energy sources are plentiful and all around us.

## What are the four main types?

There are many different types of renewable energy but these are more widely used today here are how they work.

**SOLAR ENERGY**-Solar energy is the most abundant of all energy resources and can even be harnessed in cloudy weather.

**WIND ENERGY**-Wind energy harnesses the kinetic energy of moving air by using large wind turbines located on land (onshore) or in sea- or freshwater (offshore).

**GEOHERMAL ENERGY**-Geothermal energy utilizes the accessible thermal energy from the Earth's interior.

**HYDROPOWER**-Hydropower harnesses the energy of water moving from higher to lower elevations.

Did you know that solar energy is almost 200 years old! Electricity was first generated from sunlight in 1839.



# This newsletter was brought to you by

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We wish you a very  
Merry Christmas and  
a Happy New Year!

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