

Kingston Schools Eco-zine

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Dear Head Teacher

Earlier this year the Council published The Kingston Plan. It sets out the strategy to fulfil our community's vision for the borough they would like Kingston to be in 2020.

Sustainability is at the core of the Kingston Plan. My colleagues in the newly formed Climate Change and Sustainable Travel Group have the challenge of meeting a series of related objectives and our work with schools is a priority area.

As well as a range of new environmental educational projects, we are working increasingly closely with schools as we set about reducing carbon emissions from the Council's operations by 34% over the next five years.

Our work to improve children's road safety and travel options continue apace. A demonstration of this is in the newly created contra-flow cycle lane at King Charles rail bridge in Surbiton. This was a measure identified as a need by students at The Hollyfield School in their travel plan.

Be it to help with smarter travel or sustainability, my colleagues and I look forward to our successful partnership in the year ahead.

James Parker
Climate Change and Sustainable Travel
Group Manager

Upcoming Dates

8 & 9 Oct 09
Jnr Eco-STARS
Seminar 1 & 2
Guildhall

9 Oct 09
Walk to School Poem
Competition deadline

9 & 10 Oct 09
Kingston Food Festival
Market Square

14 Oct 09
Travel Plan &
Sustainable Schools
Net work meeting
Latchmere School

15 Oct 09
ECO-STARS
Main Guildhall

16 Oct 09
Travel Plan
Accreditation Awards
Brit Oval

20 Oct 09
Travel Plan
Accreditation Awards
Altitude 360

Student Voice

With the effects of global warming slowly becoming apparent, we need to act in order to reduce the worldwide economical, social and health problems it will inevitably bring.

The use of Earths natural energy sources is a major step towards a 'greener' world. Renewable energy can fulfil the demand for electricity, with high cost in the short-term but very little harm to Earths atmosphere in the long-term.

The benefits heavily out way the disadvantages and thus it is imperative that renewable energy, in its many forms, becomes more widely used to ensure a brighter future.

Sivan Kader, Aug 2009
Holy Cross Girls

Thank you to all those students who submitted their thoughts. If you have something to say on the environment and sustainability on a local or global level, please send in 60 words to the Kingston Ecozine co-ordinator. Contact on back page.

For contact details go to back page.

School Travel Plans

DCSF Doorway
Travel & Traffic



Accreditation Success!

Congratulations to all the Kingston Schools that gained accreditation for their School Travel Plans in August. Eleven schools achieved Sustainable Level Accreditation (Bronze). Lovelace Primary School went one better and were awarded the Higher Standard (Silver) and Fernhill are still benefitting from their Outstanding Award which lasts for 3 years. In order to recognise these successes Transport for London are holding two Award Ceremonies:

Sustainable Level on 16th

October at The Brit Oval Higher Standards and Outstanding on 20th October at Altitude 360

We hope all schools will be able to attend and look forward to seeing you there.

STP Small Grants Scheme

Over £60k of applications were made to our Small Grants Scheme in June from 24 schools. Unfortunately we only had £35k of funds and these have been awarded to 14 schools. From the schools with an up to date school travel plan we awarded the

projects we considered most likely to contribute towards modal shift away from single occupancy car use. Congratulations to those who have received a grant, we hope you will achieve a modal shift and enjoy the benefits of a less congested local environment.



Walking



Walking to School

The WoW campaign returns with another success for Kingston's pupils to celebrate. For the second year running we have a winner in the national badge design competition. Look out for the July badge, designed by Leo Roberts from St Matthew's CE Primary.

Big WoW 2009 - Poetry Competition

Big WoW is an annual event intended to raise the profile of Walking ahead of National Walking to School Month in October, when all schools will be sent WoW materials. For this year's Big WoW celebration we are encouraging all primary school children to walk to school on **Wednesday 30 September**. Following this we would like children to write a poem to capture the pleasure of walking to school amongst the many natural sights that might go unnoticed on another day.

Entries must be submitted by Friday 9 October with the **winning poem to be published in the local press** and prizes awarded to the top three entries.

