



This term in Elm Grove School our Eco focus is Energy saving.

We will have an assembly with tips on how to save Energy and will be teaching the children about little things that they can do around their schools and homes to save energy. It would be lovely to see what your children are doing at home to help. Please send in any pictures of your Eco Warriors to [SarahThwaites-Hutchinson@delmgrove.brighton-hove.sch.uk](mailto:SarahThwaites-Hutchinson@delmgrove.brighton-hove.sch.uk).

If you would like to find out more about the Our City Our World Project that we are part of please visit:

[Our City, Our World - Brighton and Hove Climate Change, Sustainability and Environmental Education Programme \(ourcityourworld.co.uk\)](http://ourcityourworld.co.uk)



# How can you help?

## Mrs Hutchinson's top tips



### 6 ways to reduce energy use in school & at home

1. Turn the light off, and swap your bulbs. As you leave a room flick the light switch off if nobody else is using that space. If daylight through the windows is enough to illuminate what you are doing, rely on the power of the sun instead of electricity. Tell your teachers and parents that switching to energy-saving light bulbs will help them save money. Also, don't forget to shut the door. Keep the heat in and close the door when you are in any room.
2. Waste less water! Switch off the tap whilst you brush your teeth or lather up the soap in your hands. Have a quick shower instead of taking a bath; unless someone else wants to use the bath water before or after you do! Tell your parents and teachers to only use as much water as they need for their brew of tea or coffee in the kettle; never fill it.
3. Say bye to standby. Our schools and homes are filled with devices, from laptops to tablets, to robots. It is all too easy to leave devices on standby and even leave them charging even when they have a full battery. Every item that is plugged into the wall uses energy, even if its battery is full. Unplug your chargers and any devices that do not need to be switched on all the time. You can do this at home too with the TV, set-top box and your games console.

4. Muscle-power. If you can walk or cycle to school to help keep the air clean and avoid the needless burning of fossil fuels to power your family car.

5. Add a layer. If you are chilly at home or in school, before asking for the heating to be turned up why not put an extra layer on?!

6. Reduce. Re-use. Recycle. Try to make sure that first, you are using less non-recyclable items in school.

## Tips for your parents and teachers!

- Fill your fridge and freezer so as not to waste energy cooling empty space. If you are at the end of the week and the fridge is looking empty, fill a couple of jugs of water to take up some extra space. The fuller your freezer is, the less energy it takes to keep it cold. If your freezer is normally only half full, and especially if you're opening the door frequently and letting in warm air, you should fill that space with something cold. Like frozen water bottles.
- Wash clothes on a lower temperature and don't use a tumble dryer if you don't need to.
- Put lids on pans when cooking and open the window instead of using an extractor fan.
- A full dishwasher, if energy efficient, will save more water and electricity than washing up by hand.
- Driving. Parents and teachers can carpool to work where they share a lift with a friend. We should all make the effort to use muscle power to get anywhere that would take less than 10 minutes in a car.
- In the garden. Use food waste to create your own compost and collect rainwater for when plants & crops need watering.