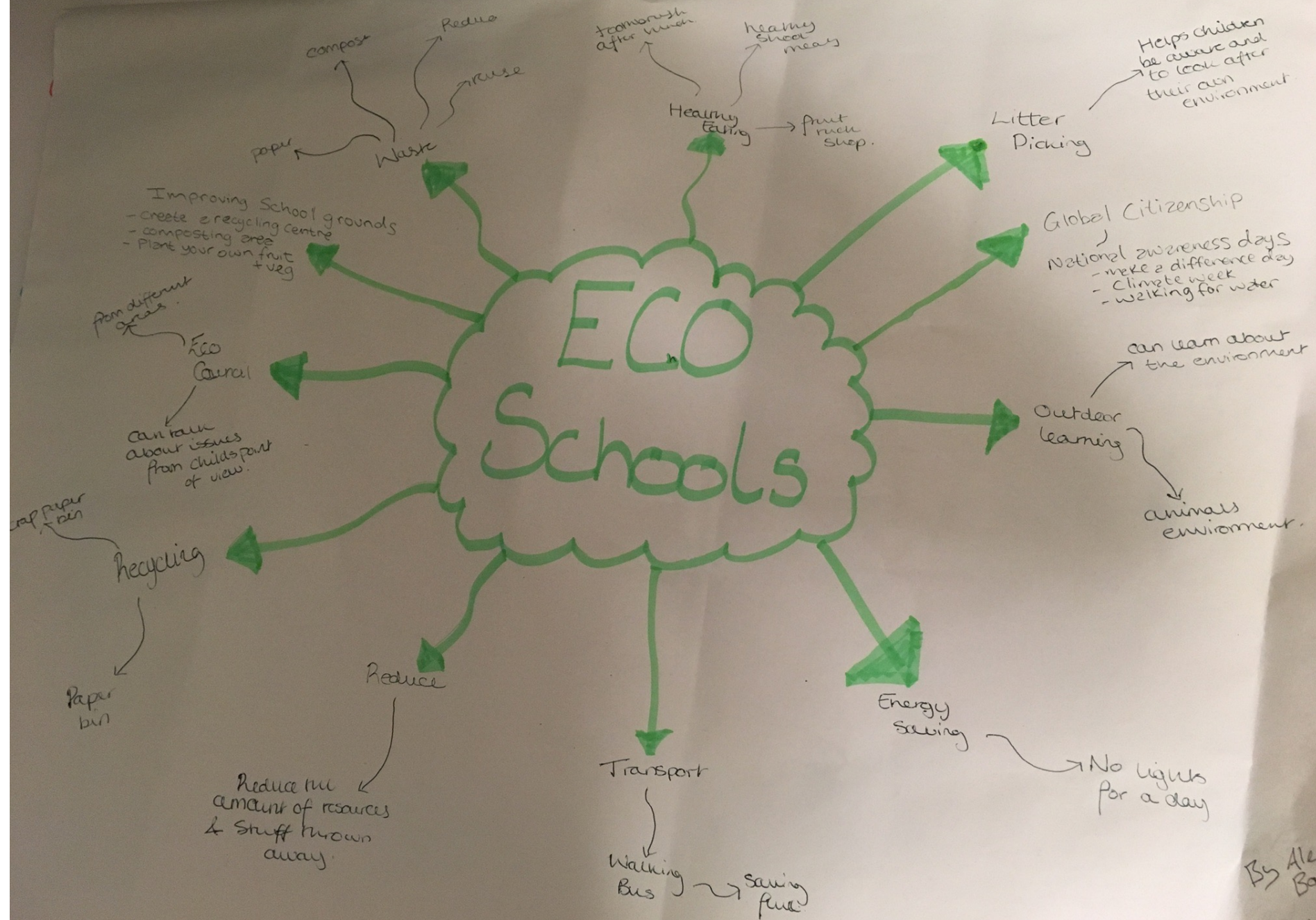




By Alex
Baird
+
JACK



Choices and Decisions

Apple, or apple pie?

Healthy lunch

Positive rewarding for healthy decisions

Children to run their own canteen shop. Same foods different tastes.

Wealth and Poverty

Healthier food - more expensive?
Undernourished/Excessive eating

Benefits

- More informed on the benefits healthy eating has to their bodies.
- General well-being of the children is improved.
- More informed on the benefits healthy eating has to the environment.

Identity and Culture

Compare our lunches to other countries
Foods associated with different countries

Waste and Consumption

How much food we waste?
Overpackaged products
Over consumption
Reusable bottles

Healthy Eating



Natural Environment

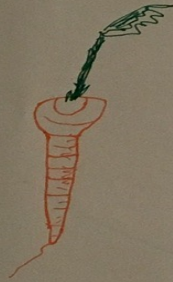
Where does our food come from?

What plants need to grow

Where does our food get its energy?

Grow our veg.

Strawberry picking



Climate Change

The effect weather has on growing Crops

Explain/show how biodegradable products have a lesser impact on climate than man-made.



Health

Childhood obesity

Illness & Diseases - diabetes, etc.

How Eating healthy can improve Health?

Different Benefits From Foods?

Food Tasters

Food diaries at home
Each child gets a free bottle to encourage

ACTIVITIES

- Bring in 3 items of rubbish from the house and sort into the 3 categories - reduce, reuse, recycle.
- Make something from recycled materials

Themes covered

- Health
- Consumption + Waste
- Climate change
- The Natural Environment
- Choices + decisions

Health

- Sort rubbish further into categories based on 'type' of rubbish i.e. chocolate wrappers, crisp packets, drinks bottles etc...
- talk about healthy eating options + how unhealthy foods can affect our bodies
- make a healthy eating plate
- look at how much sugar is in certain

RECYCLING

Climate change

- how our waste can affect the climate - global warming
- CO₂ emissions?
 - walking / cycling to school
 - survey

The Natural Environment

- Pollution - waste into rivers
- How litter can affect animals and their habitats

Choices + decisions

- Choosing healthy options i.e. drinking water instead of pop. ^{daily}
- Understanding how our choices can affect the environment we live in.

Waste + consumption

- using all of our food - not wasting more than is needed.

Reduce

- Paper draw
- Scrap paper
- Plastic bottles (filling them up again)

Reuse

- Reuse plastic containers for art

Recycle

- locating correct bin
- How recycling can help with climate change
- How waste and litter affects the natural environment

Waste and consumption

- * Recycling glass, tin and plastic
- * Make musical instruments out of tin.
- * Greenhouse out of plastic bottles.
- * Decorations out of glass e.g. lanterns
- * Compost.

Water

- * Turning the taps off.
- * Collection of rain water.

Natural Environment

Growing vegetable gardens on school grounds.
Children planting trees/flowers on school grounds.
Berry picking.

