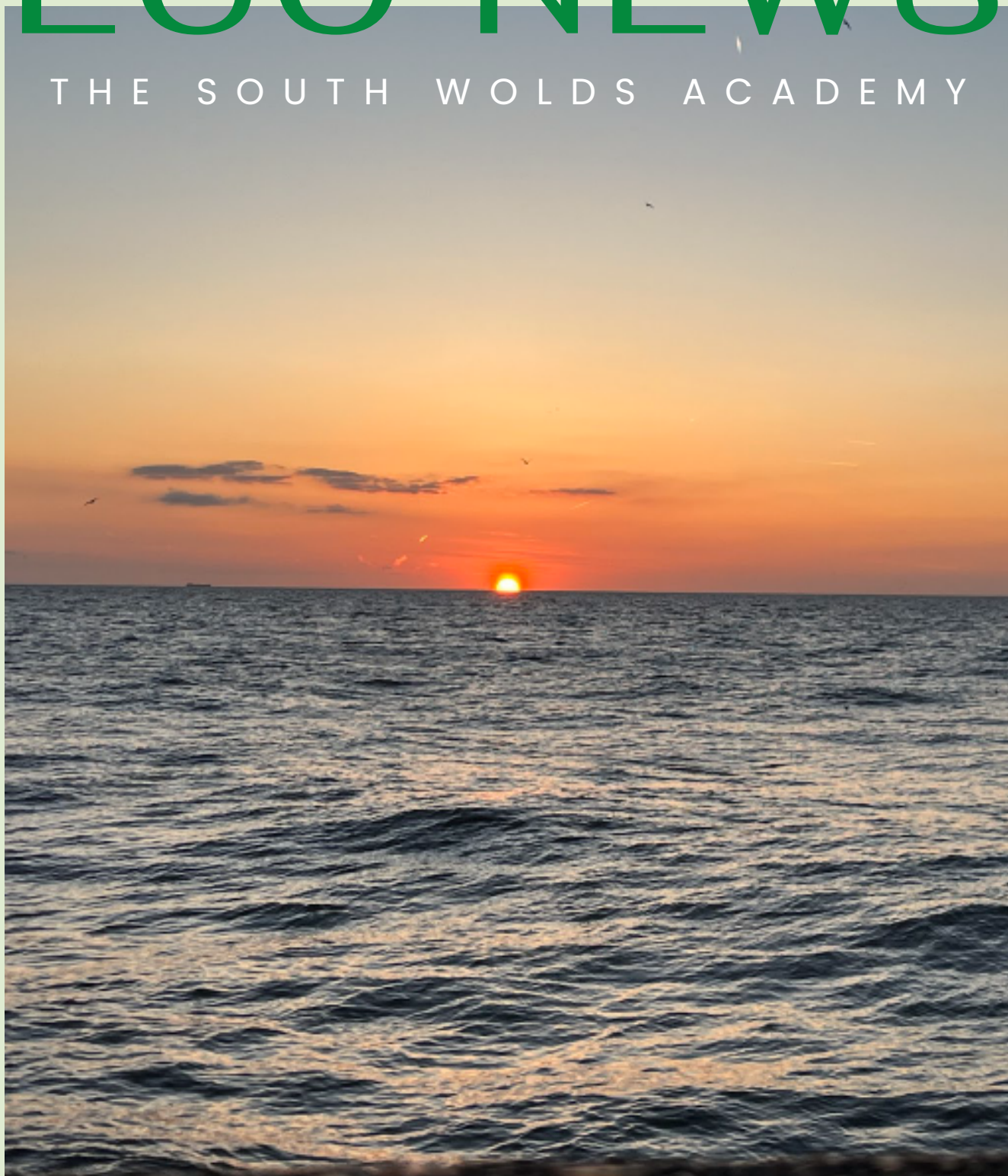


ECO NEWS

THE SOUTH WOLDS ACADEMY



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100 MILES FOR MARCH

Uniformerly

Buy, sell, or donate second hand uniform

Uniformerly is an online marketplace that allows you to buy, sell, or donate uniform and other school-related items.

