




Eco News



**SOUTH WOLDS
ECO NEWSLETTER:
ISSUE 9**



**A COMBINED EFFORT FROM THE MEMBERS
OF THE SOUTH WOLDS ECO COUNCIL
AIMING TO MAKE YOU MORE INFORMED
ABOUT YOUR DECISIONS THIS WINTER.**





Overview



1. OUR ACTIVITY SUGGESTIONS



2. BAKE SALE RESULTS



3. SAVING ENERGY AT
CHRISTMAS



4. EFFECTS OF NON-
RECYCLABLE WRAPPING
PAPER



5. DIY CHRISTMAS CARDS

6. JOY AND RESPONSIBILITY AT
CHRISTMAS



7. VEGGIE ALTERNATIVES





OFFICIAL LETTER FROM

Eco Council



Top 5 christmas activities for 2024:

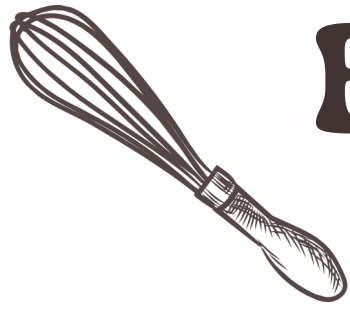
Ho, ho, ho! Merry Christmas from the South Wolds Eco Council here are our recommendations for festive activities this Christmas.

- Have fun with friends and family at the Nottingham Winter Wonderland. Explore the Christmas Market and create memories ice skating on the sky skate rink.
- A more budget friendly option would be to snuggle up at home and watch some of your favourite Christmas movies with family and friends.
- Take a trip to Knoops and indulge yourself in a delicious hot chocolate during this frosty weather at one of Nottingham's top hot chocolate spots.
- Enjoy the festive light trail at Belton as you explore the grounds after dark, guided by the festive lights.
- Another festive activity is to have a go at building a gingerbread house or making Christmas biscuits to share with your family in this festive season.

Wishing you a magical Christmas filled with fun, joy, and laughter!

**Merry Christmas and a
Happy New Year!
The South Wolds Academy
Eco Council**





Eco Council Bake Sale

Earlier this term, the South Wolds Eco Council ran a bake sale to raise money for the Plastic Oceans Charity. With a little help from everyone (whether it be through donating baked goods or helping to run the bake sale), in total, we managed to raise £120 to donate to them.

Plastic Oceans Charity

Plastic Oceans is a charity who raise money to clear plastic from the ocean. They harness the power of film to spread awareness to local communities, and do so worldwide to try to make a change.

A huge thank you to everyone who helped, on the day or with baked goods.



TIPS FOR SAVING ENERGY AT CHRISTMAS

1. Christmas lights are a massive energy drain at Christmas, but with timers you don't need to worry about turning them off. This should help keep your costs down and ensure your lights don't stay on all night or through a lot of the day when they would be hard to see.
2. There's almost always leftovers after Christmas dinner, and freezing your festive food is the best way to reduce food waste. Before you put all that Tupperware in the freezer, though, make sure the food cools down completely. This means your freezer doesn't have to work as hard to bring down the temperature of the food, saving you energy.
3. LED light bulbs typically use around 80% less energy than halogen lights. If you're still using Christmas lights from years ago, now's the time to upgrade to more energy efficient lighting. Make sure you recycle the old ones as electrical waste. In fact, replacing all of your home's halogen light bulbs with LED bulbs could save you £40 a year!!!
4. Keeping your self warm rather than heating the whole house saves a lot of energy. It is especially important to keep your head and feet, fluffy socks are amazing in the winter and maybe even wear a Santa hat to keep it festive in the run up to Christmas?

BY TOM C-B





The Effects of Wrapping Paper




Christmas is such a magical time to everyone, the sparkling lights, the relaxed evenings with a circle of relatives, and the joy of exchanging gifts. But have you ever paused in the course of the chaos of unwrapping the presents, and noticed all the paper being tossed apart? Unfortunately, most of it ends up inside the bin, creating thousands of waste during what's purported to be the season of giving.

Every year, we go through thousands and thousands of rolls of wrapping paper, most of which can't be recycled. Those festive designs look nice, but often include plastic or foil, which makes them non-recyclable. In the UK alone, we throw away enough wrapping paper each year to circle the planet multiple times! And don't forget tape, ribbons, and bows.