An electronic copy of the application form has been sent to all schools and can be downloaded from:

www.kingston.gov.uk/walking_to_school

Cycling

The RBK's Climate Change and Sustainable Travel Unit would like to thank all the schools who have booked Bikeability Levels 1, 2 & 3 courses this Autumn. We are virtually 'sold out' !!

Cyclist training is now available for most of the year to give schools the opportunity to include the greatest number of pupils.

We will be resuming the training from February 2010 and we are encouraging schools who have not yet booked their Bikeability to make contact with us.

Please call 020 8547 5826 or email cycling@rbk.kingston.gov.uk.



Energy



A great way to effectively reduce energy use in your school is to install smart meters. Some of you may have already done this.

Smart metering provides information about how much energy is used and when it is used, helping you to understand energy use and how it can be saved.

Automated meters can take readings at specified intervals, providing info on patterns of use, and levels of electrical demand,

for example equipment that is left running, when buildings are unoccupied.

The data they provide can also be used for teaching and learning.

Go to the Energy Saving Trust for more info on smart meters

www.est.org.uk



If you only do one thing, educate yourself and everyone at your school to turn off energy using appliances when they are not in use.

Simple good house keeping can reduce energy bills by 10%, at school and at home.

For advice on saving energy and the Carbon Reduction Commitment please contact Nia Prys-Williams, Shadia Rahman or Matthew Howell-Hughes.

Water

Water is a scarce resource and costs are rising rapidly. A school that is equipped with water conservation devices may use less than half the amount of water used in other schools.

Schools in the UK spend £70million annually on the provision of fresh water and the treatment of waste water.

A primary school can have an annual water bill of more than £2,000, while secondary schools often spend double this amount.

Therefore reducing consumption and waste water you will save on supply and disposal costs. You will also save carbon dioxide (CO₂) emissions associated with energy for pumping the water to where it is needed and for the treatment processes that make it safer for us to use and to dispose of.



Fact: For every 1000litres (1m³) of water used 0.4kilogrammes of carbon dioxide emissions are released into the atmosphere and all the environmental issues associated with energy use are also relevant when we talk about water.

Things you can do to save water from Waterwise

- Establish a 'water savers' monitoring team, which gets children involved on spotting leaks and dripping taps.
- Invest in flow restrictors for taps, and when the taps need to be replaced invest in water efficient taps.
- Encourage students and teachers not to turn the tap on too hard whilst washing hands.
- Plant plants which are suited to the local climate and soil conditions to reduce water needs.
- Place cistern displacement devices in toilets to save water with every flush.

www.waterwise.org.uk



the RBK EcoSTARS

From RoadSTARS to EcoSTARS Kingston Council's award winning student council, the RoadSTARS, are expanding their remit and this year and will be championing all things green as the EcoSTARS.

This new role reflects the challenges facing the council to produce and promote a new climate change strategy. The year 10 and 12 students will still be working on projects to promote sustainable travel and road safety, but in addition they will also be raising environmental awareness among their peers and the wider public.

Recent successful projects undertaken by the students include, design and production of cycling clothing; design and painting of community murals; scripting and recording of a podcasts and a cinema advertisement; scripting radio advert; designing roadside poster campaigns and developing our own 'green' superhero – Captain Kingston.

A place on the EcoSTARS council is an outstanding opportunity for students to develop their project and

team working skills, as well as a valuable contribution to their CV and extra-curriculum activities such as The Prince's Trust.

For more information about the EcoSTARS go to

www.kingston.gov.uk/rbkecostars

or email Leslie Hunt.

Bikehood

The 100% organic cotton Bikehood Hoodie is still available £20.00

Junior EcoSTARS



Every primary school has been invited to select up to 4 Year 6 students to take on the role of Junior Eco-Stars for the new academic year.

Based on the successful formula of the Junior Road Safety Officer scheme which the Council has run for 12 years, the new Junior Eco-Stars will take on a wider area of responsibility: The five point Eco –Star stands for:

- Energy and water
- Waste and recycling
- Food and drink
- Nature and wildlife
- Travel and traffic

Throughout the course of the year students will be encouraged to deliver assemblies and report on

schemes that help to educate students about their ecological responsibilities.