Climate Change/Energy

- * Saving Electricity/turn lights off
- * Renewable energy: windmills/solar panels/water power
- * Eco-warriors

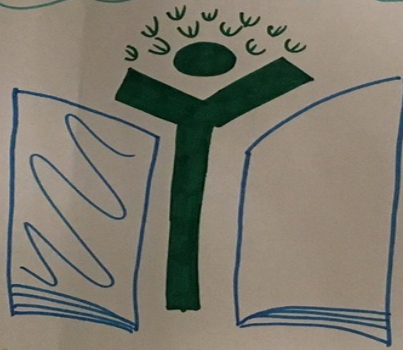
Healthy Eating/Living

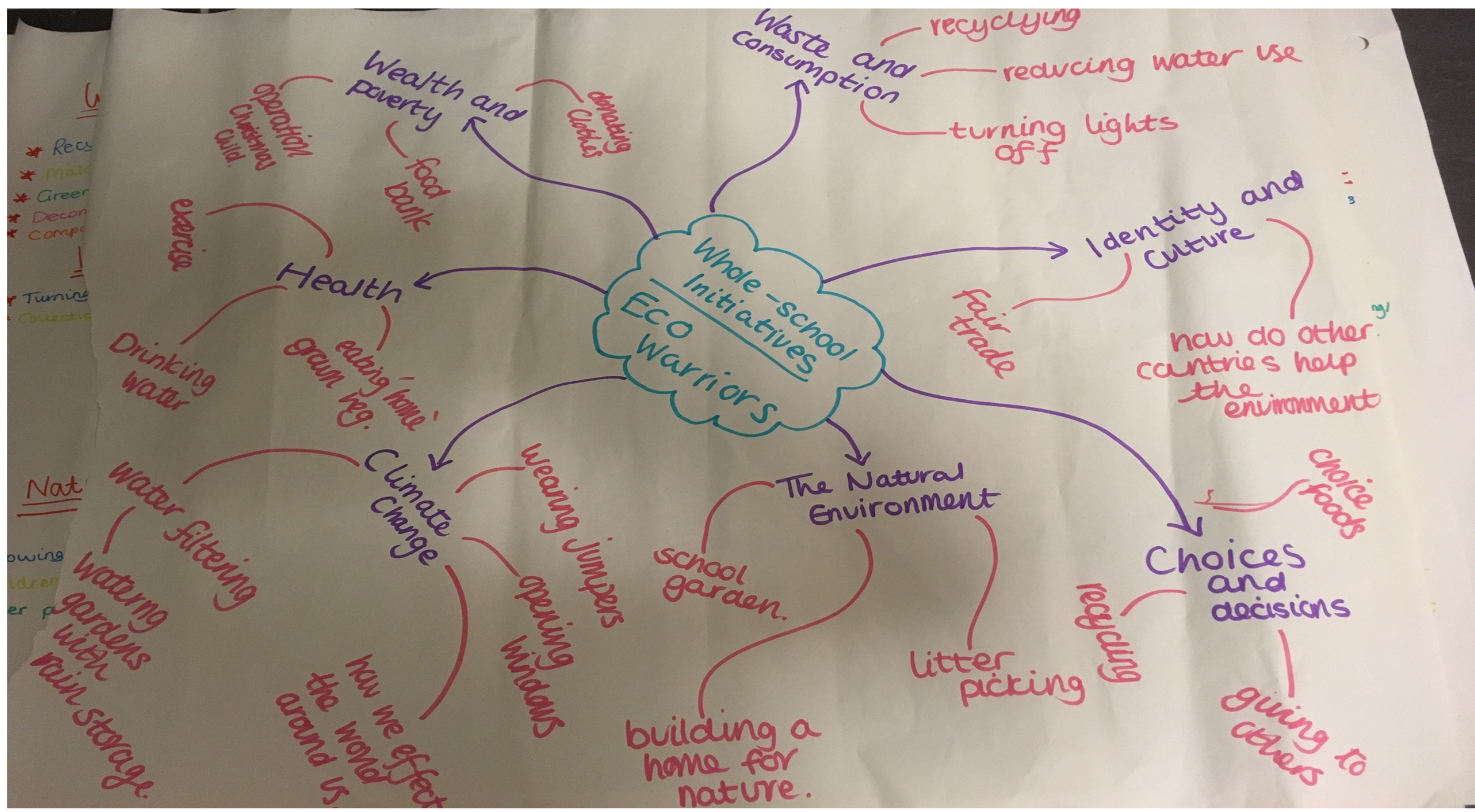
- * Choosing fruit/vegetables for snack time.
- * Encouraging the drinking of water instead of pop/juices.
- * Dentistry routine, check-ups and brushing teeth after eating/ in the morning/end of the day.

Choices and Decisions

- * Look at councils eco policy and decide as a school which aspects they will inherit.
- * Allowing children to make their own conscious decisions that affect the rest of the world.

Eco Schools





Waste and Consumption

Reduce - waste and uses of waste - use scrap paper etc.

Reuse - Shows uses such as plastic bottle greenhouse.

Recycle - Shows children what can be recycled and get them to sort the materials. Recycling water for the garden. Composting kitchen waste.

Reduce the electrical + water consumption for a

Reduce, Reuse and recycle.

As a School we aim to reduce, reuse and recycle 80% of our waste and grow 20% of our own consumption. Help us reach our goal!!!

1. Space
2. Time.

Recycling Week.

Climate Change

By recycling our waste we help reduce Climate Change.

Health
grow your own
eat your produce.
roof garden

Roof Garden

The

Natural Environment.

grow your own.

compost

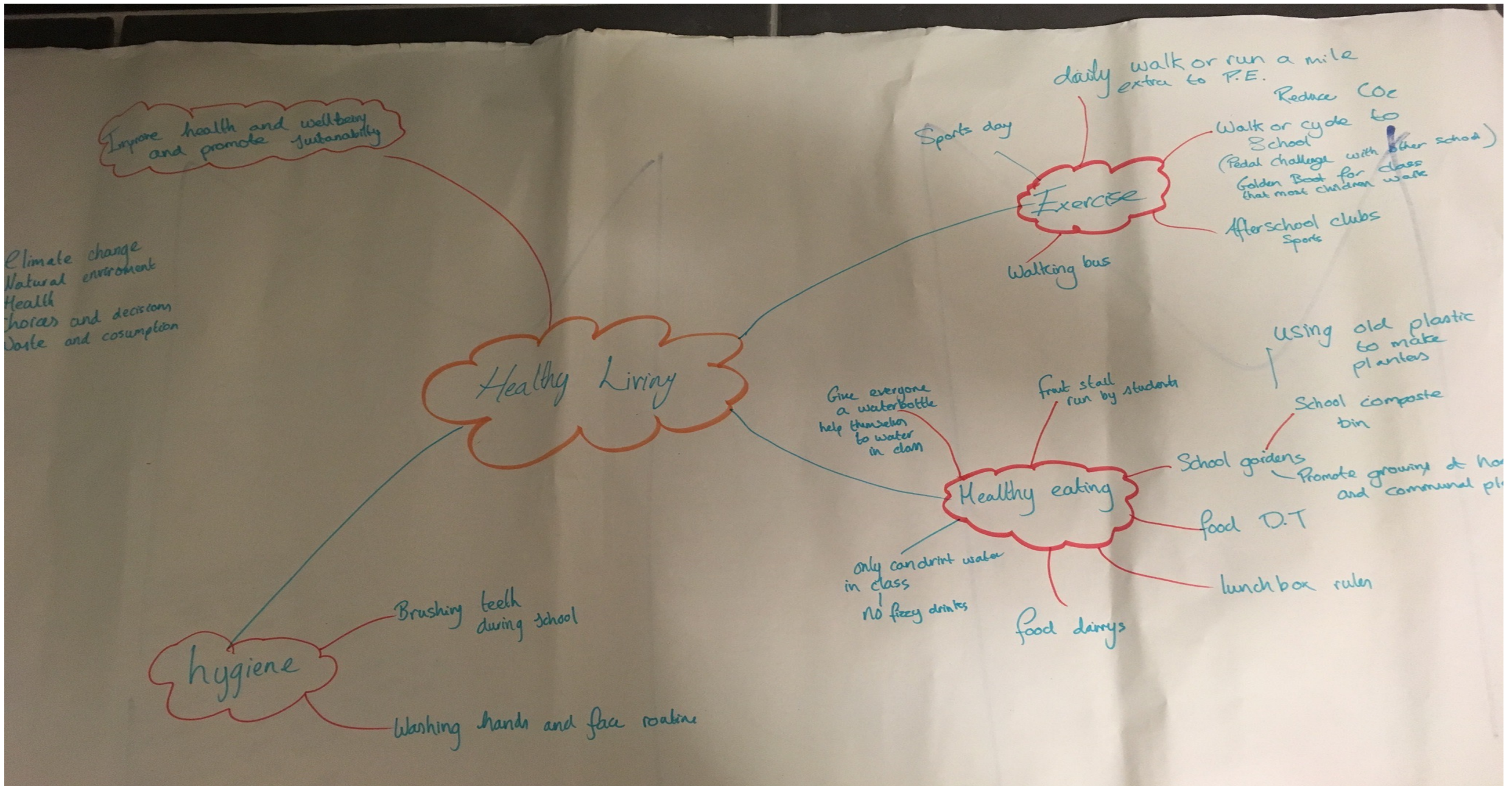
Reduce land fill.

