

# ECO NEWS

SOUTHWOLDS ACADEMY

## ECO NEWS LETTER

PROJECT OF THE ECO COUNCIL

Collections of different perspectives,  
tips and advice on how to be more  
environmentally friendly this spring.



VOLUME 8.0

### THE SEASON OF SPRING HAS ARRIVED

*within the contents of the following pages we hope to inform you on  
how you can become more environmentally conscious and live an eco  
conscious lifestyle*

**MARCH-APRIL 2024** 



# OVERVIEW

the pages persue in the following order of topics;

1. Hot Cross Buns recipe
2. Bird eggs of britan
3. Sustainability of easter packaging
4. Planting Flowers
5. Gardening
6. 100 Miles in March
7. Sustainable fashion
8. Closing Notes

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# Easy Hot Cross Bun recipe



## Ingredients

### For the buns

- 300ml/10fl oz whole milk
- 500g/1lb 2oz strong white flour
- 75g/2½oz caster sugar
- 1 tsp salt
- 7g sachet fast-action yeast
- 50g/1¾oz butter
- 1 free-range egg, beaten
- 150g/5oz sultanas

- 80g/3oz mixed peel
- 1 apple, cored and chopped
- 2 oranges, zest only
- 2 tsp ground cinnamon
- sunflower oil, for greasing the bowl

### For the cross

- 75g/2½oz plain flour, plus extra for dusting

### For the glaze

- 3 tbsp apricot jam

## Method

1. Bring the milk to the boil and then remove from the heat and leave to cool until it reaches hand temperature.

2. Mix the flour, sugar, salt, yeast, butter and egg together in a bowl, then slowly add the warmed milk until it forms a soft, sticky dough.

3. Add the sultanas, mixed peel, chopped apple, orange zest and cinnamon, then tip out of the bowl onto a lightly floured surface. Knead the dough by holding the dough with one hand and stretching it with the heel of the other hand, then folding it back on itself. Repeat for five minutes, or until smooth and elastic.

4. Put the dough in a lightly oiled bowl, cover with oiled cling film and leave to rise for approximately one hour, or until doubled in size.

5. Divide the dough into 12 even pieces, and roll each piece into a smooth ball on a lightly floured surface. Arrange the buns on a baking tray lined with parchment, leaving enough space so that the buns just touch when they rise and expand. Set aside to prove for another hour.

6. Heat the oven to 220C/425F/Gas 7.

7. For the cross, mix the flour with about five tablespoons of water in small bowl, adding the water one tablespoon at a time, so that you add just enough for a thick paste. Spoon into a piping bag with a small nozzle. Pipe a line along each row of buns, then repeat in the other direction to create crosses.

8. Bake for 20-25 minutes on the middle shelf of the oven, or until golden-brown.

9. Gently heat the apricot jam to melt, then sieve to get rid of any chunks. While the jam is still warm, brush over the top of the warm buns and leave to cool. Gently rip the buns apart to serve, revealing temptingly soft edges.





# BIRD EGGS OF BRITAIN

## Goldfinch

A brightly coloured finch with a red face and yellow wing patch. Goldfinch nests are neat and compact with a deep cup to prevent the eggs from being lost in high winds. They lay their eggs from late April and may have up to 2 to 3 broods.

*Description: whitish with reddish-brown speckles.*

*Egg size: 1.7 x 1.3 cm*

*Clutch size: 4-6*



## Great tit

This colourful bird is the UK's largest tit. The great tit makes a nest of moss and feathers, before laying its eggs in early spring. These birds are cavity nesters, meaning they build their nests in holes within trees or other surfaces. They will readily use nest boxes. Great tits are common birds and you stand a good chance of seeing them on any woodland walk. Listen out for their distinctive 'teacher-teacher' call.

*Description: white eggs with light brown-red speckles.*

*Egg size: 1.8 x 1.4 cm*

*Clutch size: 7-9*

## Magpie

Magpies, with their characteristic black and white plumage and long tail, can breed from as young as one year old and lay their eggs in early April. Magpies seem to be jacks of all trades – scavengers, predators and pest-destroyers. Non-breeding birds will gather together in flocks. Their most distinctive call is a repetitive 'chac-chac-chac', often made when birds are agitated.