This is an excellent way to reduce spending on uniforms for growing bodies, but also reduce clothing waste.

It's completely free to use and, if you're able, donating clothes on the site would greatly help other parents afford the uniform they need.

WWW.UNIFORMERLY.CO.UK





New beginnings!

It's been a pleasure leading the Eco Council this year – we've met each week and done our best helping the school move towards reaching our goals. Together, we've organised fundraisers, made swaps in school and taught people how to become more eco-friendly in parts of their lives outside of school. I'm so proud of the team! Husna D will be our next eco-leader and I am excited to see what you do next year with her bright and enthusiastic self guiding you all.

– Isabelle F

Moving forward I am more than thrilled to take a lead role within the Eco Council and continue our family of environmental awareness. I look forward to helping create a positive impact with the rest of the team and hopefully we can do some good for our community. We, as a group, can pursue so much to improve the quality of life around us and I cannot describe how honoured I am to be given this role. Thank you to Isabelle for developing such a solid foundation to build upon; they have done such an amazing job and I wish Isabelle nothing but the best for her future.

– Husna D

NOTES ON GARDENING

Spring is the season of planting so it is a good time to start planting fruits and vegetables. Before planting I would recommend you get yourself a planter which can be quite cheap from places like Lidl and Aldi, but also your local garden centre at a tad more expensive price. It doesn't need to be big at the start as you need to wait for the plant to sprout. You would only need a small one so you can get large plant pots with rows. I would also recommend getting plant food and nutrient rich soil (plant food is not necessary).

Now, in the Spring, pumpkins are usually quite good to plant as they would be able to grow and be ready for Halloween. This means you would not have to spend any money on pumpkins at the shop for it. Peas are also quite good to grow at this time, but the issue with them is they will need sticks for stability. Tomatoes are good as you can get the seeds out easily from the shop bought tomatoes and they can sprout and grow easily with water every morning.



BY THOMAS C.B

Buzzing Bumble Bees

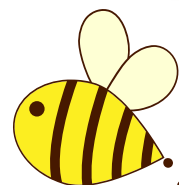
Bumble bees are one of the most recognisable insects of summertime and are well known in many parts of the world. But, unfortunately numbers of bees have been dropping in the last few years. In the last 80 years, two species have become extinct and other's numbers have heavily declined. Intensive farming and paved gardens have left many bees hungry and without a home. One reason for this is there are now fewer flowers to provide bees with pollen or nectar which bees use as food. So, why and how should you help? Keep reading to find out!

Why are bumblebees different to other bees?

Bumble bees are much bigger and hairier than bees like honey bees which makes them more suitable for cold climates. Bumblebee nests are rather small and they do not create a large quantity of honey. Bumblebees can also do something that no other bee can do - Buzz Pollination. Buzz pollination is when a bumble bee grabs a flower and produces a high pitched buzz through beating its wings. They can flap their wings 200 times a second and it is this that makes buzz pollination possible! This releases pollen from inside the plant. Many key fruit and vegetables are pollinated this way like: tomatoes, beans and peas. If they weren't pollinated by the bumble bees, they would be more expensive and harder to produce.

How can you help Bumble Bees?

- Plant some flowers- No matter how small your garden, you can help bees by planting bee – friendly flowers for them to pollinate. Even if you just have a window box, every flower can be a great help for a hungry bee! Some flowers that are bee friendly are: foxgloves, lavender, geraniums, herbs and wild roses.
- If you see a stranded or sleepy bee, you can help it get back to full health by mixing equal amounts of sugar and water and putting it close to the bee. This will act as artificial nectar - a bee's main food. After this, place both the bee and the artificial nectar near some flowers.



