

ECO-CODE

You could have your very own Eco-Code

Waste and Recycling: At School – Recycle paper whenever possible.

Switch off all electrical equipment, including lights whenever possible.

Don't waste resources, such as pencils, pens, glue, etc.

At Home – Recycle whenever possible. **'Repair, Reuse, Recycle'**

Remember to recycle printer cartridges.

Recycle clothing – give clothes you've grown out of to someone else.

Don't waste family resources, such as food.

Compost raw vegetable food for your garden.

Recycle Christmas cards every January.



Healthy Living: At School: Bring fruit to school for break-times.

Always have a healthy, balanced packed lunch.

Walk to school if at all possible. (If not, try to car-share).

Take part and work hard in PE lessons to raise your heart-rate.

Make the most of break-times to exercise.



At Home – Try to eat five portions of fruit and vegetables per day.

Always try to eat a healthy, balanced diet.

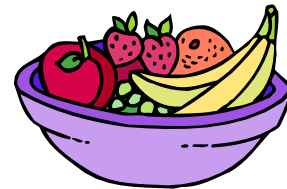
Drink plenty of fresh water instead of sugary drinks.

Don't be tempted to smoke or take drugs.

Try not to use the car. Walk.

Don't sit around all day. Get out and get some fresh air and exercise.

(You could join a club for exercise, such as swimming or karate).



Saving Water: At School – Turn off taps when not in use. Use the plug in the sink rather than running water.

Use water butts to water the plants.

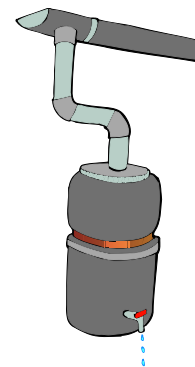
At Home – Turn off all taps when not in use. Don't use running water.

Water plants in the garden from a water butt.

Have a shower instead of a bath.

Put a 'Hippo' into your toilet cistern to save water.

Ask your parents to have all drips and leaks mended as soon as possible.



Saving Energy: At School – Switch off lights in rooms that are not in use.

Turn off all computers and electrical equipment that is not in use.
Close all doors during the winter to keep heat in.

At Home – Switch off lights when they are not needed.

Don't leave the TV, computer or Hi-Fi on standby.

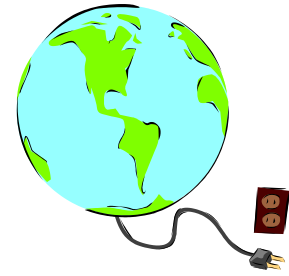
Don't fill the kettle to make one cup of tea or coffee.

Ask parents to set the heating at a level that is comfortable but not too hot.

Close doors and windows in winter to keep heat in.

Ask parents to fit energy-saving light bulbs where possible.

Ask parents to check that your house is well insulated.



Transport: At School - Walk to school. If this is not possible, then try to car-share.

Always take care when crossing roads.

Ask parents to park sensibly if they need to pick you up from school.

At Home - Walk whenever possible. Leave the car at home.

Walk or cycle, (**safely!**), to meet your friends.

Ask your parents to have the car serviced regularly to make sure that it is not causing too much pollution.

Try to buy locally produced goods, such as fruit and vegetables, from the local shops to cut down the need for long distance transport.



The Environment: At School - Keep our school tidy. Don't drop litter!

Help with any environmental projects in school. (Join a Wildlife Club or Gardening Club.)

Don't damage the plants around school.

Don't harm any animal.

Remember to bring in spare food scraps, such as bread crusts, to feed the birds.

Learn everything you can about the world around you!

At Home – Keep the world tidy. Don't drop litter.

Don't use aerosols containing CFCs.

Don't cause pollution!

Put up bird and bat boxes in your garden.

Don't harm any plant or animal. Join your local Wildlife Trust. ***Support the local Badger Group.***

Feed the birds. (**Learn to do it properly!**)

Plant nectar flowers for insects.

Plant trees wherever possible, to help absorb carbon-dioxide and produce more oxygen.

Ask parents not to buy furniture made from tropical hardwoods.

Don't buy souvenirs made from plants, shells or animals.

Ask shopkeepers to stock locally produced and organic foods.