*Description: green-blue with brown markings.*

*Egg size: 3.2 x 2.3 cm*

*Clutch size: 5-8*





# How sustainable is Easter Packaging?

Around Easter time, 3,000 tonnes of waste is generated each year. It takes around 400 lorries to transport this to landfills or recycling centres.

If this waste is recycled, 1,170,000kWh of energy would be saved. That is enough energy to boil 182,813 hens eggs!

While it may be common knowledge that the cardboard box your easter eggs come in is recyclable, many people don't know that aluminium foil is also recyclable.

Another way you can be more environmentally conscious this easter is making sure you are buying Easter eggs without plastic on the packaging. While it isn't common, there are still some easter eggs that contain a plastic window, or the packaging itself contains a lot of plastic.

Another thing to watch out for is large quantities of ingredients like palm oil in some of your favourite chocolates, like Lindt balls.



**Happy Easter from the  
Southwolds Eco Council!**





# PLANTING FLOWERS THIS SPRING

This spring, help your local wildlife by planting flowers and assorted plants. Not only will it help bees, but it will also give insects a home and some plants may provide shade for small creatures during one of those hot summer days we are all anticipating.

There are plenty of places nearby where you can go to buy some flowers or plants to start your journey.


Some Include:

- Cherry Lane Garden centre
- Notcutts Wheatcroft

Some beautiful flowers you can add to your garden this spring are:

- Daffodils
- Pansies
- Tulips
- Lily of the Valley
- Crocus
- Marigold

And plenty more. Have a look online and head to your closest garden centre to start helping your local wildlife.





# Garden like a pro this Spring

Here are some basic  
tips for plant care to  
ensure they thrive!!



## **CHOOSE THE RIGHT PLANTS:**

- Select plants that are suitable for your environment. Different plants have different care requirements.

## **PROPER POT AND SOIL:**

- Use high-quality, well-draining potting soil specific to the type of plant you have.

## **FERTILIZING:**

- Feed your plants with a balanced, water-soluble fertilizer during their growing season (usually spring and summer).

Find more tips at  
[@southwoldseco](#)





# 100 Miles in March

A WWF fundraiser challenge



- The Southwolds Academy and Sixth Form have taken part in the WWF's 100 miles in March.
- During this challenge, participants have tried to walk, run, cycle, or swim, (or anything of the sort) 100 miles through out the month of March.
- **It was our goal to raise £300 by the end of March, and only half way in, we have already raised £215!**
- Thank you so much to everyone who donated to support the WWF and encourage those participating. It is greatly appreciated by everyone.





