



# ONE STEP



## *The digital newsletter of the Environmental Action Team*

*It takes 375mls of water to make three sheets of A4 paper  
so please think before printing this newsletter ☺*

**November 2015**

*Hi and welcome to the final edition of the 'One Step' newsletter for 2015.*

*From our first edition we would like to say a very big thank you to everyone for your emails, words of encouragement and suggestions. We are happy to receive any thoughts, ideas and suggestions or even an inspirational story to include here to share with the greater school community in our journey to a sustainable future.*

*We wish you a very Merry Christmas and safe holiday break. Remember: Keep it green.*

### **Award Winners**

On Friday November 13<sup>th</sup>, Golden Grove High School was given the opportunity to give a presentation at the NRM Education Sustainability showcase for the KESAB awards at the Adelaide Entertainment Centre. This ceremony saw a range of schools and community organisations throughout the whole of the state win awards for their contributions to sustainability related projects in South Australia this year. NRM Education were impressed by our site's sustainability programs and curriculum, and thought it would be a great learning experience for other sites to hear about our achievements relating to this.

On the day Mrs Kirsty Denison, HASS and Sustainability Coordinator, Mr David Larritt, our Certificate II Conservation and Land Management (CLM) teacher, and two students, Bethany Porter, a student representative on the Environmental Action Team, and Jasmine Lim, member of the Certificate II CLM class, attended the Awards Ceremony. The students spoke extremely well about their involvement in sustainable practises, both individually and at a whole school level, and were exemplary ambassadors for Golden Grove High School. It was wonderful to see them so inspired from other Award winners about strategies that we can bring back to GGHS. We were fortunate enough to walk away with an Award for 'Progress and Achievement in Education for Sustainability', awarded by the Honourable Ian Hunter MLC, Minister for Sustainability, Environment and Conservation. Congratulations to all those in the school community who contributed in some way to helping us move forward in our goals in sustaining the environment for generations to come.



## It's not just lower prices at Bunnings



There is more to Bunnings than just lower prices. In June we saw new vegetable and herb beds installed and planted out by the senior students from the Unit. Julie Dawson and Anna Dunn, through much hard work and devotion, managed to achieve an educational relationship with the wonderful staff from Bunnings at Modbury. During the past few months they have been working with Bunnings to provide training and hands on experience to assist the students in engaging in skill development.

Here we see Tyson from Bunnings assisting James in plant selection to include in the garden. All the garden beds, soils and seedlings were kindly donated by Bunnings.



### Adding to the list

In our last edition of 'One Step' we included a 'Where can I recycle this?' section. With special thanks to Jodie, a member of our community who took the time to write in to us, we would like to add the following to that list:

<b>Batteries</b>	<b>IKEA</b>
<b>Used Nespresso Coffee Pods (aluminium foil pods ONLY)</b>	<b>Nespresso Rundle Mall (crn Gawler Place), or locally at Newman's Nursery, Tea Tree Gully</b>

**Many sustainability problems stem from two things: over-production and over-consumption. Here are some easy tips to help:**

**Stop buying bottled water. We are so lucky in Australia to have such easy access to clean drinking water. Bring back the tap!**

**Plant a vegetable garden. Free food. Swap your excess.**

**Turn the thermostat down on your hot water system and air conditioner.**

**Stop throwing food away. Buy only what you need and consume what you buy.**

**Remember: Being sustainable does not necessarily mean being frugal or stingy. Rather, it means being smarter. Do these things at home and see what a difference it makes to your health, your environment and your wallet!**

## New herb and vegetable beds make an impact

As some may have already seen, the Certificate II Conservation and Land Management class has installed three raised garden beds between Home Economics and J Block with a further three still to be installed. These will be used by the Home Economics classes as well as the Unit cooking classes as a supplement to their grocery lists.

Not only will they reduce the grocery list and subsequent expenses, but they will also add to the curriculum content for some classes by becoming an educational tool in these classes.

The environmental impact and use of reusable resources is highlighted here very well. The timber for construction was sourced from discarded pallets, and the soil used to fill the planter boxes comes from Jefferies Soils who recycle green waste from bins like our green waste bins and turn it into the wonderful organic mix you see here. The intention is that green waste from the cooking classes will also be composted into more material which will eventually return to the planter boxes, completing the growth cycle, from ground to ground, with little impact to the environment.



## Did you enjoy your lunch today?

How many times have we heard that one? Well take a look at these images. This is one of the most unpleasant tasks we participate in and it breaks our heart to see so much food wasted. Every day we see large amounts of not only uneaten but pre-packaged food, chips, popcorn, yoghurt, fruit juices and fruit all going into the waste bin.

Everyone must work together as a team here to ensure this practice ceases. It's up to school staff, parents and students to all endeavour to curb this from happening. It is very disturbing to think that all this food and money goes to waste. If you can say something or do something to stop this, then please help.

