

FOOTPRINT

Hill House School

Cambian
International School

Edition #41 2022

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

ZERO WASTE WEEK

Next week is Zero Waste Week! Running from the 5th to 9th September, the campaign aims to help everyone increase recycling, reduce landfill waste, and participate in the circular economy - that of sharing, leasing, reusing, repairing, refurbishing and recycling existing materials and products as long as possible - by raising awareness, demonstrating means and methods, and fostering community support.



All of the young people at Hill House will be taking part in Zero Waste Week by going on a "Rubbish Diet" and becoming "Waste Watchers." Will you join them?

RUBBISH DIET

Do you hate wasting things? Are you confused about what can be recycled? The Rubbish Diet is a slimming club for bins that can help you sort out your rubbish once and for all. It is a simple two-step process designed to help you slim your bin forever by changing habits.



♥ Look in your bin to see what's in there and find ways to deal with each aspect of your waste. Think about where your rubbish comes from, how you deal with it and where it goes. Then re-think it!

♥ Keep track of your progress - count and record the number of bags of rubbish you produce.

We are all getting used to recycling now; taking care to sort cardboard, paper, glass, and plastic bottles into the right bins. Some of you may also have a compost bin that swallows all the vegetable peelings and garden waste. It's not just about recycling though, it starts with what you buy and how you buy it. The next time you get yourself a drink - whether that's a cup of tea at home, juice from the fridge, or a coffee from Starbucks - take a good look at the product. Why did you buy it? Was it for price, quality, ethics or just habit? What is the packaging made of? What will you do with it when it's finished - reuse it, recycle it or throw it away?

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Now think about what happens when you throw something "away." Away isn't a magical place; it's landfill, an incinerator, litter, or the bottom of the ocean. It's always somewhere else, often causing harm or toxicity to the eco-system. So, get ready for your first "weigh in", rethink rubbish, come up with a "waste watcher" plan, and make one small change at a time as part of your Rubbish Diet.

BE PART OF THE SOLUTION

Perfectly good food is being thrown away because people are confused about [expiration labels](#). Not only is wasted food a waste of the water and energy it took to produce it, but food that sits in a landfill releases methane, a global warming greenhouse gas. This is because in landfills, there's no air and no natural way for the food to decompose. Food in landfills also releases water that trickles down to the bottom of the pile. The rubbish that soaks in this water - like plastics - contains poisonous chemicals that can leak into rivers, lakes and ground water.



Did you know...

- ♥ We throw away 4.5 million tonnes of food each year in the UK
- ♥ Organic material makes up a quarter to a half of our total household waste
- ♥ Wasting food contributes to 11% of the world's total greenhouse gas emissions.

[Composting](#) is an easy solution as it will massively reduce the amount of rubbish in our bins and the space taken up by landfills. The key is separation: always separate your organic (food and garden) waste from inorganic waste (plastic, metal, glass) and make sure it is all in smallish pieces.

The **GREEN** stuff (vegetable peelings, egg shells, coffee grounds, grass cuttings, weeds, leftover food) gives your compost nitrogen.

The **BROWN** stuff (dead or dry leaves, twigs, paper, straw, sawdust, coconut husks) gives the compost carbon. Aim for between 25-50% green material. Avoid letting any single material dominate, especially grass clippings.