# *sustainable fashion*



*how to remain sustainable and fashionable this spring*

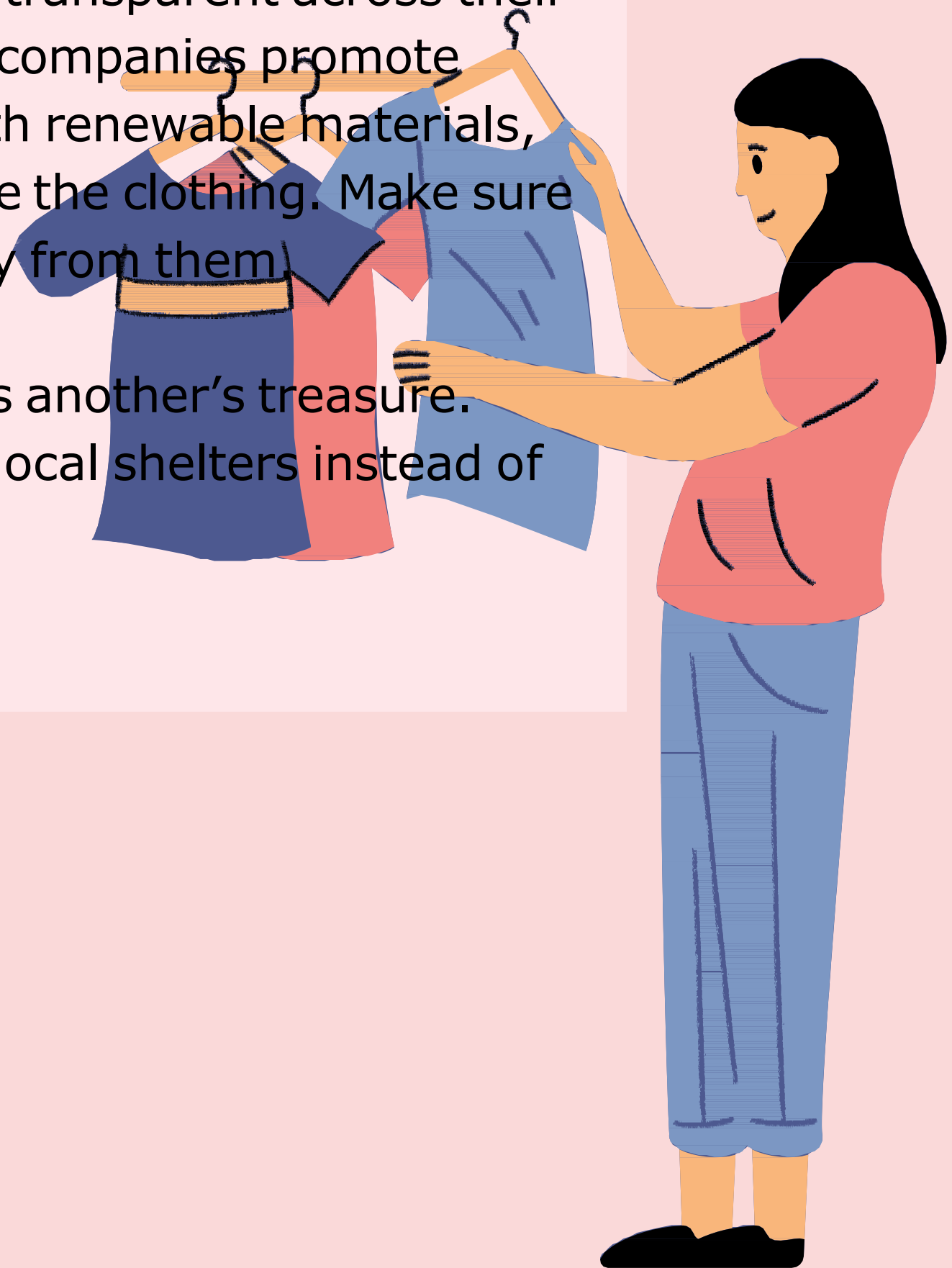
**Shop secondhand first.** Buy pre-owned clothing from thrift shops, consignment shops, vintage sources, and online resale shops.

**Invest only in clothes you really** like and need. Consider not what is being pushed at you by fashion designers but instead look at your own style and what you want to communicate. Before you buy a new piece of clothing, consider if you have a similar piece in your wardrobe already.

**Shop locally.** Buy from local shops for clothes, buy from local craftspeople to accessorise your outfits and use your neighborhood tailor for adjustments.

**Shop sustainable brands.** Choose ethical brands that care about the environment, pay their workers fairly, and are transparent across their entire supply chain – not just one part. Many companies promote certain clothing lines as having been made with renewable materials, but still use unethical labour practices to make the clothing. Make sure to do your research on a brand before you buy from them.

**Donate, don't throw out.** One person's trash is another's treasure. Donate unwanted clothing to thrift stores or local shelters instead of throwing them out.





# FINAL THOUGHTS

Many thanks to everyone that helped with taking the time to help in the making of this edition of eco news.

Our Southwolds Eco Club aims to help in small ways around the school and create a positive impact towards our local environment.

Thank you to Mr Inufusa for supporting our small cause and thank you to all the students involved.

Thank you to Rebecca N, Isabelle W, Rowan S and Matthew F for all the great ideas.

If you would like to join us in our next meeting or would like to participate in any of our events we run, our club runs on at Thursday week B lunchtimes.

Once again thank you so much for taking the time to read our articles :)

edited by Husna D

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