

Here to help you take great care of your kids: The Parent Page

It's time to school your school on eco-friendly action

Start at home

- **Pack a litter-less lunch!** Bring fresh foods or leftovers in reusable containers and reuse plastic bags.
- **Start off your day with some exercise;** walk, bike, skateboard, or rollerblade to school.
- **Take public transit** if you can't bike or walk. If you have to drive, form a carpool. Drive the speed limit, and don't let the driver idle the car (that means no drive-thrus!).



At school

- **Avoid take-out packaging** by bringing your own plate, container or mug when buying from the cafeteria.
- **Use both sides of a piece of paper.** If your teacher doesn't print handouts on both sides, write your notes on the backside of the page.

Form a club and start taking school-wide ecoaction!

- Create a more visible and accessible recycling program



for bottles, cans, and paper.

Get your school on board and ensure that all out-dated electronics (e-waste) and batteries are recycled properly.

- **Start a recycling challenge.** Set up a battery collection box and start a friendly competition among classes for who can collect the most. **Note:** only batteries that have been fully used should be recycled.
- **Campaign for the use of sign prompts.** Reuse old poster paper and make your own sign prompts to put up around the school such as: 'Pack a litter-less lunch', 'Use both sides of paper', and 'Use Water Wisely.' Place reminder signs near light switches to shut off the lights and at computer stations to power down equipment when not in use.
- **Make a case for power bars** in computer hubs or anywhere that draws a lot of energy. Power bars eliminate leakage from equipment that stays plugged in. Designate people to switch them off each day.
- **Rally for the purchasing of recycled paper** (check for post-consumer content) from companies with sustainable forestry practices. This includes all computer paper and notebooks, paper towels and toilet paper.

This Activity is Garbage!

Show everyone how much waste is created at school. Take pictures of all the garbage bags collected in a single day or week. You can even borrow a scale to weigh the bags for more impact!



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