

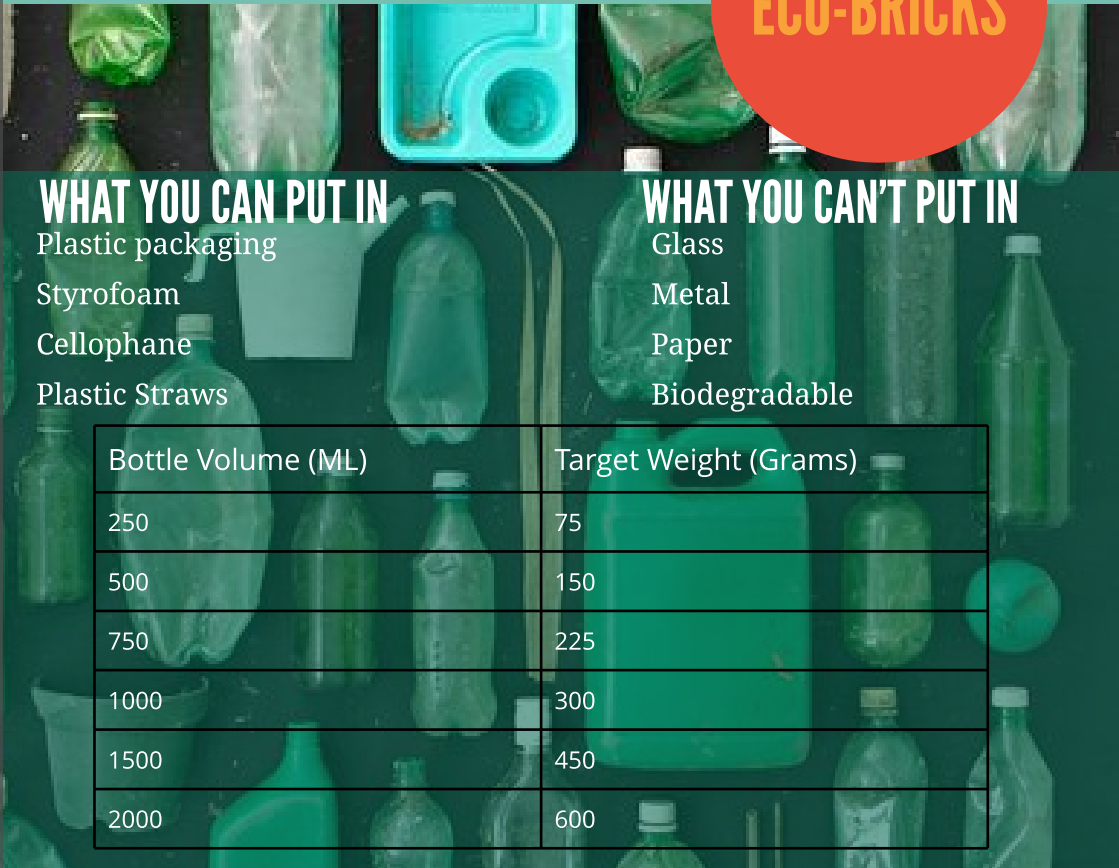
# Eco-UpDate



An Eco-brick is a plastic bottle packed with used plastic to a specific weight to create a reusable building block. Eco-bricks can be used to produce items, including furniture, garden walls and other structures.

Down High is hoping to team up with a local business to help put our waste plastic to use. Over recent weeks each form class has been collecting their plastic and using in to make these eco bricks in a brand new house competition!

‘Eco bricks are sustainable and healthy for the environment. Eco bricks are the future of green- friendly productions.