by Lucianne H



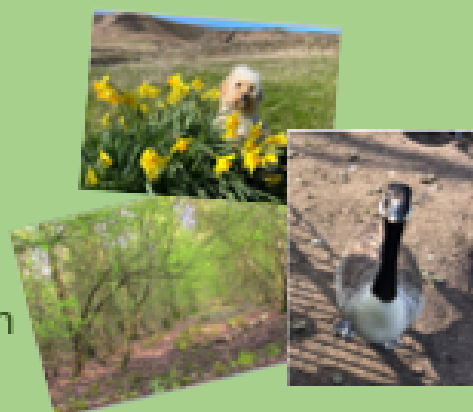


Eco council's Nature Photography Competition



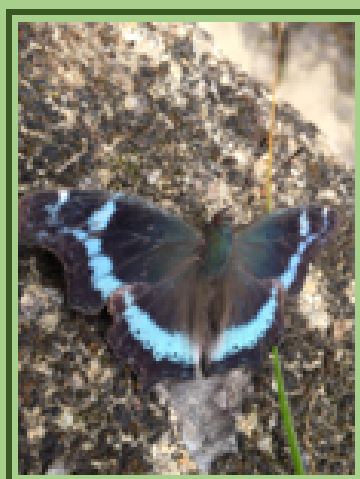
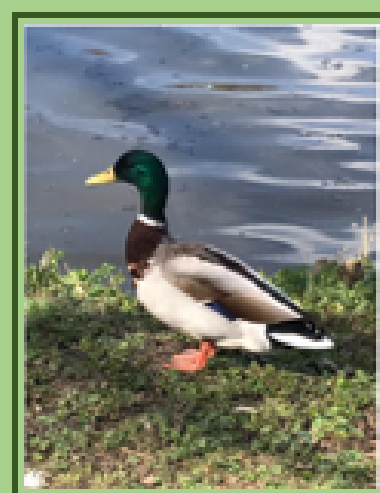
We got (quite literally) hundreds of incredible entries. From forests and mountains to dogs and ducks, we saw everything.

At one of our meetings, we all went through and voted on our favourites until we eventually whittled it down to three:



1st place went to William H for this beautiful picture of a robin taking a well needed rest in a tree.

Our voters seemed to love any pictures of ducks, but clearly this one outshone the others. **2nd place went to Chloe S** for this majestic amazingness.



And finally, **3rd place went to Andy L** for this picture of a black and pale blue butterfly chilling on a rock.

Well done to the winners and thank you to everyone who entered, they were all amazing.

Hello Summer!

Three ways to think environmentally friendly as the weather warms up.

Shopping Sustainably

'Sustainable Shopping' is about asking yourself: is this product, shop, or brand doing things in a way that's built to last, both environmentally and ethically?

When shopping for items for your summer wardrobe, the best practice for buying clothes is to shop locally - one of the biggest environmental costs of buying clothes is the transport, so by shopping locally you are eliminating this footprint as well as supporting businesses in your community.

When buying from high-street brands, the app 'Good For You' comes in handy by giving a series of ratings on how ethical stores are to shop at. It's important to boycott brands who aren't doing their part, while supporting those that are.

Staying Hydrated

A reusable water bottle can help you save money and will cut down on plastic waste, but did you know that reusable bottles are also better for your health? Especially when exposed to high temperatures, plastic bottles can release potentially harmful chemicals into your water, which explains the unpleasant 'bottled water taste' you may sometimes experience.

Eating Well

Lots of fruits and vegetables become in season during June and the best way to source these is at a local farm shop or farmers' market, many of which are available in and around Keyworth. Again, you're sourcing better produce, while helping to support people locally.

Shopping at zero-waste shops for products that you can't source at a market is another way to think sustainably. 'The Simpler Life' on Main Street is an easily accessible example of this.



By Isabelle W

15-21 May 2023

Vegetarian Week!



Vegetarian week is a chance to stop eating meat for one week, and to try out some new recipes as well as help the planet.

Tips during vegetarian week:

- Try to make sure that each meal has a good amount of protein. For example beans, nuts, or tofu.
- You can try your favourite meals, such as lasagne or stir fry, but use a meat meat-substitute like quorn.
- Also, each meal ideally has to be made up of one third carbohydrate. When choosing carbs it is better to have wholegrain foods, so try brown rice or brown bread. This will keep you fuller for longer.
- Try to eat a mixture of fruit and vegetables in as many different colours as possible. Fresh, frozen, and canned all count!

