

recycle for Norfolk with the **SWAC Pack**

Welcome to the last edition of the SWAC pack. SWAC continues to offer educational activities and support to Norfolk Schools and has joined up with other countywide groups to form the Healthy and Sustainable Schools Partnership.

The group will produce a termly publication, which will include a SWAC pack page - so this summer look out for the new Sustainable Schools magazine.

The Schools Waste Action Club (SWAC) is an exciting Norfolk County Council programme that provides free hands-on help and advice on waste reduction, reuse and recycling in schools.

Calling all high schools

Would your school like to take part in a free 'waste sculpture' project? SWAC is looking for high schools who would like a group of their students to work with an artist during the summer term to create a sculpture from waste materials. The sculpture will be designed to reflect an aspect of recycling or waste reduction, with the artist coming to your school to run the workshops. The sculptures will be displayed at the Royal Norfolk Show in June.

To express an interest in taking part, or for further information, please email swac@norfolk.gov.uk writing the words 'waste sculpture' in the subject box

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Roots and Shoots – Growing for the Future

The roots and shoots project is set in the unique and inspiring surroundings of Holt Hall, a field studies centre where children can learn about environmental and sustainability issues through hands-on experiences. The project aims to create a flagship garden of excellence that provides a model of sustainability, promotes organic growing and gives schools ideas about how they can grow and compost successfully in their own settings.

Roots and shoots is based in the Victorian walled garden where students from several North Norfolk schools and a community group have been helping to

set up different areas. These range from growing areas for vegetables, fruit and herbs, which will be cooked and consumed in the Hall, to a composting area and eventually a water conservation facility; all of which are designed to help students and visitors to experience the whole cycle of growing, consumption and waste.

SWAC is really pleased to support this project and have been involved in helping to establish the demonstration compost area. Examples of a range of different composting methods are included to provide a valuable tool for education and training purposes.

To find out more about this project, education for sustainability and environmental learning opportunities, please visit:

www.schools.norfolk.gov.uk/go/envedu

Recycled aliens invade Banham Primary

Pupils from Banham Primary were challenged to create recycled aliens and monsters from items found in their recycling bins. The fantastic creations greeted parents and visitors to the school to help to spread the message about what can be reused and recycled. Their work was inspired by the WEEE man, a huge sculpture made of waste electronic and electrical equipment which is on show at the Eden project and can be seen online at www.edenproject.com



Composting Bookmark Competition

The Schools Waste Action Club is looking for young artists to help to encourage Norfolk residents and schools to get composting. The winning design will be printed on 10,000 bookmarks, which will be distributed throughout the County at libraries and events. Fun and funky recycled goodies will be awarded to the winner and their school, as well as prizes for the runners-up of the three entry categories (Key Stage 1, Key Stage 2 and Key Stage 3 and 4). Please find enclosed an entry form that can be photocopied and which can also be found on our web page www.norfolk.gov.uk/swac.

Please return all entries by Thursday 20 March to the Schools Waste Action Club, Planning and Transportation Department, County Hall, Martineau Lane, Norwich, NR1 2SG

For more information on the competition, or if you would like further support on composting at your school, please contact the SWAC team.

*Schools Waste Action Club, Planning and
Transportation Department, County Hall,
Martineau Lane, Norwich, NR1 2SG*

Aylsham Cluster Schools – Eco Warriors

The cluster schools of Aylsham have joined forces in tackling environmental issues. Meeting once a term, representatives from each school work together, promoting environmentally friendly actions and sharing good practice.

The inspiration came from the success of Colby School (one of the cluster schools) which received green flag eco school status. The schools decided to work together on a wide range of topics, including eco lunches, use of grey water and solar panels, reduction of waste, litter and energy, as well as more effective use of the school grounds.

Through their ECO newsletter the items discussed at meetings are circulated in the different schools, each contributing one page of information. The schools rotate the hosting of meetings and the production of their newsletter.

The main benefit of the group is that environmental issues are kept at the forefront of the schools' agenda and together they are continually looking for innovative ideas. With the students also being central to the meetings, their ideas are heard and as a result take ownership of the initiatives.

Free Cooking Oil Collections for all Norfolk Schools

SWAC is working in partnership with Living Fuels to enable used cooking oil to be collected free of charge from all schools across the county in order to generate clean electricity.

Living Fuels refines waste vegetable oil into LF100 which powers generators, providing electricity for businesses and households.

The refining process produces no waste, and LF100 contains no additives. It does not have to be blended with any other fuel and is used entirely to produce electricity.

To arrange a collection please call Peter Vigus at Living Fuels on:

Tel 01842 828395
Mob 07703 118034
www.livingfuels.co.uk

Spring Website

www.recyclenowpartners.org.uk/education_schools

This website includes free downloadable posters and links to educational resources, as well as good advice on running school recycling and composting schemes.



 **recycle**
for Norfolk

www.norfolk.gov.uk/swac

Activity idea - Spring time planting

Here are some ideas to get your fingers green for spring. You can make biodegradable pots out of old newspaper that once planted, will gradually break down in the soil whilst the young plants get busy growing. A great way to use the compost you have been busy making over the last year.

Paper pots can be made in two ways:

Yoghurt pots

Make paper pulp by soaking paper and then use a blender until it looks like porridge. After filling the pot with pulp, hollow it out with your fingers and remove as much water as possible. Once dry (this takes about two weeks), remove from the pot ready to fill with compost.

Newspaper pots

Follow the instructions below for a quick and easy way to make paper pots. You will need a sheet of newspaper and the bottom of a cut-off plastic bottle (you could use a jar or plastic pot).

1. Lay a full sheet of newspaper flat.
2. Fold the paper in half lengthwise twice to form a long, narrow strip.
3. Lay the plastic bottle on its side and place it on one end of the strip of paper. Roll the newspaper around the bottle, which is only there to support the paper. About 1/2 of the strip of paper should overlap the open end of the bottle.
4. Push all the ends of the paper into the open end of the bottle. Pull the bottle out of the newspaper pocket so you have the newspaper pot in your hand.
5. Push the bottom of the jar into the newspaper cup, squashing the folded bottom to flatten. This will seal the bottom of your pot prior to adding the compost.
6. Pull the jar out and you have a finished paper pot.



Please see www.norfolk.gov.uk/swac for full instructions.

Contacts

Please contact our waste reduction officers for further information.

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The SWAC Pack is printed on recycled paper

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communication for all

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