To help the young officers appreciate the scope of their new role they have been invited to attend an information session at the Guildhall during October.

They will learn how to host a visit of the Council's Eco-Home, as well as how to give an assembly on the theme of Bikeability training, by using a PowerPoint presentation that was prepared last term by students at Malden Parochial CE Primary School.

As an encouragement to our new Junior Eco-Stars, we are able to donate a metre square green baize notice board to schools who would like one, so that students can display up to date information about their work for the attention of their peers. If you would like a notice board please contact Patrick Long.

To help the Junior Eco-Stars deliver well we are bringing Debra the Zebra into the new scheme and she will be championing not only Walking to School but also 'Reduce, Re-use and Recycle' and 'I Love My Planet'.





Eating our way to a sustainable future

Schools have a key role in promoting and supplying healthy, local and sustainable food.

Raising the standards of school food, and increasing pupil awareness about food production and sustainability will have a direct positive effect on how children do at school as well as the environment.

One way of doing this is by offering pupils freshly prepared food, some of which could be grown on site with the support of pupils and parents.

One example is Latchmere School with their cooking and growing clubs.

The School Cook is able to use a lot of this produce in the kitchen and anything left over goes home with the children. If you want to learn more about this and other school food initiatives, visit www.schoolfoodmatters.com/bestpractice.

Kingston Council is very keen to identify schools interested in getting involved in food initiatives.

If you are interested or have an idea of a food project for your school, please contact Carlos Queremel and we will offer you direct advice and support.

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Buildings



The way school buildings are designed, built and managed can make a big difference to a pupil's understanding of sustainable living.

One of the things that has the biggest impact on our environment is buildings. Constructing buildings, working in buildings, living in buildings, learning in buildings, knocking down buildings all have an impact on the environment.

So what can we do to make the impact of school buildings on the environment as small as possible?

When we build new schools, we try to make them as "green" as possible. We make them out of materials that we get from close

by, that have been recycled or re-used, and use things like wood that we can keep growing so that we never run out.

But what about all the schools that are already built? Well, there are still lots of things we can do when we use buildings to reduce our impact on the environment. One of the easiest things we can do is to keep heat inside, when it is cold outside.

There are 2 simple things to remember that will help keep the heat in your school.

- Keep the windows closed
- Keep the doors shut.

The other great thing you can do is run a vision lesson with

your pupils. Ask them to design what their home or school might be like in the future. Remember to keep the theme based on sustainable living.

For advice and more info Contact Matt Howell-Hughes
See back page



Chessington Community College's new 'low energy' building



By 2020 the government would like all schools to be models of good corporate citizenship within their local areas, enriching their educational mission with active support for the well-being of the local environment and community (DSCF, 2006).

Sounds good, but how can it be achieved and where do you start?

It is easier than you think. There are a number of ways your school can contribute to the well-being of Kingston.

Firstly, you can encourage community use of your schools facilities. From offering your main hall for meetings to sharing your vegetable patch to help the wider community learn about growing their own; welcoming community groups through your gates can be the beginning of many fruitful and long-lasting partnerships.

Secondly, you could help advertise local events and activities through your school

newsletters and website, helping local groups tap into your existing extensive networks.

But probably the most innovative and rewarding action you could do is to get your students involved in community projects. Doing so, you can liven up lessons and enrich the curriculum, giving students a great sense of empowerment and the confidence that they really can make a difference.

Luckily, there are many groups actively seeking links with Kingston schools to help support greater community cohesion and an improved environment for the town.

One of those groups is Transition Town Kingston (TTK) whose aim is to facilitate community action in order to respond effectively to climate change and peak oil and what these issues may mean in the future.

TTK are keen to work with all ages and offer accessible and fun educational

workshops to schools and youth groups helping engage young people's creativity and imagination to envisage a positive future beyond our present-day.

By extending the traditional school boundaries and being creative and flexible in your approach to the curriculum you can become a catalyst for positive change in your community.

If you are interested in finding out more or being put in contact with local groups

please contact

Elise Toogood
e.toogood@kingston.ac.uk



Wildlife

Build a Mini-Beast Box!