But right here's the element: Christmas doesn't have to come with so much waste. There are so many lovely, innovative, and green methods to wrap items. For instance, kraft paper; undeniable and recyclable. It can be dressed up with string, dried orange slices, or sprigs of pine for a festive touch. Old newspapers or magazines could make quirky and rustic wrapping. Cloth wraps (like the Japanese furoshiki) aren't easily accessible but reusable. Just a few steps then you can make your gift more considerate and stand out from the others.

This year, why not wrap your gifts in a way that spreads the Christmas spirit beyond your home? By choosing environmentally friendly options. You also give the world a small gift. It's a simple change, but it is a change that reflects the true meaning of Christmas: love, generosity, and concern for each other and for the world in which we live together



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. Because of this, they are less likely to be thrown away when Christmas is over. This would mean avoiding wasting the paper or card and also avoiding cutting down trees used to make them.



Another reason that DIY cards are the way forward is that instead of over buying cards to give to everyone you know, you would be giving to a more select few. This would reduce your paper usage, and therefore the number of trees that need to be cut down

It also gives you the chance to recycle things like sweet wrappers to show a stained-glass look. This helps to stop them ending up in the ocean. Alternatively, you could use scraps of ribbon and wrapping paper instead of just throwing them away. There are plenty of things to use that otherwise would have been wasted!



Above all else, it's lots of fun and a great activity if you're feeling bored!



A Balanced View of Christmas: Joy and Responsibility

Christmas is a time of joy, celebration, and togetherness. It's a season filled with warmth, love, and the spirit of giving. However, it's also a time when our environmental impact can significantly increase.

The festive season often involves increased travel, gift-giving, and food consumption, all of which contribute to greenhouse gas emissions. Air travel, in particular, is a major source of carbon emissions. The production, transportation, and packaging of gifts also generate significant waste and pollution. And the excessive consumption of food, especially imported goods, can have a substantial environmental footprint.

It's important to acknowledge these negative impacts, but it's equally important to maintain the joy and spirit of Christmas. We can balance these two aspects by making conscious choices that minimize our environmental footprint.

Here are some practical tips:

- **Sustainable Travel:** Consider alternative transportation options like train travel or carpooling. If flying is necessary, offset your carbon emissions.
 - **Mindful Gift-Giving:** Choose gifts that are thoughtful, sustainable, and locally sourced. Reduce excessive packaging and opt for digital gift cards or experiences.
- **Responsible Food Consumption:** Plan meals carefully to avoid food waste. Choose locally sourced and seasonal produce. Compost food scraps to reduce methane emissions.

By incorporating these small changes into our Christmas celebrations, we can enjoy the festive season without compromising our planet's health. Let's embrace the spirit of Christmas while also being responsible global citizens.

By Alicia H



Veggie Alternatives this Christmas

This Christmas holiday many people are looking forward to a traditional roast dinner but what if someone told you the dinner on your plate may have killed a few trees. Over 80% of deforestation in the rainforest is caused by agricultural reasons, many of which are foods found on your Christmas day plate. So what are some eco-friendly alternatives this holiday season? A fond favourite of many vegans and vegetarians is a classic Quorn log, which mimics the taste and texture of roast chicken. With many less air miles and better for the environment why not try this alternative on Christmas day? If you don't fancy the taste of Quorn, why not check out Aldi's special vegetarian and vegan Christmas range full of festive food from starters to desserts all fitting the veggie diet. However, if your feeling really festive, why not try and make your own seitan from scratch. With many amazing recipes on BBC good food and other sites why not try it out this Christmas holidays



Quick note from Mr Inufusa...

Thank you to everyone involved in putting this great article together. A special thanks to Rebecca N who collated and edited this. Also thanks to all for reading this newsletter.

We are hoping to apply for the Eco Schools Green Flag award at the end of this academic year. So, keep a look out for more of Eco Council events and updates on this.

I would also like to thank all of the past and current eco council members for organising regular meetings, events and creating newsletters raising awareness about sustainability.

Mr Baines will be taking over the role of Eco Coordinator from January and therefore the regular Eco Council meetings will be held in his room at lunchtimes on Wednesday. If anybody is interested in joining the Eco Council, just turn up or speak to Mr Baines.

