



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 ☺*

July 2016

Hi and welcome to the fourth edition of the newsletter for 2016.

Sometimes it is hard to not feel the doom and gloom associated with the current environmental crisis sweeping across the globe. However, at GGHS we continue to be inspired and encouraged by the stories of people like you and I who want to make a difference and are not willing to let the notion of 'I'm only one person, what can I really do?' stand in our way. If you use any of our handy hints, test any of our recommended products or get motivated yourself to make a change in your routine to be more environmentally friendly, we'd absolutely love to hear from you! Did you know that we give a Sustainability Award to a member of the school community at the end of each year for their contributions in the field of sustainable practices? Could you be a contender this year? We hope so!

Students Engaged in Sustainable Practices

On Wednesday 22nd June, approximately 100 of our Year 8 Geography students participated in a 'Tree Planting Day' at Cobbler Creek Recreation Park. We are extremely lucky to go to school in such close proximity to this wonderful park as it contains some of the last strands of mallee box grassy woodland in Adelaide, and has the ruins of one of the area's first European farms and stone ruins associated with the area's early agricultural history. This day was designed to not only increase students' geographical skills, but to get them thinking about and participating in sustainable practices. In particular, students learnt to identify some basic Australian plants that occupy their landscape, and then planted a range of Indigenous plants in the park. The purpose of this was to work towards our vision of extending sustainable practices in to the wider community and doing something to help the environment beyond the school context. It was all about increasing the quality of the park for the wider community to enjoy and appreciate.

It has been extremely rewarding reading student feedback from the day:

"I enjoyed the tree planting day because it gave us an opportunity to relax and connect with nature and get away from the hype of the suburbs. I learnt how to plant a tree properly, and I also learnt about the history of the area. I had a very good time." Annie

"I enjoyed planting the trees and stepping over or jumping over them, as it was a hands-on activity and the idea of jumping over your tree and returning in 10 years to observe the process makes me happy." Destiny

We can not show enough gratitude to the outside agencies, such as Friends of Cobbler Creek and NRM Education, who supported us in this endeavour.

If you are interested in finding out more about Friends of Cobbler Creek, check them out at <http://www.communitywebs.org/friendsofcobblercreek/> or find them on Facebook.



Moving Towards a Fully Functioning Recycling Centre

It has finally arrived! For over 12 months we have been planning and waiting for our custom designed sorting table to take our recycling program to the next level. This wonderful new addition to the GGHS family allows us to sort, drain and clean our 10 cent recycling in a much more effective manner. Rubbish bins can actually be tipped on to the table using the attached bin lifter. This beauty is made from stainless steel to prevent erosion and has a drainage plug to allow waste fluids to drain to garden beds – how good is that! The sides and end even fold down for easy access and cleaning. This \$2500 project has been paid for by KESAB grants awarded to the school.

A massive thank you to Sue Ruciack and Paul Howieson for all their hard work and efforts in designing this project and getting this up and running!



Want to be less reliant on harsh unsafe chemicals in the home?

Did you know you can make your own dishwashing tablets? Just mix 1½ cups each of baking and washing soda with ¼ cup of epsom salts and 2 tablespoons of citric acid. Pat in to molds and wait for half an hour. Use in the dishwasher with vinegar for the rinse cycle. Dishes come out amazingly clean and no harsh toxic chemicals required!

Think Reusable. Recyclable. Sustainable.

Following our story in the last edition of One Step regarding the practise of reducing the amount of soft plastics being used, we have been exploring the best possible options for our community to embrace. *Onya* is a company that prides itself on creating high quality, useful, reusable products for everyday life. Their products range from produce bags and shopping bags to drink bottles to sandwich wraps. Where ever possible their products are not only 100% recyclable, but they are actually made from recycled plastic bottles and the boxes are printed with soy ink on 100% post-consumer recycled paper. They are literally taking plastic waste from landfill and turning into something reusable for many years to come. **Check them out at <<https://www.onyalife.com/>>**



We love their slogan: “Why wait for tomorrow when we can take action today?” If you are looking for new ways to take action, how about taking part in the worldwide initiative Plastic Free July which challenges us to attempt to refuse single-use plastics during July. **Check out the hashtag #plasticfreejuly** to explore how people around the world are taking part.

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.