



Eco Newsletter

Spring/Summer 2023

Eco Prefects Welcome

Hi my name is Jocelyn and it's been a PRIVILEGE to be one of your eco prefects these past two terms. Hearing your ideas at Eco Council, planting marigolds, talking to the school about the environment and rescuing snails from the eco zone have been some of my favourite parts of the job so far. Whole School Fundraising was something I was very keen for us to do this year, so when so many people got involved in the water aid day it was amazing.

I think gardening club have a lot to look forward to in the new term, with more space, look forward to working with all of you next year. Jocelyn

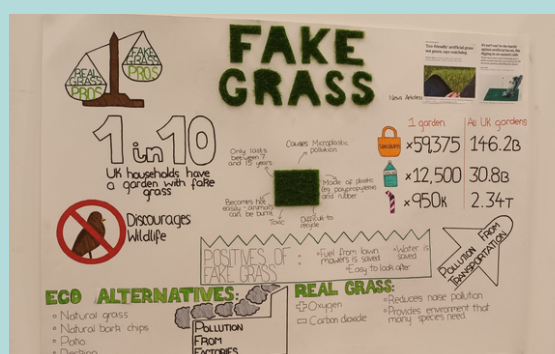


Hi, my name is Mei, and I'm one of your Eco Prefects. I am particularly passionate about marine life, and one of my chief concerns is the negative effect climate change and global warming is having on these ecosystems, and how we can possibly combat that. I believe that taking care of our environment should be a school-wide endeavour, and I wanted to become an Eco Prefect to encourage teamwork and increase enthusiasm for keeping our school and community green. Mei



Socrates 2023

It was fantastic to visit the Socrates Celebration Event and see so many interesting projects that have been inspired by an interest in protecting our planet, our people and our natural world. Congratulations to all the pupils involved and please come and see some of the projects on the Eco notice board.



EduCCate Global Bronze Award



This year Sydenham achieved the EduCCate Global Bronze Award as a school. This was supported by the GDST and it gave 6 members of staff an opportunity to undertake UN Climate Change Education modules and we completed 2 Carbon Footprint Buster challenges. We were one of the first 3 GDST schools to complete this and thank you to everyone who took part!



Green Flag Award



Eco Events

JUST ONE TREE

Just One Tree is an initiative set up by an GDST alumna they raise money help reforestation projects such as planting mangroves to protect coastlines and increase blue carbon stores.

Mrs Calvert led an assembly detailing the impact of the organisation in the 8 countries they work in, and on Friday 27th May, everyone could wear something green to raise money for this cause.

In total we raised £140.26



Eco Code

Based on pledges we made for COP26 and updated for 2023, our Eco Code now has 6 pledges:

1. To buy 2nd hand clothes or swap and recycle clothing where possible.
2. To use correct bins to ensure we recycle as much as possible.
3. To turn off devices and lights if they are not in use.
4. To save water at school and at home.
5. To use public transport when possible to travel to school.
6. To reduce the food we waste in school and at home.

PERIOD AWARENESS WEEK

Period Awareness week took place at the end of May and focussed on raising awareness of period poverty both in the UK and internationally. We learnt about the importance of WaterAid and their work to try and reduce inequality and the impact this has on empowering, educating and enabling women to fulfil their potential. Wear it red raised £102.48.



PLANT PROJECT

Each KS3 form was given a pot plant (forms of years 7 and 8 have spider plants and year 9 forms have tradescantia) to look after as part of our wider drive to make the school environment more biophilic. Having plants around can help improve mental health and well-being and looking after them gives students the chance to care for and nurture.

Forms have named their plants and are taking care of them - some forms have decorated their pots and there are some great names!

So far all forms are doing well and it is good to see more plants around school. We want to extend this to the upper school next year so everyone can feel the benefit of a greener environment.



CLOTHES SWAP - MAY 2023

Thank you to all students who participated in the Clothes Swap on 4th May, with everything else that was going on, it was a real success.

This is such a good way to maintain our goal as a school of eliminating our participation in fast fashion as it is so detrimental to the planet and to society: 8-10% of internationally emitted greenhouses gases are produced by the fashion industry.

According to the United nations, "It takes around 7,500 litres of water to make a single pair of jeans, equivalent to the amount of water the average person drinks over a period of seven years."

All the clothes that weren't swapped were given to charity. We hope to go on to do even wider reaching clothes swaps next year.



FAIRTRADE FORTNIGHT

During fairtrade fortnight, alongside some form time activities and information, we ran a Fairtrade Ice Cream stall and a Fairtrade tuckshop, raising over £150 towards the Fairtrade Association. and raising awardness of the importance of Fairtrade and the difference our choices make to people's lives.

Thank you to everyone who came to support the events and to our year 11 helpers and Mrs Curran in particular.



GARDENING CLUB

Gardening Club continued this year with further work on tidying up the Eco Zone, planting around school and propagating plants for the plant project. Due to the building work in the Eco Zone, this has meant we've had to get inventive with our planting- you may have noticed marigolds appearing in the plant pots about school- but exciting plans are afoot for a new and more prominent area for next school year.



WHY IS WATER SO IMPORTANT?