## WHAT YOU CAN PUT IN

- Plastic packaging
- Styrofoam
- Cellophane
- Plastic Straws

## WHAT YOU CAN'T PUT IN

- Glass
- Metal
- Paper
- Biodegradable

Bottle Volume (ML)	Target Weight (Grams)
250	75
500	150
750	225
1000	300
1500	450
2000	600

# HOW TO HAVE A SUSTAINABLE CHRISTMAS

- Buy your Christmas tree from a sustainable source
- Choose long lasting decorations e.g fabric, recycled wood or glass
- Re-use gift bags, boxes and tissue paper
- Use reusable bags when Christmas shopping
- Use ecards or make your own Christmas cards that can be recycled (1.5 billion cards thrown away by UK households each year according to researchers at Imperial College London)
- Choose gifts designed to last
- Bows and ribbons harm the planet instead you could use a spring of holly
- Use eco-friendly glitter
- Choose seasonable vegetables i.e. potatoes, sprouts, carrots, leeks and parsnips-to reduce your food miles
- Make your own Christmas crackers, most of what is in Christmas crackers are put into landfill sites. You can do this with toilet roll tubes and tissue paper. Put sweets inside or get more creative. You could even make up jokes.

**How to** - Make your own Eco-dish washer tablets

<https://drive.google.com/file/d//view?usp=sharing>



## 10 NEW YEAR RESOLUTIONS

1. Buy all your fruit and veg from your local fruit and veg shop.
2. Always bring a reusable bag when shopping.
3. Try to implement more vegetarian or vegan products into your diet.
4. Use as much reusable cutlery.
5. Try to use your car less.
6. When washing clothes turn the temperature down to 30 degrees.
7. Try buying clothes from smaller, more sustainable clothing brands.
8. Remember to recycle all plastic products
9. Perhaps you could create your own eco-brick at home.
10. Finally in 2020 you can aim to become more self aware and educated on the ever growing and changing issue of global warming and pollution.

# ECO INTERVIEWS - RS DEPARTMENT

**MR MOORE    MRS MCGUIRE**

Q1) what do you already do at home and at school to be more environmentally friendly?

I try to not buy any new clothes as I don't see the point of fast fashion. I don't buy online e.g. black Friday I prefer using my local shops. I also avoid single use plastic as much as I can.

I use my triple stack recycling bin and make sure that any lights that are on which aren't needed are turned off.

Q2) what is preventing you from being more environmentally friendly?

I find it hard to find a sustainable fuel source.

Single use plastic is very hard to avoid and often the eco options are more expensive.

Q3) what do you think the school could do to be more environmentally friendly?

Turn ALL lights off and make sure that computers are completely shut down over night. Also to try and reduce plastic in the canteen as much as possible.

Turn off all lights and projectors when not in use. Make sure the heating isn't on too much and not on in rooms that nobody is in. We could also look into using a more sustainable energy source.

## EDITORIAL

Welcome to the First Down High Eco Update.

It has already been a busy term spreading the Eco Ethos and being recently awarded the title of Ambassador school for the Eco Schools Movement. This year's priority is drawing attention to single use plastics and their effects on the environment.

The Eco-Brick House Competition was launched by the Eco-enrichment group, before half-term. The aim is to fill plastic drinks bottles with single use plastic that would otherwise end up in the bin. Climate change is high on the environmental and political agenda currently and pupils are actively thinking of novel ways to reduce greenhouse gases or sequester gases already in the environment.

Our tree planting initiative continues this year, with the aim of planting as many trees as possible to absorb greenhouse gases. We hope to once again work with all the schools in Downpatrick, making it a real community project.

We are also working with Ulster wildlife on their Sea Deep shark conservation project. This has caused great excitement and currently 29, KS3 pupils are signed up to learn about conserving sharks, rays and in Strangford Lough. This will involve interactive workshops, identification of egg cases and hopefully a beach trip.

So, have a great Christmas and don't forget to look at our Green New Year's resolution list. You can still have a wonderful festive time while being more sustainable.

If you have any projects that we might consider or trees that we could plant, please contact Mrs Wilson at [rwilson790@c2kni.net](mailto:rwilson790@c2kni.net).

Happy Christmas and a sustainable, happy and healthy 2020.