Wick bin.

Choices & decisions.

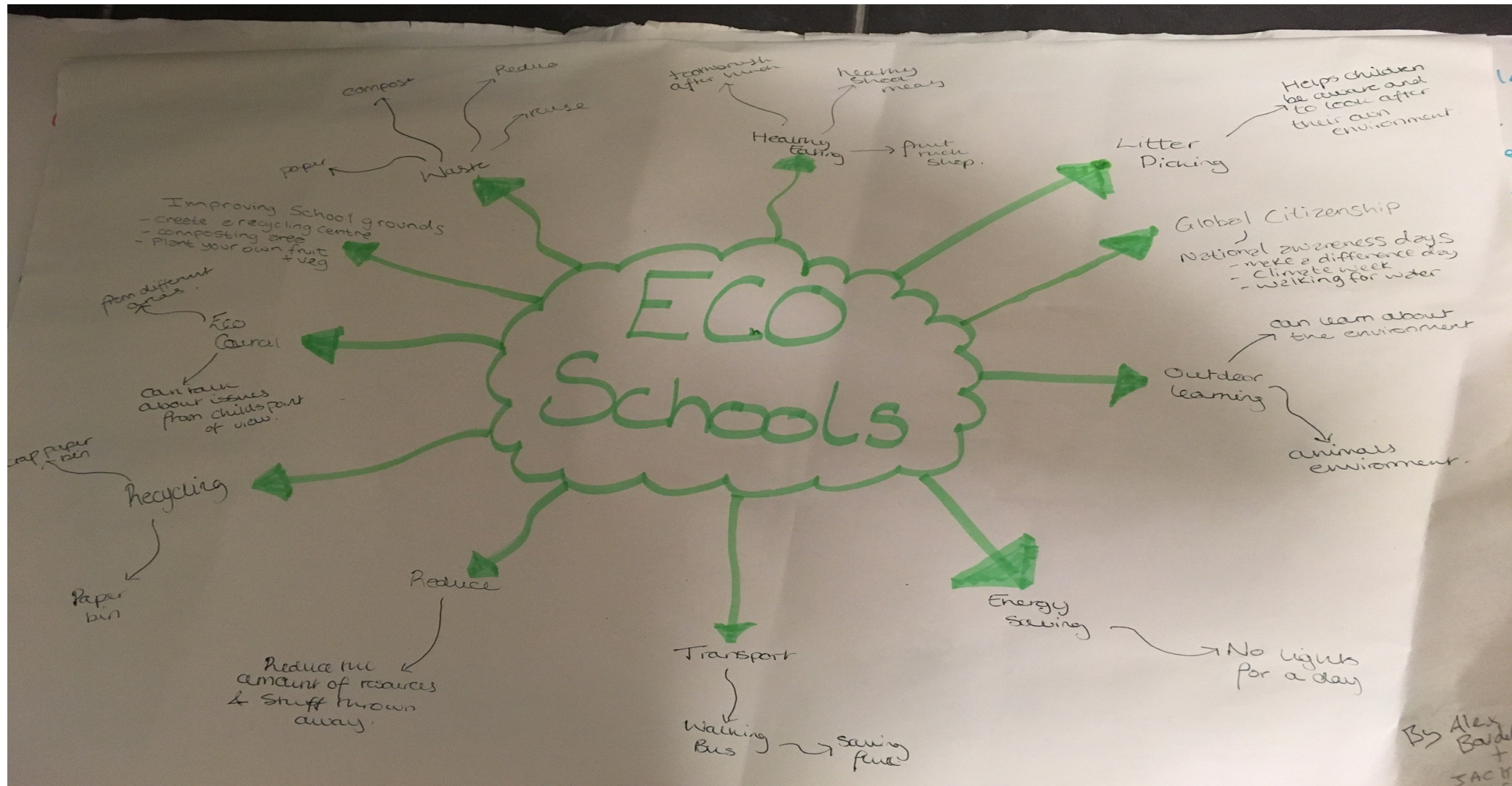
Plastic cups or plastic reusable cups

Scrap paper or new paper



Improve health and wellbeing and promote sustainability

Climate change
Natural environment
Health
Choices and decisions
Waste and consumption



By Alex
Baird
+
SACHA

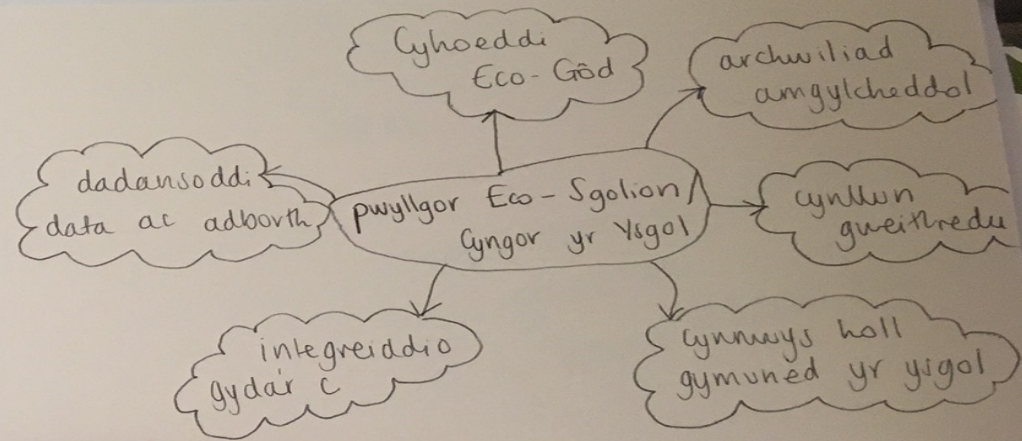
Mudiad Rhyngwladol yw Eco-ysgolion. sy'n annog a hybu disgyblion a ysgolion i gymryd diddordeb mewn materion amgylcheddol a codi ymwybyddiaeth am yr amgylchedd.

