

Eco news

A monthly publication by the SHHS eco team



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Welcome

TO ISSUE #1



The team:

Marni- Co-editor & designer
Lulah- Co-editor
Liana- writer & organiser
Nina- writer
Nikki- writer
Greta- writer
Elena- writer

ECO TEAM: WHAT WE'VE BEEN GETTING UP TO

by Nina

Welcome to your the first issue of our new monthly eco newsletter, keeping you all up to date on what we're doing and what you can do to help our planet, during quarantine and beyond! As SHHS' new eco team, we are aiming for the Green Flag Award, an internationally recognised award for excellence in environmental action and learning in schools (we're only a few steps away from achieving it!). Beyond SHHS, we're working alongside NLCS, SPGS (and others) to try to improve schools' impacts on the environment. This involves an online schools COP26 event (an environment conference) and the schools writing letters to our local MPs about what we feel should be done to help the environment (more details coming soon). We hope this inspires you to keep looking after our planet. Enjoy!



SHHS STAFF/STUDENT SPOTLIGHT

WHAT THE COMMUNITY AT SHHS ARE DOING TO BE MORE SUSTAINABLE...

Marni

"I realised how much needed to be done for the environment when I got into second hand clothes shopping. I was shocked by the waste that comes from fashion: second to oil, the fashion industry is the biggest world polluter, with 20,000 litres of water making 1 kilo of cotton i.e. only one pair of jeans or a t-shirt!! I discovered kilo sales in Shoreditch, vintage clothes in eccentric hidden village shops, and millions of funky charity clothes shops in Camden and beyond. For 2020, I've sworn to only buy clothes second hand and from eco-friendly, sustainable companies. So far so good but don't want to jinx myself (this is literally the first resolution I've managed to stick to)."

Nina

"It's always important to do what we can to positively impact the environment, especially at this time when it might not seem like the biggest priority! Recently, my family and I have drastically reduced the amount of red meat we eat, and have found many delicious vegan and vegetarian recipes online, and we try to compost all waste food. We're also planning on trying to grow our own vegetables when we have more time in order to stop relying on food that's been shipped from halfway across the world."

Elena

"Like Marni, my wake-up call about the state and continued mistreatment of our earth was, as cliché as it may sound for a teenager, the impact of the clothing industry. Since last summer, I've done my best to only buy second-hand or from sustainable brands. Nevertheless I must concede; I had one slip-up. But I think that our attitudes towards becoming more environmentally conscious and proactive need to consider that we, as humans, are bound to make mistakes. So hopefully this eco newsletter will provide some ways to get started on your eco journeys without feeling too daunting or stringent. It's a learning curve!"

Lulah

"I'm really passionate about the environment and animals! During quarantine I have been creating bee shelters in my garden, constantly refilling my bird feeders and planting vegetables. A big change I have made over the quarantine period is getting a compost bin (the really big ones!) this has led to my household reducing general waste. We have also been trying to buy food from farmers markets and loose fruit and veg in the supermarkets to reduce plastic waste."

Nikki

"I have always been passionate about animals and the environment. We live in a world where human impact is a constant threat to our environment and biodiversity. But I hope our school can make change and fight for the environment. I have tried to print as little as necessary during my revision as this is a contributor to deforestation which destroys animals' habitats and may lead to up to 28,000 species to go extinct in the next quarter century. Also, tropical deforestation is the 2nd biggest contributor to climate change. I have also downloaded the Forest app which helps you stay focused on the important things in life rather than being on your phone and plants real trees. 780,640 trees have been planted by Forest!"

Liana

"Being stuck at home has been the perfect opportunity for me to find new ways for me and my family to start practicing more sustainable habits. One of my favourite things to do is trying to make new recipes (with varying levels of success) that combine the leftover food my family has already made. For example, using the previous night's roasted vegetables to make stir fry or paella. This practice is an easy way to reduce food waste, because less food is left to get too old to use and therefore less is thrown away. Additionally, I have really been enjoying revamping my wardrobe by mending anything broken or dyeing and re-sewing old clothes into new styles!"

Greta

"The environment has always been important to me and this quarantine has given me the extra time to do more. My family has been trying to eat less meat and compost all of our food waste. I have also been either walking or cycling whenever I need to go out, instead of driving or using public transport. Since we are doing Guided Home Learning, I have been doing most of my notes and work on my laptop, to not waste paper unnecessarily."