Statistics:

- Last year, Vegetarian Week inspired people to cut out 70,000 meat-based meals. This switch saved over 100 tons of carbon. This is the same as the emissions released by a vehicle driving around the world 16 times!
- The National Food Strategy says the UK should eat 30% less meat by 2030.
- If you think avoiding meat for one week is too hard, try to go veggie for one or two days a week. For example, you could try Meat Free Mondays.



Good things in the news

Here are some of our favourite positive changes that are being made

World's largest cross-border power line will deliver clean energy to 1.8 million homes in Europe

This 1.8GW line will be operational in 2030.

This will be lined to offshore farms in the North Sea, which will reduce the need for onshore farms. It also offers 40,000 skilled green jobs and £20 billion per year of investment.



'Extinct' lion spotted in Chad for first time in 20 years

The animals were previously believed to be extinct in the area, but were spotted recently. This is hoped to indicate an increase in the number of wild cats in the area.

UK proposes ban on plastic wet wipes

The UK is looking to ban plastic wet wipes that clog up the country's sewers. Some retailers like supermarket Tesco and health and beauty company Boots have already stopped selling them in favour of biodegradable alternatives.





No Mow May

Say "no" to the mow this May

Plantlife's 'No Mow May' campaign asks you to lock up your lawnmower and let your lawn bloom for the month of May.

Research undertaken by Plantlife's Every Flower Counts - the largest-ever survey of the humble lawn - reveal not only the astonishing diversity of wild flowers growing on Britain's lawns, but that incredibly simple changes in mowing can result in enough nectar for ten times more bees and other pollinators.

Learn more

If you wish to take part in the Plantlife Every Flower Counts Survey 2022, you can visit the following link to learn more

<https://www.plantlife.org.uk/everyflowercounts/>

Not mowing your lawn will...

- Allow more flowers and 'short grass' plants to grow.
- Increase the abundance and diversity of bees.
- Attract more birds by allowing them to use the stems from meadow plants to build their nests.
- Help control pests by attracting bugs like ladybugs and lacewings.

Growing your lawn

Initially, you could start small by leaving a smaller section of grass to grow, such as a border around a tree.

The larger the unmowed area, the better. Mowing a path through blocks of longer grass can allow wildlife to flourish while keeping your garden looking smart.

Be aware that areas surrounding bird baths and feeders should be kept mown, to prevent long grass providing shelter for predators.

After four weeks, you can just mow as you usually would, unless you decide to keep some areas unmowed as a summer meadow.

THE SOUTH WOLDS ACADEMY

CYCLE SAFETY

BIKING TO SCHOOL HAS BEEN SHOWN TO IMPROVE CONCENTRATION AND RELIEVE STRESS, BUT IT'S ONLY BENEFICIAL IF YOU'RE SAFE ON THE WAY

5 TIPS TO BIKE-SAFE

1. WEAR BRIGHT COLOURS OR REFLECTIVE CLOTHING
2. ALWAYS WEAR A HELMET
3. DITCH THE HEADPHONES
4. LEARN TRAFFIC LAWS AND ROAD SIGNALS
5. ABC CHECK BEFORE EVERY RIDE

ABC CHECK

AIR

TIRES SHOULDN'T GIVE WHEN PRESSED WITH YOUR THUMB.

BRAKE

CHECK THAT BRAKE PADS AREN'T WORN OUT. WHEN YOU SQUEEZE YOUR BRAKES HARD, YOUR HAND SHOULD STILL FIT BETWEEN BRAKE LEVERS AND THE HANDLEBARS.