Mae broses eco-ysgolion dri phrif gyfnod:

- ① gweithredu saith elfen y rhaglen
- ② ymgeisio am un o dair gwobr Eco ysgolion wrth i chi weithio trwy'r rhaglen: hystysgrifefydd, arian neu'r faner werdd.
- ③ adnewyddu'ch gwobr bob dwy flynedd.

Manteision	Anfanteision
1. dysgu plant i edrych ar ôl yr amgylchedd 2. dysgu i'r plant cael cyfrifoldeb a rôl bwysig iddynt 3. dysgu sut i wneud dewisiadau pwysig	

Eco ysgolion



Cysyllthad â ADCDF:

- newid Hinsawdd
- amgylchedd naturiol
- dewisiadau a phenderfyniadau
- Treuliant a gwastraff

Masnach Deg

Ceginio

Dylunio a Thechnoleg

- Pacio
- Dylunio Poster

Curriculum

- 0 leiaf 3 pwrnc (Gyfreithlon)

- Mathemateg
- Cyuid/Elw £

aeanyddiaeth
le mae'r cynhyrch yn dod
- e. Bananas

DCDF

- TGCh
- Poster

Dad! £

- Datblygu Gwybodaeth
- Cysylltu i fywyd
- Cyhrifoldebau

- Defnyddio a gwerthu
nwyddau Masnach Deg
- Dysgu trwy brofiad
- Chwarae Rôl

Beth

- Cynnwys yr holl ysgol
- 4 plant yng nghanol y
weithgaredd
- Polisi Ysgol Masnach Deg

- Siop Ysgol

- 4 plant bydd
wrth ym
- Egni Bwyd

Manteision

- Dysgu am wledydd trydydd
byd
- Dysgu am rhob agwedd o lle
mae bwyd yn dod i.
- Bwyta Bwyd lleol

Xsgolion Iach



PYNCIAU

Addysg Gorfforol - egni mae bwyd yn rhoi i blant

ADCDF - Amgylchedd Naturiol / Iechyd

Gwyddoniaeth - Grwpiau bwyd e.e ffrwythau a llysiau / Sut i ofalu am y corff

Coginio - Creu bwydydd iach e.e salad ffrwythau



GWERSI

- Astudio milliroedd teithio bwyd
- Blasu gwahanol bwydydd y byd
- Astudio bwydydd mewnach deg

