

Hi everyone! 🙌 We're in the green committee and we're starting a monthly newsletter to keep everyone updated regarding with some tips and ideas for how to make a difference and reduce your carbon footprint! Hope you enjoy... :))



A reminder of the beauty of nature, and what we're fighting to save 🌿



- The greatest threat to our planet is the belief that someone else will save it -

Good news regarding Climate Change

Oftentimes, negative news about climate change can be stressful and affect your mental health. Underneath are a list of positives which occurred recently relating to climate change!

- Specific drones have been made to fly over the oceans to pick up rubbish. 🌊
- By 2022, the last ferry connection on a European route to Norway will operate on batteries. 🚢 🔋
- Divers and Scientists recorded the birth of billions of coral babies in the Great Barrier Reef in Australia. They hope this sign of life is a signal that the ecosystem can recover from climate change. 🐟 🐠 🌞 🐙 🐡
- Cows are beginning to be toilet trained to avoid methane emissions. 🐮 💩
- In France, a large portion of fruit and veg will no longer be used in single use plastic containers. 🍎 🍇 🍓 🍊
- Ikea says it will eliminate plastic packaging by 2028. 🪑 🛏

Challenge for the Week

Obviously what's above is fabulous, but the world is still warming and we need to make change. So what can you do about it??

Below are 3 challenges which you can do this week; you can choose 1, 2 or all 3! All of these actions help the environment in small but important ways. Small steps may not seem important but if everyone makes an effort it will have a large positive impact! 💪💪

- **CHALLENGE 1:** Try and shower in under 5 mins (Or, why not try and switch off the water while you're washing your hair?!) 🚿 🚿
- **CHALLENGE 2:** Try a vegetarian recipe from below. 🥗 🥗
- **CHALLENGE 3:** Go through your household rubbish (be sanitary of course) and DIY something!! Send in your works of art to the emails at the bottom of the newsletter. 🎨 🎨

Easy Vegetarian Recipes 🥗🍴😊

These are all quick, easy, delicious recipes that are good for you and the planet...

Enjoy!! 😊

Cows release a lot of methane into the atmosphere. Methane is 80 times worse than CO₂ for the environment, so we should all try and cut down on the amount of meat we eat. But this doesn't mean we can't have delicious meals!

Check out these vegetarian recipes! 👉 👉

- Penne Tomato with Avocado 🍅🥑

<https://www.bbcgoodfood.com/recipes/mexican-penne-avocado>



- Speedy Quiche Traybake 🥒🥦

<https://www.jamieoliver.com/recipes/vegetarian-recipes/speedy-quiche-traybake/>



- Falafel Burgers 🥙🍔

<https://www.bbcgoodfood.com/recipes/falafel-burgers-0>

(You can use store-bought falafels instead if you want to be really quick)



COP 26

COP 26 was a conference between world leaders in Glasgow. The aim of this conference was to global warming and to figure out what different countries can do to reduce their carbon footprint. Many influential people spoke, for example Greta Thunberg, Sir David Attenborough and Barbados' Minister Mia Amor Mottley. All videos of these speeches can be found on Youtube (for example Greta Thunberg, COP 26 speech). The hope of COP 26 is that Earth would aim for 1.5 degrees of global warming and not 2 degrees.

The 4 goals of COP 26

- secure global net zero by mid-century and keep warming to 1.5 degrees Celsius within reach;
- adapt to protect communities and natural habitats;
- mobilise finance; and
- work together to deliver.

Thanks for reading!

See you next month! 🙌

Feel free to email us with any questions...

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