CRANKS AND CHAIN

CHECK THAT YOUR CHAIN IS RUNNING SMOOTHLY BY RUNNING IT BACK A FEW REVOLUTIONS.



where to get outdoors

bike rides

- Rushcliffe country park
- Worksop to Clumber Lake Loop
- Grantham Canal
- Attenborough Nature Reserve

walk

- Gedling Country Park trail
- Attenborough Nature Reserve circular walk
- Conneries Pond circular walk to South Conneries Redbeed
- Burntstump Country Park

open water activities

- WholeHealth Open Water Swim Village
- Inflatable course at Holme Pierrepont
- Frisby lakes (paddleboardig, kayaking, canoeing)



100 MILES FOR MARCH CHALLENGE

A total of 38 people took part in the 100 miles in march challenge. They decided to take up their own time to raise money for Charity!!! Many people managed to reach the 100 mile target and overall raised a total of £291 for WWF wildlife conservation work. The most miles achieved by a single person was achieved by Mr Roberts who achieved over 450 miles and the most money raised by a single person was achieved by Naomi H. Well done!

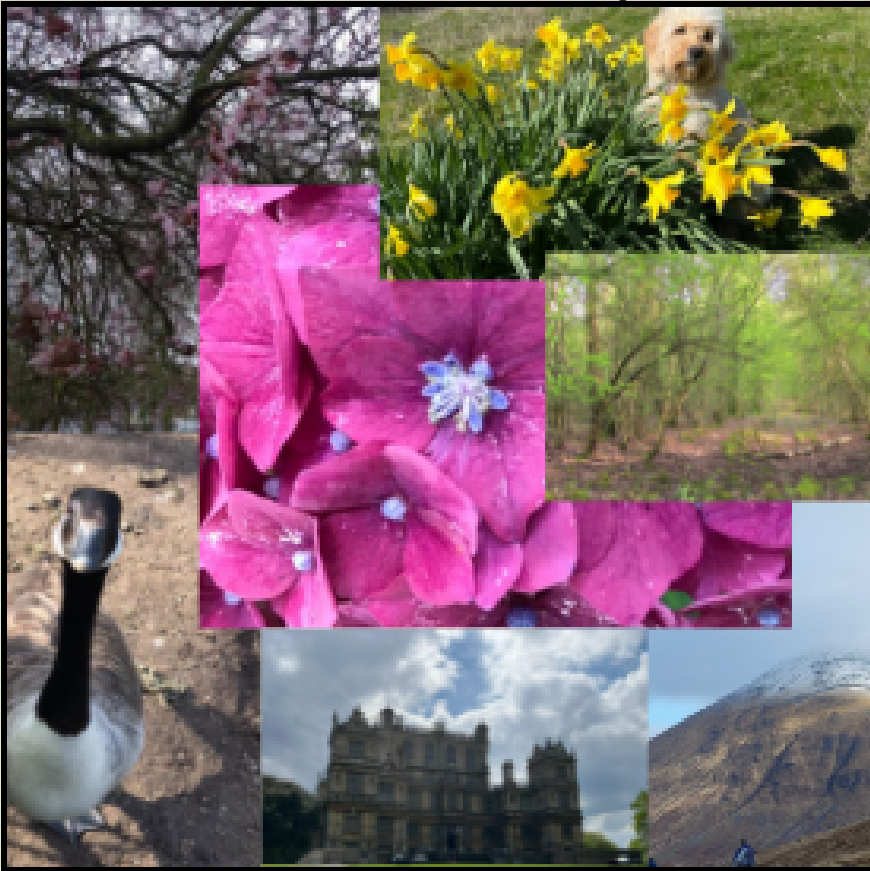
WHAT WAS THE CHALLENGE?

The 100 Miles In March challenge is (as it suggests) achieving 100 total miles over the month to raise money for the WWF charity fund. Most walked, but some ran, swam, or biked their way to the finish.

**A HUGE WELL DONE TO EVERYONE THAT
TOOK PART!**

By Josh T

Have a great
summer term!



This newsletter was brought to
you by:

Josh T
Lucianne H
Isabelle W
Isabelle F
Rebecca N
Thomas C.B
Mr Inufusa
Aiqi F
Husna D

Thank you to all who took part in
the photography competition.
We had hundreds of entries and
it was really hard deciding a
winner!!