Manteision / Heniau

Ciofalu am y corff
Atal gordewdra

Cysylltiad â'r Cwricwlwm

7 topic Iechyd: Amgylcheddol

Bwyd ac Ffitrwydd

Lles emosiynol a meddyliol

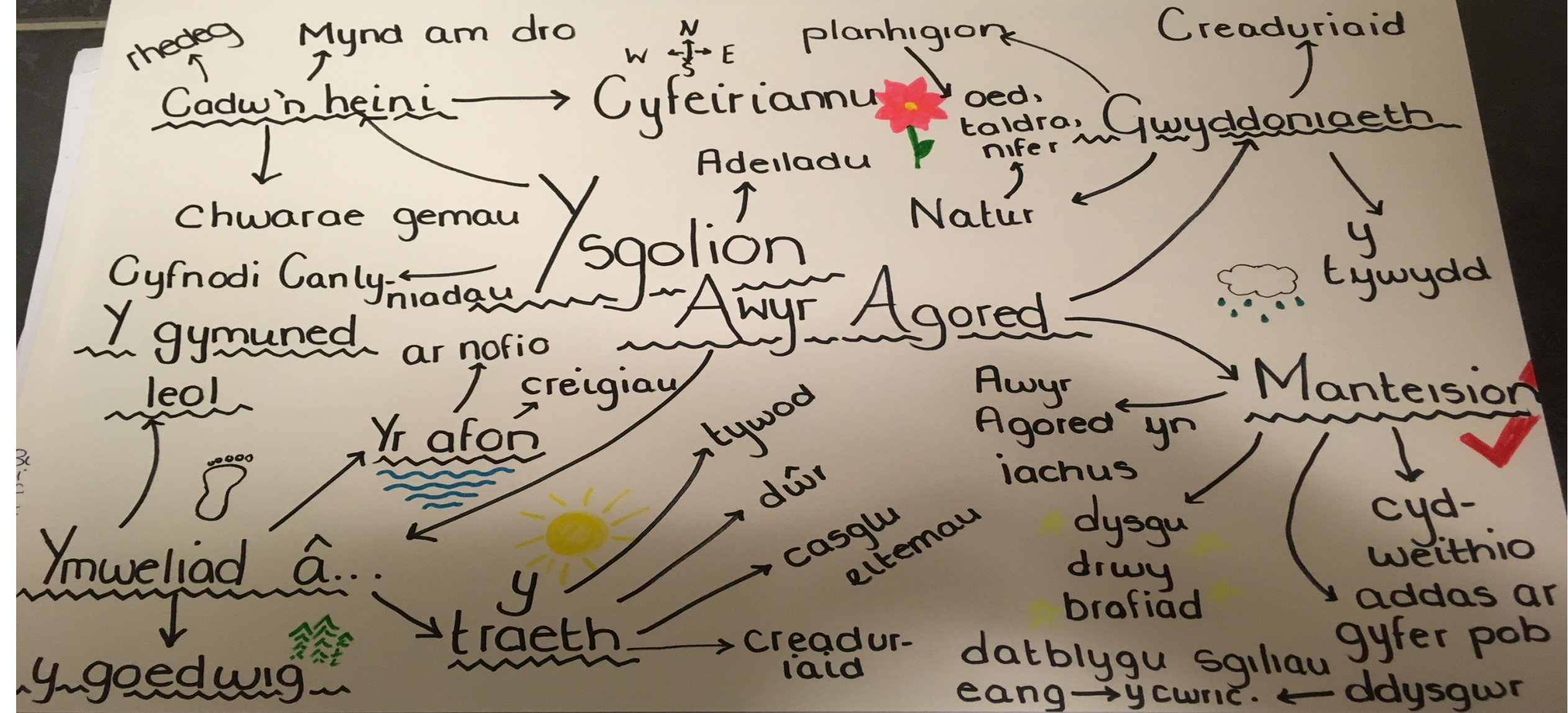
Datblygiad Personol a pherthnaseu

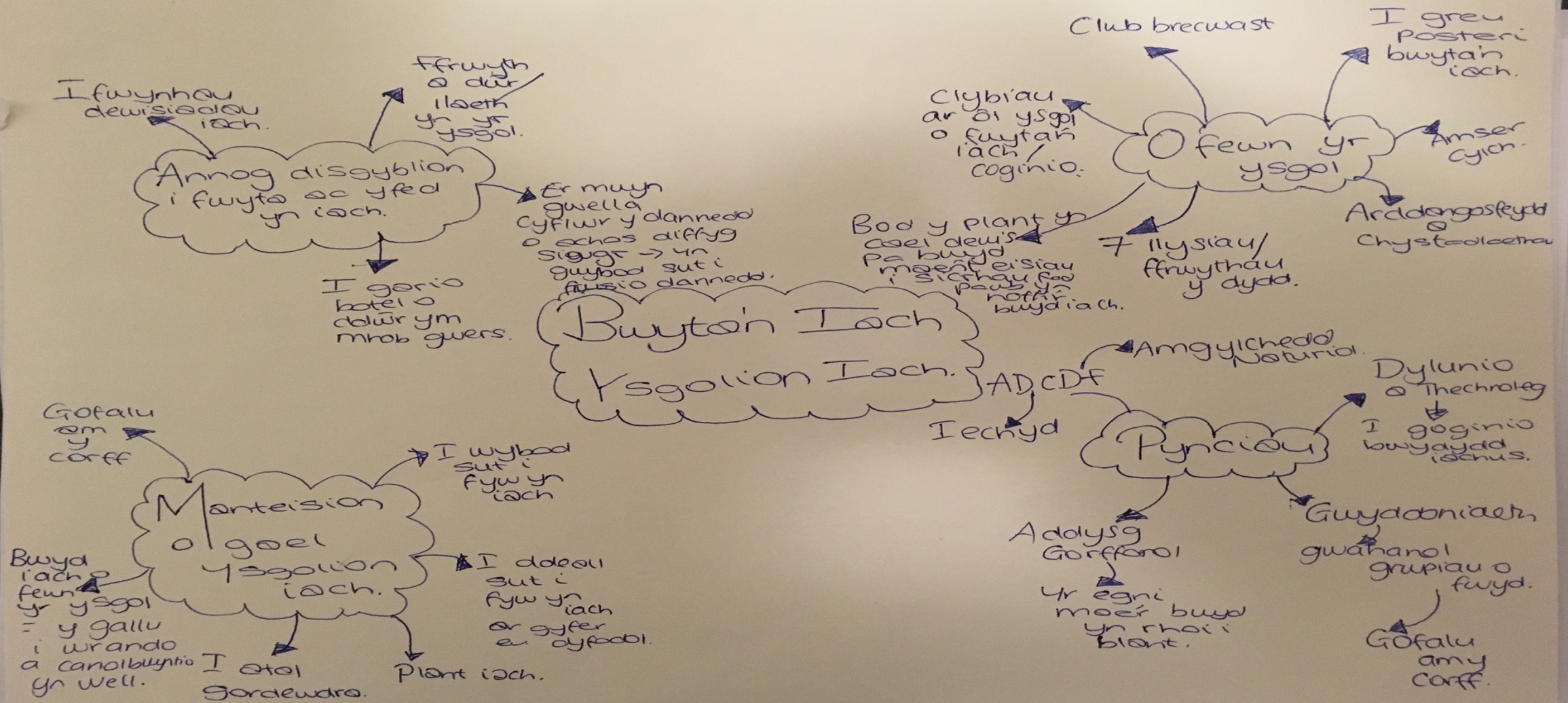
Diogelwch

Sut i ddefnyddio cyffwrddio ddiogel

Hylendid







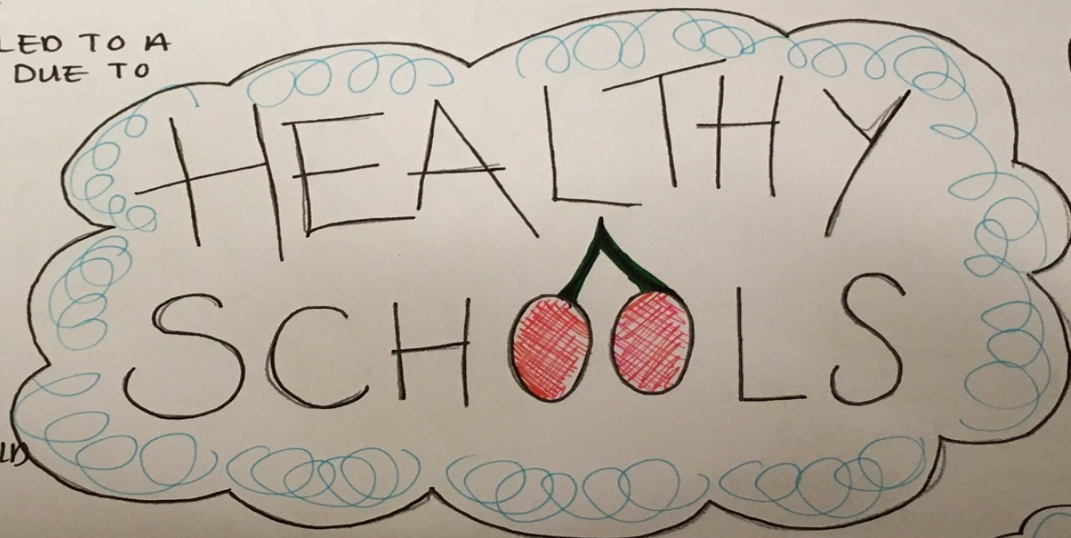
BENEFITS

- PUPIL HEALTH
- PUPIL BEHAVIOUR
- PUPIL MOTIVATION
- ABILITY TO LEARN + ACHIEVE
- HEALTHY MEALS IN SCHOOL LED TO A 15% REDUCTION IN ABSENCES DUE TO SICKNESS.

LESSONS

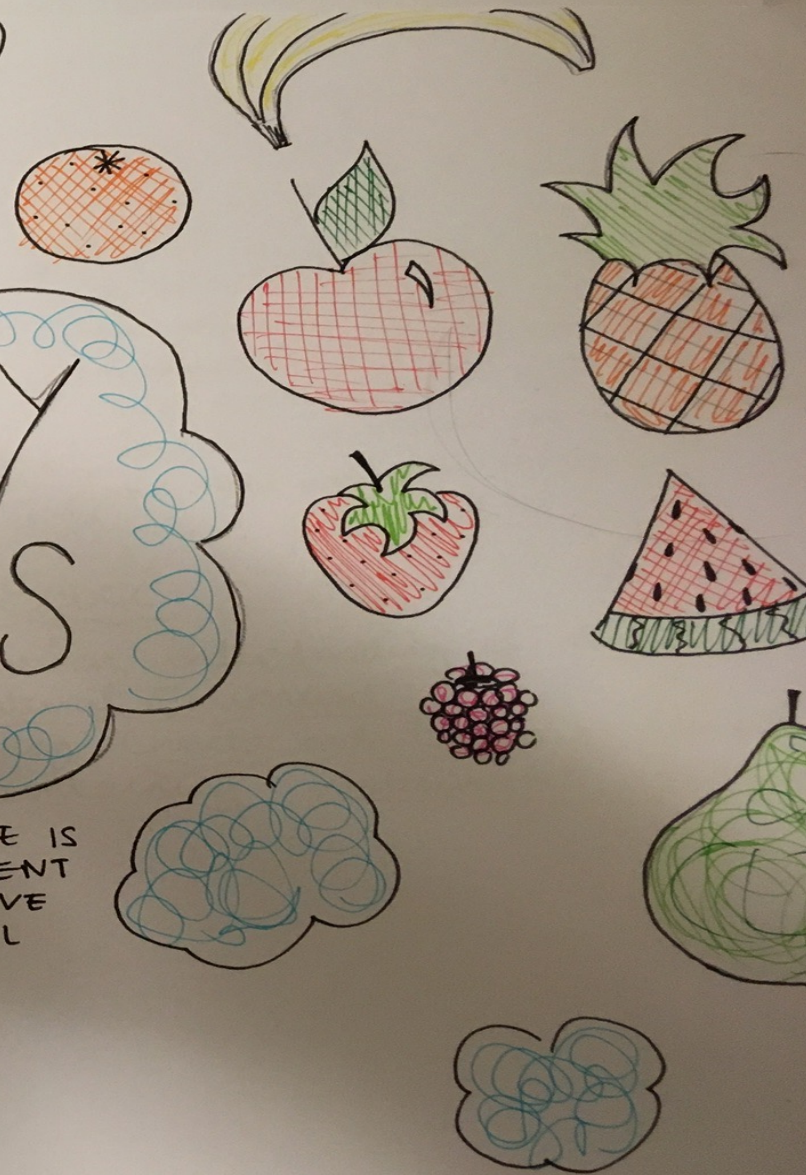
- FRUIT TASTING
- ORIGINATE FROM
- FRUIT / FOOD FROM AROUND WORLD
- FAIR TRADE FOOD.

