



Eco Newsletter

Autumn Term 2022



Kirsten

As my time as an Eco Prefect is coming to an end, I feel it is important to reflect on all we have achieved. Having done 5 assemblies at both the Senior and Prep School and running a Year 9 PSHE session, my hope is that the next eco prefects will continue our focus on energy usage and enjoy their role as much as I did.

Ruby

I've really enjoyed my role as an Eco Prefect this past year as it has really allowed me to connect with younger years in a way that previously I did not have the opportunity to do so. I'm extremely proud of the school, in particular the students who have been involved with all the events these past few terms as I feel there has been a genuine shift in our mindset towards the environment and I hope this sentiment continues beyond my years at Sydenham.

Archie

Reflecting on my time as Eco Prefect, I believe that we accomplished a lot more than we originally set out to. From clothes swaps to gardening club to lights off day, we found subtle ways to make our school more sustainable and I think that this will have a large long term impact. I am definitely most proud of our school's shift towards a greener environment. Every week we spot more plants around the school and that is definitely a positive change that sprouted from us!

Contents

- Word from the Eco prefects
- Summary of Events in the Autumn termn
- Vegan recipes

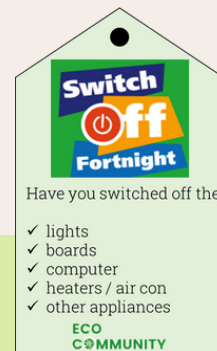


Green Flag Award





Eco Events

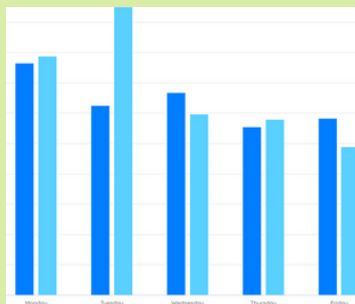


LIGHTS OFF DAY

Lights Off Day took place on Friday 24th September, which was a cloudy and overcast day. This did not make our task easy but we managed to reduce our energy consumption by nearly 80KWH compared to the day before! This is the same as powering 10 homes for a day. This is a noticeable reduction but it is a small drop in our daily energy use, if you think that we used 830KWH in total during the school day! Most importantly, it enabled us to have conversations about whether we really needed the light on or not.

SWITCH OFF FORTNIGHT

Following on from Lights Off Day, we continued our focus on Energy Saving, by taking part in Switch Off Fortnight. Kicked off by an Eco Prefects' Assembly, we labelled all light switches and classrooms with switch off reminders.



Generally over the 2 weeks (see graph), the energy used each day went down. Saving Energy is an ongoing battle but raising awareness and nudging behaviour change is really key.

Keep up the good work!

FARM ED TALK: ECO COUNCIL



During an Eco Council meeting we had a speaker from Farm Ed (centre for Farming and Food Education) talk to our Eco reps and member of gardening club about its work

The talk gave us an insight into the future for sustainable farming, and sent us a box (contents displayed in photo on left) with key information leaflets and guides as well as sample of different types of wheat so could see the physical changes the wheat displayed as a result of different farming methods.

It also gave us some tips on how to manage gardening club's snail problem in the Eco Zone!



CLOTHES SWAP

We had a huge amount of donations once again so a big thank you to all the students who gave in clothes.

Thursday morning was very busy organising all the clothes. This time we allocated two slots, beginning of lunch for year 10 upwards and after 1:00 for year 9 and below, this meant the lunchtime was more spread out and seemed to result in more students grabbing some clothes they liked to take home.

There were some clothes left over, some of which have been used for the house upcycling project. The rest will be donated to charity.



ECO COMMUNITY CODE



We selected six of the Eco Pledges that you all made in form time (which we believe are most achievable) and we can all work towards sticking to them!

They are...