SO PLEASE, STAFF AND STUDENTS ALIKE, EMAIL L.LEWIS@SHHS.GDST.NET WITH WHAT YOU HAVE BEEN UP TO, FOR THE CHANCE TO FEATURE HERE!

FOR THIS EDITION, THE ECO-TEAM WILL LEAD THE WAY AND TELL YOU A BIT ABOUT WHAT WE ARE DOING!

DIY CREATIVES

By Liana

With all the extra time at home, now is the perfect time to revamp your wardrobe! But, because of social distancing measures sadly in-person shopping sprees are off limits, and endless online shopping is not the most cost effective hobby. Therefore, now is the perfect time to start making more sustainable habits and trying to reduce or waste by reducing how much we rely on fast-fashion brands. So, why not work with what you've got and look into fun dyeing techniques!



1

Making your own dyes

By far the cheapest option. You can use old food scraps to make a range of incredible colours, below are different varieties of guides on how to get started!

Simple and easy guide:

<https://thebeakerlife.com/a-second-life-for-scrap-making-natural-dyes-with-fruits-and-vegetables-b289a125fac2>

More in-depth, with lots of ideas for different colours:

<https://www.ediblela.com/news/natural-food-dyes>

Overview with some slightly more technical terms:

<https://www.architecturaldigest.com/story/how-to-naturally-dye-using-foods>

Lastly, a little inspiration for your dyeing projects (instagram account):

https://www.instagram.com/rebeccadesnos/?utm_source=ig_embed

2

Artificial Dyes

The second, slightly pricier, option is to buy yourself some artificial dyes. Although not as home-made it is still a great alternative to buying new clothes and really reduces waste!

Rit dyes:

<https://www.ritdye.com/how-to-dye/>

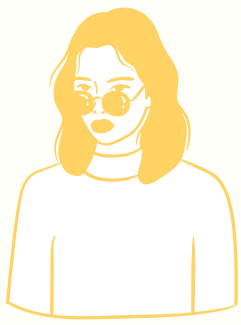
Fun technique ideas (can also be used for natural dyes):

<https://www.ritdye.com/techniques/>

Fun inspiration and ideas:

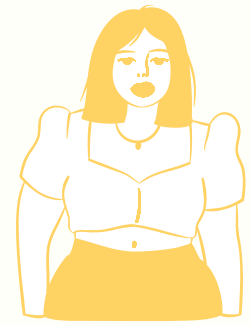
<https://www.ritdye.com/blog/> <https://www.instagram.com/ritdye/>





Fashion & Clothing

By Marni



TOP PICK

Re-Fashion

Re-fashion is an online sustainable charity shop, selling second hand and vintage clothes. It's super easy to navigate, allowing you to shop by specific clothing item, size or brand with the ease of online shopping that you are used to. Re-fashion gives 3 times more to charity than most other charity shops, supporting charities such as CoppaFeel!, Make-A-Wish® UK, my AFK, Women's Aid and Breast Cancer Now. You can even donate your clothes; just order a free donation bag, fill it with clothes and post it back to Re-Fashion, with totally free postage.

It's as easy as shopping at Urban Outfitters while also giving back to others and looking after our planet, not to mention the fact that their clothes are far more unique and one-of-a-kind. Go check it out at <https://re-fashion.co.uk>



IN YOUR HANDS

Choosing the where

Now it's over to you. If you are:

- Just looking for a new brand to stock up your wardrobe
- Wanting to go more eco but unsure of what you can do
- Trying to buy more eco friendly clothing but not knowing where to start
- Buying under a specific budget
- Looking for ethical and sustainable brands to support...

Go no further- <https://www.thegoodtrade.com>, a brilliant website on sustainability and self care amongst many other topics, has it covered here: <https://www.thegoodtrade.com/features/fair-trade-clothing>

Have a look through their blog on which clothing brands to buy from, all of which are both ethical and sustainable. The brands are ranked with short descriptions for each and an indication of their price (don't worry- there are some pocket-money-affordable ones thrown in there too!).





