

<u>Eco-List</u>		
<u>Eco Schools Topic</u>	<u>Week Commencing</u>	<u>Eco-Challenge</u>
Healthy Living	12th September	Lie on the grass and look up to the sky. What shapes can you see in the clouds?
Healthy Living	19th September	Eat less meat. Try to have a meat free Monday, or if you already do this, try to have more plant based meals, or try a new plant based recipe.
Waste	26th September	Share your favourite recipe for using up leftovers. Email the recipe and/or a photograph to nicolapage@palmbay.uk
Waste	3rd October	Have a clear out of your wardrobe and donate any unwanted items to charity, or try to sell them online.
School Grounds	10th October	Recreate the cover of your favourite story book using natural materials
Waste	17th October	Repair an item of clothing rather than throwing it away. Patches can look really cool!
Waste	31st October	If you have crisps in your packed lunch, bring a handful from a big bag in a small container rather than an individual packet. This will save money and waste.
School grounds	7th November	Go geocaching. Geocaching is like a modern-day treasure hunt that uses GPS technology in addition to maps to help you look for hidden treasure in your area. Download the app and see what is hidden in the local area.
Waste	14th November	Use paper to wrap your sandwiches rather than cling film, or reuse a plastic bag all week.
Transport	21st November	When doing your Christmas shopping, try to shop locally at independent stores rather than travelling to the big shops further away. Or visit a local Christmas market.
Energy	28th November	Turn lights off when you leave a room and turn appliances off rather than leaving them on standby.

Transport	5th December	Carpool to school. Do you get a lift to school? Maybe you could offer a friend a lift? You'll get more time with your friends and your parents will spend less time in the car. And, you'll be helping the environment.
Waste	12th December	Save money and help the environment by making a homemade gift instead of buying one : Make a terrarium out of a plastic bottle, turn a tomato sauce jar into a cool solar lantern, use a milk carton to make a beautiful birdhouse, or make a toy monster for a younger sibling out of an egg carton.