CHANGE4LIFE
→ SUGARSMART



THE NATIONAL HEALTHY SCHOOLS PROGRAMME IS A JOINT DEPARTMENT OF HEALTH + DEPARTMENT FOR CHILDREN, SCHOOLS + FAMILIES TO IMPROVE HEALTH, RAISE PUPIL ACHIEVEMENT + SOCIAL INCLUSION.

CHILDREN IN PRIMARY SCHOOLS ARE 3X MORE LIKELY TO CONCENTRATE IN THE CLASSROOM AFTER IMPROVEMENTS TO FOOD.



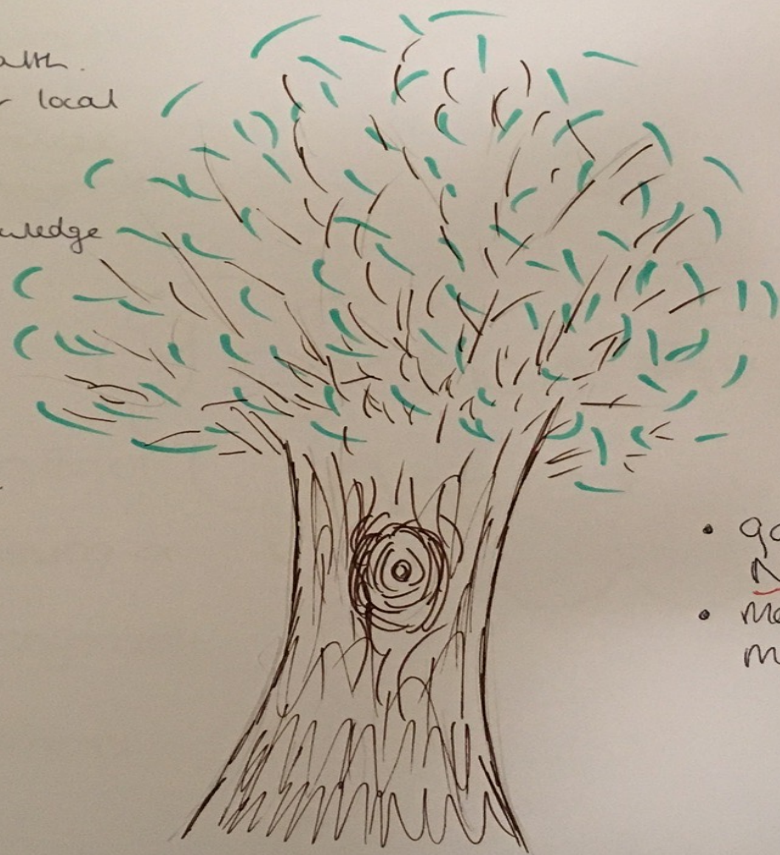
Outdoor School

Benefits

- > Good for physical and mental health.
- > Gain a better understanding of their local community.
- > Confidence when working outdoors.
- > Understanding of sustainability and knowledge of the ecology of their local area.

Curriculum links

- 1) Physical Education - adventurous activities.
- 2) Geography - Orienteering.
- 3) Science
 - ↳ wildlife
 - ↳ Biodiversity



What is it?

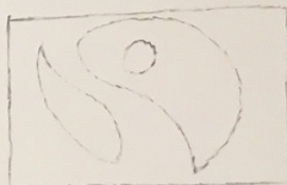
- > A School that promotes the use of the outdoors to develop strong, fit, healthy children who are fully acquainted with the outdoors and who have a very well developed sense of physical and emotional well-being.

ESDGC

- gain an understanding of the Natural Environment
- making Choices and Decisions based on maintaining sustainable development.

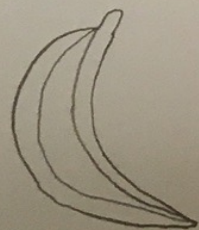
Gwersi

- Blasau ffrwythau
- Lle mae'r ffrwythau yn dod?
- Ffrwythau/bwyd ar draws y byd
- Masnach teg



MASNACH IEG

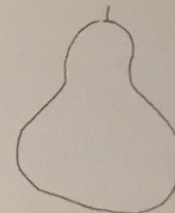
Ysgolion Iach



Mae'r Prosiect yn rhan o gynllun Sefydliad
Iechyd y Byd 'Rhwydwaith Ewropeaidd o
Ysgolion Hybu Iechyd'.

Pynciau Cysylltiedig

Addysg gorkfforol - Dysgu plant sut i fyw yn iach a gwneud
iddo teimol hwylys
Adolf - Dysgu am iechyd a'r amgylchedd
Gwyddoniaeth - Addysgu am ba bwyddau sy'n
iach a dysgu am syhyron deunyddiau
i gadw'n iach



Elwau

- Iechyd diggyblion
- Ymddygiad diggyblion
- Cymhellid diggyblion
- I ddysgu a llwyddo
- Bwyd iachys yn ysgolion sy'n
arwain at 15% o absenddes
yn ysgolion



FAIR TRADE



links to the curriculum

- Geography - the knowledge of people, resources and natural & human environments.
- PSE - spiritual, moral, cultural, mental & physical development.
- ESDGC - relationships between power, resources and human rights. links between society, economy and environment.
- D+T - cooking and nutrition. Requiring students to gain an understanding of foodology.



What is it?

• A worldwide movement where young people learn, whatever their age, they have the power to make a difference in the world. It looks at global issues, such as where food comes from, how we are connected to people around the world and learning a range of skills.

• There are 3 different achievement levels of fairtrade:

- 1) Become fair aware.
- 2) Become fair active.
- 3) Become a fair achiever.

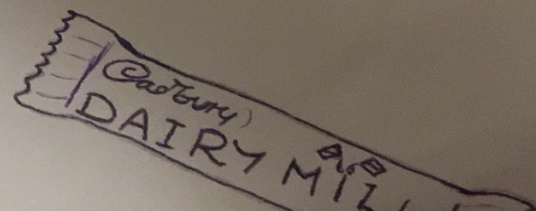
Advantages

- + Endogenous local development: profits reinvested.
- + Working conditions are safe & ethical.
- + Wages are fair.