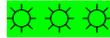


To the students who throw these lunches in the bin: Please, if you cannot eat it or don't like it, I am sure your parents or caregivers will understand if you explain your reasons in a logical manner. Better that than throwing money away.



## Snippets on Sustainability

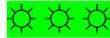
The Green Team have collected 65 mobile phones and accessories and taken them for recycling at Office Works, and 283 batteries were recycled at the Playford Council recently.



*The Certificate II CLM class, as well as the Green Team, have planted nearly 100 new seedlings in the school grounds this past month. Species are all native which includes grasses, wattles and acacias.*



The Land Care class is continuing their work on eradicating the Coolatai Grass from the school site.



*Have you noticed the addition of a sustainability section in the staff room and library? Next time you're in there look on the wall next to the fridge where a wealth of information, ideas and events are there to inspire you.*



In recent months it is pleasing to see more students attending the Environmental Action Team meetings. Their input into these meetings has been very inspiring as they bring with them new ideas and a different perspective on environmental issues which may have been over looked by older generations. Great to have your presence as part of the team. New members are always welcome!



*There is a new remote control in the Conference Room which was the brainchild of David Poland, our IT Manager. He needed to isolate two of the three banks of lighting so that when the projector screen was in use it could be seen more effectively. As an added bonus it also allowed the energy usage to be lowered providing a cost saving to the energy bill (be it in a small way). This shows that solving one problem may prove advantageous in other areas.*



As many would know already, the Environmental Action Team is made up from a cross section of people within the school, including teaching staff, ancillary staff and students. However, we are also very fortunate to have on our team two other people from outside the school environment. Kathy Scarborough is the Project Officer and Audit's Manager for Waste Education with KESAB and Melissa Allery is the Education Coordinator at NRM Education Adelaide and Mt Lofty Ranges Natural Resources Management Board. Both these team members have significant qualifications in the field of environmental education and management and bring many years of experience to our team. They also provide inspiration and ideas, and also allow us to learn from other's trials and tribulations from across the state. If you have an issue within the field of environmental sustainability and education, then there would be no better place to start than here, especially pertaining to curriculum content and education.



*The Environmental Action Team, as part of their strategy, have to monitor the energy and water usage for the school as this is an area where it is possible to make an impact on sustainable practices and resource management. The obvious way to make an immediate impact is to cut usage, but this is easier said than done. A way that we can all help is by turning the appliances and lighting off when a room is vacated. Try opening the windows for fresh air or turning off some of the lights in the classroom and opening the curtains for natural light. Sounds easy, but there are some among us who unfortunately don't realise and leave air conditioners running all weekend or even during the lunch break. Stopping this practise will save thousands of dollars per year from our energy bill which could be put to better use within the school.*

## A nursery? Who knew?



For several years now we have had a functioning and viable nursery located at the rear of the school. It is also where the recycling paper and 10 cent recycling deposit containers are sorted and stored. Whilst it is shabby and not so chic, it is very productive. Every year hundreds of plants are grown from seed here and given away to other schools, planted locally or used as gifts for visitors to the school.



The seedlings are tended by the Certificate II Conservation and Land Management course under the direction of David Larritt. Seeds are propagated into tube stock and eventually transplanted into larger pots to enable strong seedlings to be available for planting. **David says that he is currently short of medium size pots and would welcome any donations.**

As well as the Land Management class, members of the Green Team can be found regularly in the Nursery watering the seedlings, and learning about the types of plants which are grown. The staff who supervise the Nursery have a strict code of ethics they adhere to. It is a native nursery and no exotic species are permitted on site. They also put into practice the use of discarded materials such as polystyrene fruit boxes, old pallets, old school desks, and of course the reuse of old pots.

**Several tips for the home gardener:** Always wash pots and containers prior to reusing to avoid contamination (spores and diseases may still be active). Never reuse old potting mix or put it into your garden. Potting mix can be harmful to humans as *Legionella longbeachae* is a type of bacteria that can be inhaled into the body when using potting mix and compost and can cause lung infection or pneumonia. When using potting mix, always do it in an open well ventilated area, wear gloves and wash your hands after use.



Shown here at left is a plant from the Nursery we can all be proud of. This baby Oak tree is significant in that its mother was planted here at Golden Grove High School 25 years ago. Whilst we don't know how many people ever took an acorn from the tree with the intention of planting the seed, this one at least means that after all these years the original tree can still be sustainable and produce fruit which can be harvested and grown into new trees. Interested in growing your own Oak tree from seed? Check out our first edition next year.

**Please note: Our newsletter is very colourful and has beautiful pictures. Please be conscious about whether you print this newsletter or not. It is meant to be read and enjoyed on a device or tablet and we would like to see it not printed at all. Thank you for being considerate.**