First the good

By Nikki

ECO NEWS

ON THE UP



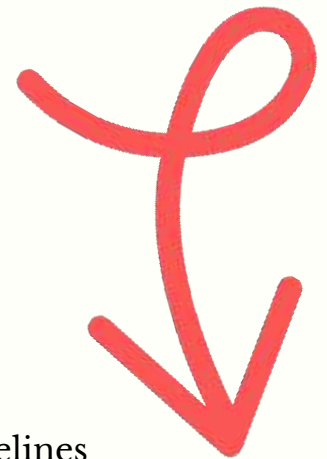
- COVID-19 lockdowns significantly reduced air pollution and improved global air quality
- Nitrogen dioxide pollution decreases by an average of 40% over Chinese cities and by 20% of Western Europe and the United States during lockdown, compared to the same time in 2019
- Famed Brazilian photographer plants 4 million trees
- Canada to ban oil, gas, and mining from marine protected areas
- Shell pledges \$300million to reforestation
- NYC puts fighting climate change into the law
- Region in Zambia sees 50% reduction in elephant poaching



Then the bad

ECO NEWS

GOING DOWN



- Climate change could wipe out half of the world's sandy shorelines
- Scientists found that beaches, which occupy 1/3 of global coastlines, are threatened by coastal erosion and rising sea levels
- Antarctica and Greenland are losing ice 6 times faster than in the 1990s
- Great Barrier Reef hit by third major bleaching event in five years
- Microplastic pollution in oceans is vastly underestimated - Particles may outnumber zooplankton, which underpin marine life and regulate climate
- Birds ingest hundreds of bits of plastic a day Potentially fatal combinations of humidity and heat are emerging across the globe

ONLINE

Individual



@theconsistencyproject

While she may be based in New York (and not very accessible to us), The Consistency Project is worth taking a look at simply for inspiration. It is a clothing brand based in New York that aims to “break the stigma or secondhand and inspire a lifestyle”; the shop contains both thrift shopped items and new products made from clothing scraps. Her unique style paired with the sustainable messaging behind her brand is uplifting and encompasses the shift that we all hope to see within the fashion community!

Company

@afends

A clothing brand based in Byron Bay that specialises in hemp clothing. Their hemp revolution is all about promoting this natural fibre that takes only 90 days to cultivate, needs significantly less water than cotton and no pesticides at all. And to top it off, hemp is naturally wrinkle-free so you'll never need to bust out the iron again. After singing their praises, I realise that again they are unfortunately not the most accessible brand as they are based in Australia and are fairly expensive. However, they often have sales and the items are sure to last you a long time due to hemp's durability (and I can testify that it is also the softest and most comfortable fabric ever). So, whilst the carbon footprint isn't ideal to be shipping things all the way from Australia, if you teamed up with some friends on one order, you might be able to minimise it and get free shipping. And if you ever have a friend visiting from Australia- you could very nicely ask them to bring your package along! Or just take a gap year; whatever floats your boat.



Culture, literature and film

<https://www.bbc.co.uk/programmes/m00049b1>

Sir David Attenbrough - climate change - the facts

<https://truecostmovie.com/about/>

The True Cost- the truth of the fashion world



By Greta

Small change you can make

- Go vegetarian or cut down on the amount of meat you eat.
- Try gardening/ grow your own vegetables.
- Walk or cycle instead of using public transport or driving.
- Compost your food waste.
- Turn your lights off during the day, use natural light.
- Sort through your closet and donate any old clothes to charity.
- Only turn on your washing machine and dishwasher when full.
- Air dry clothes outside on a clothing line. Join online environment groups (more information below).
- Follow climate activists online and help promote eco-friendliness on social media,
- Do school work online, instead of using paper.



DON'T STOP HERE.....

**SIGN
&
SUBSCRIBE**

By Marni



Surfers Against Sewage

<https://www.sas.org.uk/>

Surfers Against Sewage is a British campaigning and marine conservation charity that empowers communities to come together and take action to protect oceans, beaches and marine life.

They work with thousands of ocean-friendly businesses, so have a look on their page “ <https://surfersagainstsewage.cmail19.com/t/j-l-qtdotl-tlidoldij-o/> ” on how to become involved: there are marine protection petitions you can sign, monthly updates you can subscribe to and eco-saving memberships you can apply to.