1. To reduce online shopping and opt for second hand alternatives – eBay, Depop etc
2. To make an effort to use the correct bins when throwing waste away
3. To aim to be meat-free 3 days a week
4. To wash clothes with cold water when using the washing machine and air dry
5. To avoid products that need to be shipped or air-freighted in from overseas if there's a good local alternative
6. To fully turn off devices that are on standby/ not in use



ECO SCHOOLS GREEN FLAG AWARD

At the end of the summer term we received confirmation that we had achieved a Green Flag award!

We want to say a well done to all the staff and students who got involved with our Eco events last academic year. A big thank you to Ms Gibbs who coordinated it all and sorted out the whole application

GARDENING CLUB



Picture above is gardening club doing some indoor work, with them each taking a small plant home over the winter to care for. These plants were used in a biology practical and now need some love over the holidays.

Hopefully some of these plants will be brought back in and will be dotted around the school in classrooms and the library



Starting in September, gardening club has gathered a number of committed students who turn up even in the coldest of weather!

The main project has been clearing out the planters in the Eco Zone.

We've managed to plant some peas and garlic in the first planter and hope to continue planting in the New Year.

UN SUSTAINABLE DEVELOPMENT GOALS

The 17 UN sustainable development goals were adopted by all 193 member countries of the UN. They aim to tackle poverty without disregarding the environmental challenges which have arisen from climate change.

As a school we have a focus on goals 3, 4, 5, 12 and 13. Particularly 12 as we focus on responsible energy and water consumption through our recent assemblies and lights off events.

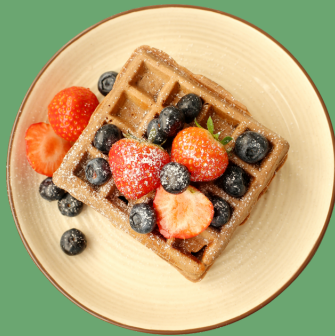


Vegan recipes

Waffles

INGREDIENTS

- 500g plain flour
- 2 tbsp baking powder
- 125g vegan butter, plus extra for the waffle iron
- 125g caster sugar
- 250ml soy milk
- 1/2 tsp salt
- 175ml water



INSTRUCTIONS

1. Mix the flour, baking powder, salt in a bowl.
2. Mix the vegan butter with the caster sugar in a separate bowl.
3. Combine the soy milk with the water in a jug.
4. Pour this gradually into the dry ingredients, continually stirring
5. Add the butter and sugar mixture and keep stirring to form a smooth batter.
6. Add a little more water or soy milk if the mixture is very thick
7. Heat the waffle iron & butter both sides of the waffle iron.
8. Spoon about 3 tbsp of the batter into the hot waffle iron, close and cook for 4-6 mins until golden brown.
9. Remove the finished waffle and cook the rest of the batter in the same way.
10. Serve straightaway with your favourite toppings.

Makes: 10-12
waffles

Recipe from BBC goodfood

Bengali Masoor Dal

INGREDIENTS

- 250g masoor dal
- 1 tsp ground turmeric
- 1 tsp chilli powder
- 1 tsp ground cumin
- 2 large onions
- 3-4 garlic cloves
- 1 tsp cooking oil
- 1 tsp tomato puree
- 25g spring or red onions



INSTRUCTIONS

1. Bring the masoor dal to boil in 750ml of water in a saucepan with the turmeric, chilli & cumin.
2. Turn the heat low & simmer gently for 20 min with lid slightly ajar.
3. Add more water if needed.
4. Stir the dal from time to time to prevent sticking.
5. Take off the heat when consistency is similar to mushy peas.
6. Slice & chop the onions, grate or crush the garlic.
7. Heat the cooking oil in a frying pan & gently fry the onions until soft then add the garlic and stir into a paste.
8. Pour the fried onions & garlic into the pan of dal.
9. Bring to a simmer for two more minutes.
10. Stir in the tomato puree, salt and pepper.
11. Simmer for two more minutes
12. Serve with chopped spring or red onions as garnish alongside rice or bread.

Recipe from the DAL Cookbook by Krishna Dutta