Advantages and Disadvantages

Disadvantages

- Extremely small segment market
- Costs can be unaffordable.
- Limited availability.

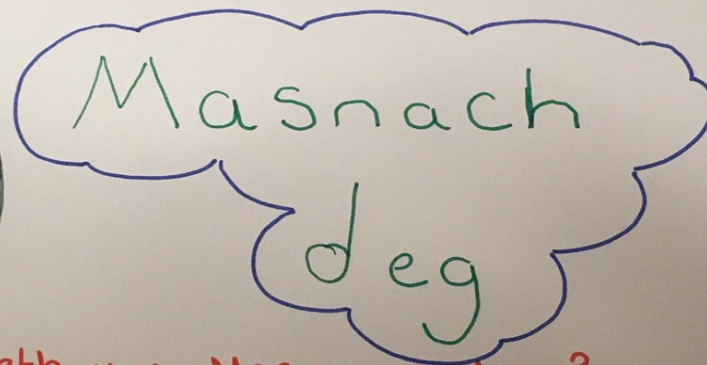
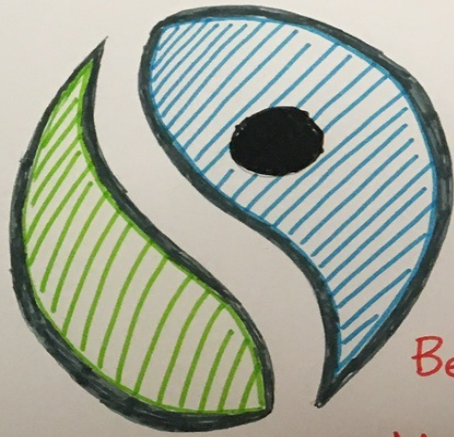


Gwersi:

- gwneud cynhyrch
- elw/colled cwmnioedd

Cysylltiadau: AUCDF

- Iechyd
- Treiliant a gwastraff
- Diwilliant



Esiamplau

- Coffi
- Siocled
- Banana

Beth yw Masnach deg?



Masnach rhwng cwmnïau yn wledydd datblygedig a chynhyrchwyr mewn gwledydd sy'n datblygu lle mae prisiau teg yn cael eu talu i'r cynhyrchwyr e.g.

Coffi: Masnach deg

Manteision

- Cyflog teg
- fwy o arian i ffermwyr tlawd
- lleihau tlodi yn gwledydd sy'n datblygu

Anfanteision

- Ddrud i'r cyhoedd
- Dim dewis eang o gynhyrch

Lessons

- making a product
- balance of money between companies

Advantages

- fair wages
- more money gets given to poorer farmers
- money is split fairly
- stops poverty in third world countries



What is it?

- Fairtrade is a process where companies divide profits gained from selling a product equally and fairly, the farmers gain more money allowing them to live a better life

Disadvantages

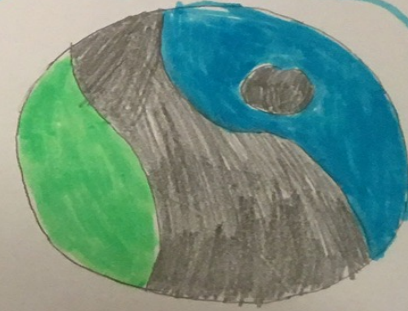
- more expensive
- not enough products available

Links to ESGC

- wealth and poverty
- choices and decisions
- the natural environment
- health
- diversity and culture

Examples

- bananas
- chocolate
- coffee
- tea
- hot chocolate
- apples
- juice



FAIR TRADE

happy. fair. equality



Sgoliaion - Eco

Beth yw sgoliaion eco?

- * Rhaglen i hybu ymwybyddiaeth amgylcheddol sydd yn cysylltu gyda Pynciau Cwricwlaid.
- * galluogi plant i fod yn fwy cynaliadwy.
- * Cyfle i ddatblygu sgiliau gwneud penderfyniadau
- * Cyfle i leihau effaith newidiol eich ysgol ar yr amgylchedd
- * Potensial i gael cyhoeddusrn yn lleol ac yn genedlaethol

Manteision

- * Creu cysylltiadau efo'r gymdeithas.
- * Safonau yn codi yn yr ysgol
- * Helpu arbed arian
- * Cyfle i wneud materion datblygiad cynaliadwy yn rhan o fywyd yr ysgol.
- * Cyfle i leihau effaith newidiol eich ysgol o'r amgylchedd.
- * Cyfle i ddatblygu sgiliau gwneud penderfyniadau yn eich pobol ifanc.
- * Mynediad i rwydwaith o asiantaethau cymorth yn lleol a chenedlaethol.
- * Cysylltiadau ag ysgolion eraill yng Nghymru, y DU a Ewrop.
- * Gwobr bwysig ar lefel Efydd, Arian neu'r Ffôn Werdd a gydnabyddir yn rhyngwladol.
- * Potensial ar gyfer arbedion ariannol yn agil lleihad y costau am ynni a chasglu sbectol.

Cysylltu a Cwricwlwm

- | | |
|--------------|--------------------------------|
| * Cymraeg | * Saesneg |
| * Mathemateg | * Daearyddiaeth |
| * Gwybodaeth | * Celf |
| * D & T | * Adolyg personol chymhauhawol |
| * TGCH | * Cwricwlwm a |
| * Hanes | |

Benefits / Challenges

- + enhances the curriculum
- + builds links with the community
- + leads to school improvements
- + helps save money
- + brings recognition and positive publicity to school
- keeping the awards updated takes a lot of planning



ECO SCHOOLS

Links to the Curriculum

- ▲ English
- ▲ Mathematics
- ▲ Science
- ▲ Design + Technology
- ▲ ICT
- ▲ History
- ▲ Geography
- ▲ Art + Design
- ▲ PSE and Citizenship
- ▲ Cwricwlwm Cymreig



What is it?

- It is a programme used to promote environmental awareness in ways that link to many curriculum subjects.
- It aims to make the school more sustainable and involves the whole school — pupils, teachers, non-teaching staff and governors.

Awards Criteria:

- Bronze level
- Silver level
- Green flag level



Addysgu disgyblion i ymddiddori
yn eu hamgylchedd lleol
ac i fod yn hyderus
ynddo.

92% o blant yn
hapusach with weithio
yn yr awyr agored.

Trwy ymweliadau
rheolaidd a'i
harddredd awyr
agored lleol mae
plant yn datblygu
ymwybodaeth gret o les
ac yn mwynhau
gweithgarwch corfforol.