They are great way to attract insects to your garden.

Insects are very important. They are the foundation to all of Earth's habitats. They provide us with food, medicines and even clothes!

Insects are finding life more of challenge because we build over their homes. So lets help them and build new homes.

For more info contact

Matt Howell-Hughes — see [back page](#)



DCSF Doorway Buildings & Grounds



Kingston University are developing wildlife education projects to start in Spring 2010. These are for early years and KS1 groups to visit. To find out more and book a place

contact Lynsey Stafford at
biodiversity@kingston.ac.uk



Sustainable Purchasing

The way in which a school buys goods and services can have big impacts socially and environmentally. Nearly half of CO₂ emissions from schools come from the day-to-day buying choices and decisions made by each school. This is nearly 1% of total carbon emissions in the UK!!

Sustainable purchasing means thinking carefully about the impacts of all the products your school buys e.g. how much energy do they use, do they contain environmentally unfriendly chemicals, what is the recyclable content of the product, are the products ethically sourced?

It is recommended that you develop a purchasing plan which should guide all purchasing decisions. More on how to go about this in the next issue but here are some tips to get you started:-

Buy ethical products.

Always look for the Fair-trade label which ensures a good deal for the grower.

Buy low energy equipment.

Computers, fridges, freezers etc can all vary in their energy consumption, the lower the better!



Buy recycled products. 100% recycled paper is widely available and always buy print cartridges that can be recycled or refilled.

Waste & Recycling

KS1 & 2

**Recycler
the Rapping Robot**

Free Recycle Visit!

The first 10 Kingston primary schools that Wastewatch hear from will benefit from a free, fun and educational assembly followed by a workshop from Recycler and his team.

To book your place contact,
[leena.patel](mailto:leena.patel@wastewatch.org.uk)
@wastewatch.org.uk



KS3

**Free Waste Reduction Project
for a Secondary School.**

Environmental charity Global Action Plan, funded by London Councils, is delivering **free** support this academic year for **one secondary school** in Kingston to reduce their waste, increase recycling and raise environmental awareness in the school community.

The 8 month **Action on Waste** project contains the following elements:

“What is waste?” workshop, looking at our waste impacts on the environment.

An initial environmental audit conducted by a student led action team

Whole school Action Plan to improve waste reduction and recycling

A communication campaign to raise whole school awareness

A second environmental audit to measure improvements

A celebration of the school's achievements and the presentation of a United Nations certificate.

Also helps schools work towards achieving Bronze or Silver Eco-Schools Status

The project lasts 6-8 months and would work with an action team of about 15-20 students.

Free! – it includes supply cover to enable teachers to get involved

Fun! – it involves students in environmental decision making and action planning

Effective! – schools have reduced their waste by an average of 40%.

To book contact,
[cassie.jeans-williams](mailto:cassie.jeans-williams@globalactionplan.org.uk)
@globalactionplan.org.uk

Web Links



For useful guidance and info go to www.teachernet.gov.uk/sustainableschools . The main ones are highlighted below

- *S3: Sustainable school self-evaluation guide (Easy to use)*
- *Planning a Sustainable School (For all staff to start developing a sustainable school)*

There are also useful guides for bursars and governors.

Contact Matthew Howell-Hughes (see below) for advice and pdf copies of all DCSF and QCA guidance and resources.

Waterwise: reducing water wastage in the UK

www.waterwise.org.uk/reducing_water_wastage_in_the_uk/house_and_garden/saving_water_in_schools.html



The eco-schools website offers very good lesson ideas for teachers and pupils to work together. We highly recommend you make a visit

www.eco-schools.org

Global Action Plan

To see case studies on Action on Waste go to

www.globalactionplan.org.uk/schoolcasestudy.aspx

London Sustainable Schools Forum

To find out what the rest of London is doing join the LSSF and start receiving the very informative e-bulletins.

www.gos.gov.uk/gol/environment_rural/sustainable_schools

Contact Details

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Sustainable Schools

Energy & Water

Energy and Water

Travel & Traffic

Food & Drink

EcoSTARS projects

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