

FOOTPRINT

Hill House School

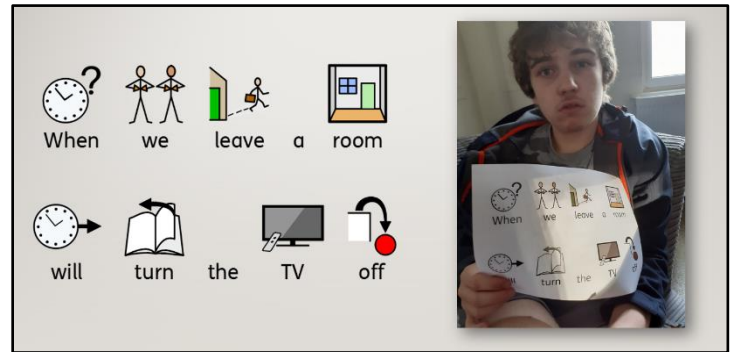
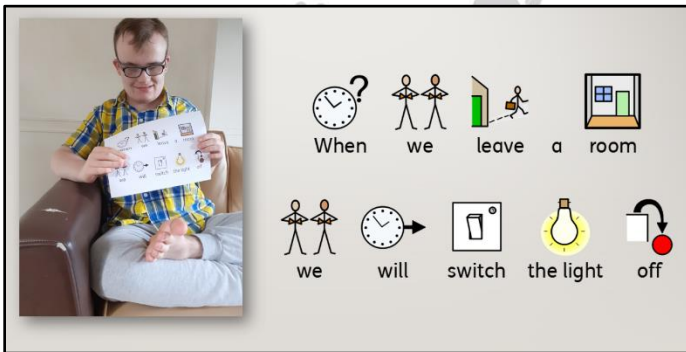
Cambian
Hill House School

Edition #38 2022

Promoting happy, healthy and sustainable living at Hill House and beyond.

TURN IT OFF

Last year, Willows Warriors put together a brilliant campaign for the Hill House School Green Dragons' Den with the key message of "turn it off."



Turning off the lights when you leave a room can help save energy and lower your electricity bills. It can also help to reduce carbon emission and other harmful greenhouse gases so turning off your lights is a simple way to help protect the environment. You should also turn off your appliances to reduce your carbon footprint and help to save the planet.

Remember ...

If you use incandescent bulbs, turn off the lights if you go out of the room for one minute or more. For fluorescent bulbs, you can leave the lights on if you're out for 15 minutes or less, and turn them off when you leave for more than 15 minutes.

HOW GREEN IS IT ... TO USE LED LIGHTING

LED (or light emitting diode) lighting is both energy-efficient and environmentally-friendly. One of the main reasons is because they are designed to last much longer than conventional light bulbs; in fact, they can last up to 20 times longer than standard forms of lighting such as incandescent bulbs or halogen bulbs, which has a very positive effect on the environment.



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Standard LED bulbs can be up to 80% more energy efficient than conventional bulbs, and waste far less energy than other styles of lighting. Fluorescent lights, for example, convert around 95% of the energy they produce into heat and only 5% into light. LED lights, however, convert 95% of their energy into light with only 5% being wasted as heat. This means that LEDs require less power than regular forms of lighting, so obviously the less energy they require, the more positive the effect on the environment.



ON STANDBY

Standby buttons on many appliances use up to 90% of their normal power in standby mode. Figures show that 8% of the total electricity used in our homes comes from appliances left on standby. This is the equivalent of around two power stations' worth of electricity each year, and adds up to £740m a year of wasted electricity, according to the Energy Saving Trust. Wasted energy from appliances left on standby is also responsible for 4m tonnes of excess carbon dioxide each year. Make a small change today by turning off your computer instead of just signing out and switch off the TV at the socket at bedtime.

IDLE FREE ZONE

Not only is it important to turn things off indoors, it also applies to your car engine. Engine idling reduces your vehicle's fuel economy, costs you money, and creates pollution. Idling for more than 10 seconds uses more fuel and produces more emissions that contribute to smog and climate change than stopping and restarting your engine does.



Did you know...

- ♥ There are an estimated 40,000 deaths a year in the UK linked to air pollution.
- ♥ Engine idling is also a potentially fineable offence.
- ♥ RAC research found that 26% of those caught idling are spotted doing so outside schools.

We can all do our bit and make Hill House an "idle free zone" by not letting car, taxi, or mini bus engines run in the car parks.

RAC

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TURN IT DOWN

If you can't turn it off, try turning it down! With developments in laundry detergents, it is now possible to wash clothes on a quick or cold wash. Your washing machine will have the option to wash at different temperatures, which can be as low as 20°C, but most machines set their cold water settings on 30°C.

Many also have quick wash options, some as quick as 60 minutes. People often avoid selecting the cold or quick wash cycle either out of habit or because they're worried their garments won't come out clean.

By washing at 30 degrees, you can actually save up to 60% energy and help to reduce your bills. It can also keep your colours more vibrant and minimise shrinking. While this saving on energy and money is huge, it is unlikely that you will notice a difference in cleaning power.



BE COOL ABOUT IT

But one of the best ways to help save energy, money, and the environment during the colder months is to dial down the temperature of your home by two degrees. Here's a basic rule of thumb: Turn the thermostat to 68°F (20°C) - or even 66°F (19°C) and put a jumper on - while you're at home, and drop that setting even lower when you leave for the day.

Did you know...

You can also save 6-8% on your gas bills by turning down the heating flow temperature on your boiler - if it's a condensing combi boiler) - this is not the same as turning down the thermostat. Check out the [heatinghub](#) or [Which](#) for more on this and other handy tips for reducing your heating bills.



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