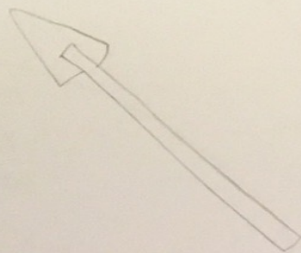


Mae pob plentyn
yn cyflawni lefel
4 neu'n uwch

"The critical age of
influence appears to
be before 12 years old"
- Dr William Bird (RSPB officer)

BENEFITS:

- Gives children an awareness of the world they live in;
- environment



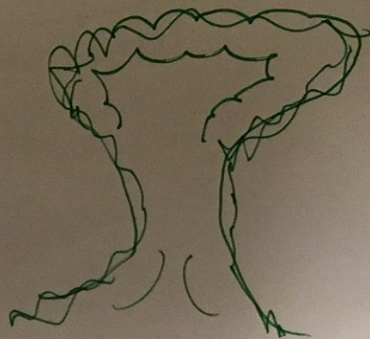
LESSON PLANS:

- Make a sculpture out of rubbish (recycling).
- Water plants
- Make recycling posters



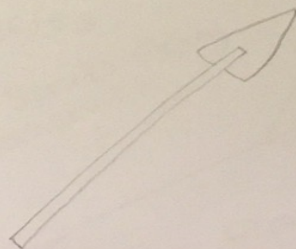
ECO - SCHOOLS

Ensure young people have power to be the change for Sustainability that our World needs.



THEMES:

- Water
- Climate change
- Animals
- Sustainability
- Litter
- Transport
- Recycling
- School grounds
- Waste
- Global Citizenship
- Biodiversity
- Energy
- Healthy living



FRAMEWORK:

(Seven)

1. - Eco - Committee
2. - Environmental Review
3. - Action Plan
4. - Involving the whole School and wider community
5. - Linking to the Curriculum
6. - Monitoring and Evaluation
7. - Eco - Code.

FOREST SCHOOLS

Outdoor Play
Rope swing
Seesaw

Pond dipping
Life cycles
Forest Sports day
Pondsticks

Foraging

Outdoor Cooking
• Pizza
• Jacket potatoe
• Grow your own food

Role Play
Robin Hood
Dress as an owl (Jenny).

Dens/Habitats

Tree house
Climbing

Nature Walks

Group activities

- Team work
- Group discussions
- Outdoor circle time (around a fire).
- Singing

fire safety

Outdoor Skills
• Map reading
• Start a fire

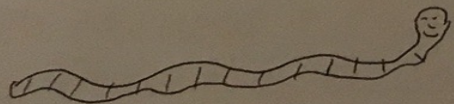
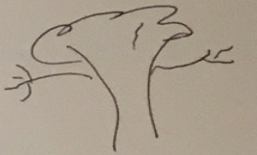
Using natural resources
• Bow + arrow
• Make a dam

Mini beast hunt

Adopt an area
of Woodland

Litter Picks
Recycling

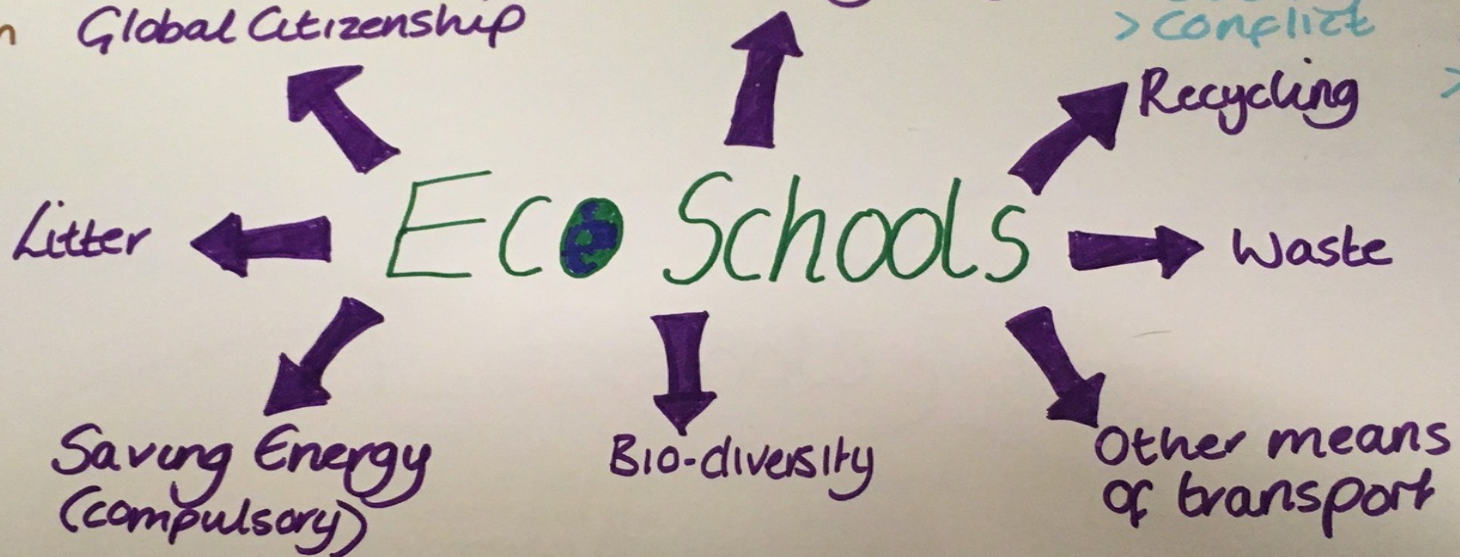
Partnerships
• Coast guard
• Sports clubs
• Nature clubs



★ Incorporates all aspects of curriculum and LNF.

★ Promotes cross-curriculum work. (Donaldson Report)

Global Citizenship



Can prevent...

> Emissions
> Stress / anxiety
> Obesity
> Conflict

> ugly environment
> Destruction of environment / effect on habitats / wildlife / living things

How can we benefit from eco-schools?

- Sustainability Ideas
- Highlights consequences (choices + decisions)
- Mental + Physical well being
- Promotes awareness / respect for living things / natural environment

Activity Ideas

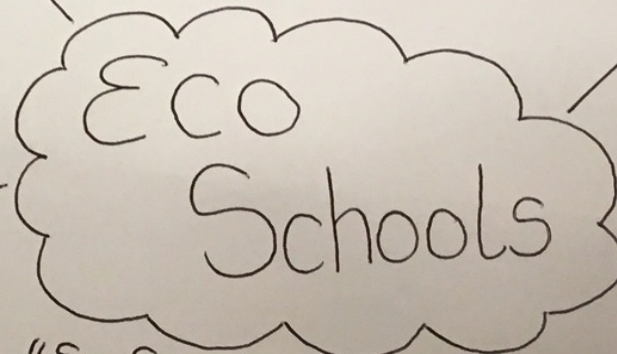
- Plant a tree
- Grow own food
- Litter pick
- Recycling natural material
- Signs for saving water
- nature walks
- walks to school - time self

Benefits:

- Knowledge of recycling
- reduces Carbon footprint
- gain initiative, gain life skills
- Helps wildlife

How we can use eco in Schools:

- Eco Council
- Bio diversity
- Compost the Schools waste
- recycling
- plant trees
- reusing materials (beach clean)
- reusing rainwater
- walking bus
- School pet
- grow own food



"Eco Schools is an International Programme of the Foundation for Environmental Education that aims to empower Students to be the change our Sustainable world needs by engaging them in fun, action-orientated and socially responsible learning."

Trips

- Beach
- woods/forrest
- landfill site
- museums
- techniquist
- natural History museum
- Botanical Gardens

Lesson Plans

- plant trees
- beach Clean (use for art etc)
- build green house out of plastic bottles
- Create own electricity