Our first assembly as Eco prefects was about the importance of water globally.

- At least 2 billion people have to drink and use contaminated water.
- 29% of schools don't have clean water.
- Every minute a newborn dies from infection caused by lack of safe water and an unclean environment.
- According to the World Health Organisation, "Microbiologically contaminated drinking water can transmit diseases such as diarrhoea, cholera, dysentery, typhoid and polio and is estimated to cause 485,000 diarrhoeal deaths each year."

Reducing your household water footprint is a great way to make an impact as an individual. Take a look at our top ten tips to save water and start making a difference.

1.	Switch to showers
2.	Keep the sprinklers off
3.	Turn off the tap
4.	Fill up the washing up bowl
5.	Make sure the dishwasher is full
6.	Use leftover cooking water
7.	Fix leaky taps
8.	Fit low flow aerators on taps and showers
9.	Fill up a jug of cold water
10.	Fill up the kettle only as much as you need

WATERAID FUNDRAISING AND AWARENESS

Following on from our assembly, we organised 2 fundraising events to raise money for WaterAid: Wear something blue for WaterAid and Walk for WaterAid, to raise awareness of how far some people have to walk just to get water each day. It was a House competition; the House that completed the most laps of the Astro were Grey. Well done to everyone who took part!

Established in 1961, WaterAid is a charity committed to providing clean water to everyone. By 2019, WaterAid had worked in 27 countries and gave 27 million people access to clean water. Improving access to clean water, sanitation and hygiene in healthcare setting and toilets positively impacts all aspects of life including employment, education and health.



Vegan recipes for you to try ...

Vegan Meringue Kisses

INGREDIENTS (MAKES 60)

- 1 tsp juice from a cooked beetroot
- 1 x 400g tin chickpeas
- 100g caster sugar
- 1 tsp vanilla extract

INSTRUCTIONS

1. Preheat the oven to gas 1/4, fan 90. Line a bowl with a clean piece of muslin and grate the beetroot into it. Lift the cloth and squeeze the juice into the bowl. Set aside.
2. Drain the liquid from the chickpeas into a large, clean bowl. You should have about 150ml of liquid. Using an electric whisk, beat the chickpea water on a high speed for 5-7 minutes, until it reaches soft-peak stage.
3. Add the sugar slowly, a tbsp at a time, whisking between each addition. Keep whisking for 7-10 minutes, until the mixture reaches stiff-peak stage. Then whisk in the vanilla extract.
4. Take a piping bag and spoon in the beetroot juice. Swirl the bag so the juice covers the inside. Carefully spoon in the 'meringue' mixture until it reaches about 2/3 of the way up the bag.
5. Line 2 large baking trays with baking paper. Snip the end of the piping bag and pipe out small meringues, about 2cm apart. You may need to use a second piping bag (swirled with a bit more beetroot juice) to keep a strong colour.
6. Bake in the oven for 1hr 14mins, until crisp on the outside, swapping the trays over halfway through the cooking time. Turn off the oven and leave the meringues to stand with the oven door open for 1hr, until cooled and they can be lifted off the paper easily. Eat immediately, or store in an airtight container for 3 days.

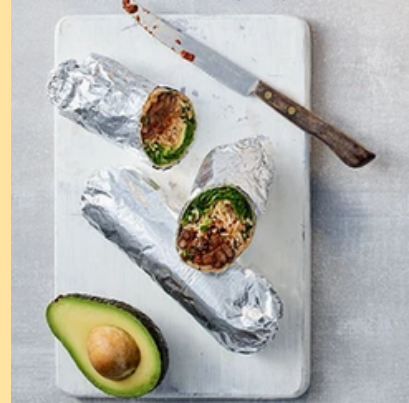


Recipe from Tesco Real Food

Vegan Burritos

INGREDIENTS (SERVES 4)

- "4 large or 8 small tortilla wraps
- 2 large handfuls spinach leaves, shredded
- 1 avocado, thinly sliced (optional)
- hot sauce, to serve
- For the chipotle black beans
 - 1 tbsp oil
 - 1 garlic clove, crushed
 - 1 tbsp chipotle paste
 - 400g can chopped tomatoes
 - 400g black beans, drained
 - 1 bunch coriander, chopped
- For the lime and red onion rice
 - 250g wholegrain rice, cooked and drained
 - 1 lime, juiced
 - ½ red onion, very finely chopped
 - 50g hazelnuts, roughly chopped"



INSTRUCTIONS

1. To make the beans, heat the oil in a pan and fry the garlic for a minute, then stir in the chipotle paste. Tip in the tomatoes, stir and bring to a simmer. Season with salt. Simmer until thick, add the beans and cook briefly (make sure any water gets cooked off), then stir in the coriander.
2. If you are using cold cooked rice, then warm it through, stir in the lime juice, red onion and nuts and season well.
3. Lay out the tortillas and sprinkle over some spinach, add some avocado slices and some rice, then top with the bean mix. Add a shake of hot sauce, if you like. Roll the bottom up, then fold the sides in to stop the filling falling out as you roll. Wrap tightly in foil, if you like, and cut in half."

Recipe from BBC goodfood by Lulu Grimes