# Eastern Suburbs Sustainable Schools Network

# ESSSN Minutes - Term 3, 13 August 2013

## Kensington Public School

#### 1. Welcome

The Chair, Fiona Campbell, from Randwick Council, welcomed everyone to the meeting and thanked them for coming. Each person introduced themselves and which school they were from. She thanked Kensington Public School for hosting the meeting and introduced the Principal, Maurice Johnston, to begin the meeting with a short tour of the school.

### 2. Sustainability at Kensington Public School - Tour

Morris led a tour around the school and asked for input from participants as to how they would use or improve the space. Some great suggestions came out including softening brick walls and edging by planting sunflowers and herbs in pots or tubs along the wall to increase green surfaces.

#### 3. Sharing Our Nude Food Stories

Fiona introduced Julie Gaul from the NSW Early Childhood Environmental Education Network to facilitate a session on 'nude food' in schools.

The session started with an activity where attendees discussed their experiences with nude food to date in pairs. At the close of this activity a few people shared about what they had discussed. Lisa from Bellevue Hill Public School shared how they had taken part in a 'Week of Tastes' (<a href="www.weekoftastes.com.au">www.weekoftastes.com.au</a>) where local chefs work with the students to experience new and interesting foods. Tinna from St Marks Preschool shared how they regularly implement waste-free lunches and even have a stock of reusable lunch boxes that parents can purchase from the school (this is also a great fund raiser!).

The group then brainstormed together the benefits of implementing a nude food/waste free program at their school. See **Appendix 1** for the list generated.

The group then watched a short video of an interview with Michael Pollan about his new book 'Cooked' (<a href="http://michaelpollan.com/">http://michaelpollan.com/</a>). The group then discussed the video and noted the following interesting points:

- We've outsourced many things in our lives and cooking has now become one of them. Unfortunately
  organisations don't cook us 'healthy' food they use the cheapest raw ingredients and generally add a
  lot of salt, fat and sugar
- People are losing the experience of having memories attached to cooking and preparing food (e.g. helping parents/grandparents in kitchen.
- Children respond well to cooking shows, but do they motivate them to actually cook themselves? Jamie Oliver has done some great work integrating nutrition and a love for good food into schools.

The group was then split into small groups to consider how we can build on, or introduce, nude food lunches into our schools. They had to discuss 3 questions:

- 1. What stops us?
- 2. What can make it easier?
- 3. What are some lesson ideas or strategies for implementation?

A short discussion was then held about the ideas the groups came up with. The ideas generated are detailed in **Appendix 1**.

Coogee Public School also showed some examples of the resources and processes they use to keep their highly successful waste free lunch program running. They use charts to monitor involvement and have a Green Gang Duty Roster for following up each class' involvement. They also use 123Free Certificate Maker to develop certificates each week. Each class that wins from each grade receives the certificate and a gnome at their weekly 'Buzz' Assembly. See **Appendix 2** for copies of resources developed by Coogee Public School.

Two information sheets were also made available of links and resources to help implement a school nude food program. See **Appendix 3** for these documents.

#### 4. ESSSN Sustainability Awards 2013

Mel Sellen from Woollahra Council did a short presentation about the 2013 ESSSN Sustainability Awards. These are a way for local schools to be recognised for the terrific environmental projects and initiatives they are working on.

She encouraged everyone to start thinking about which projects they could submit into the award categories. Categories include energy, water, waste, biodiversity and student empowerment & leadership.

For the award guidelines and online nomination form, visit <a href="www.reduceyourfootprint.com.au/projects/esssn/">www.reduceyourfootprint.com.au/projects/esssn/</a>

Nomination is quick, free and easy. Entries close 5pm Friday 15 November 2013.

Winners will be announced in an awards ceremony at the Term 4 ESSSN meeting at Centennial Parklands.

#### 5. Council Updates

See Appendix 4 for full council updates from Waverley, Woollahra and Randwick councils.

#### 6. Meeting Close and Thanks

Mel from Woollahra Council announced this will be her final meeting before heading off on 12 months maternity leave. She thanked all the schools for their enthusiasm and support of the network over the years. See the Woollahra Council update in Appendix 4 for details of Mel's replacement for the leave period.

Mel drew the lucky door prizes and thanked everyone for coming. The Term 4 meeting will be held at Centennial Parklands on 3 December and will focus on outdoor and nature play ideas, as well as including the announcement of the 2013 ESSSN Sustainability Awards. We hope to see you there!

Meeting closed at 5:20pm

#### **Next Meeting:**

Term 4 Meeting & 2013 ESSSN Sustainability Awards Ceremony

Tuesday 3 December 2013
4pm to 6pm
Centennial Parklands Learning Centre (part of the Education Precinct)
Dickens Drive, Centennial Parklands

## Appendix 1 – "Sharing Our Nude Food Stories" Outputs

#### Benefits of Implementing a Nude Food/Waste Free Lunch Program in Your School (whole group brainstorm)

- Less litter and rubbish, keeps school looking nicer
- Keeps worm farm going
- "food that remembers where it came from", less additives
- Save money on cling wrap/packaging
- Makes it more normal for students to eat healthy food
- Educates students and parents about healthier choices
- Tends to lead to an increase in natural over processed foods consumed
- It's cheaper cost comparison between a fresh apple and an 'apple strip'
- Changes dietary habits
- Plastic wrappers can attract birds and rodents so this is reduced
- Students learn the whole story of food and impact of packaging
- Redefine with students what constitutes a 'treat' doesn't have to come in packaging!
- Supports crunch and sip program
- Builds community (encouraging people to eat locally grown produce, grow their own, buy from a co-op)
- Can eat produce grown on site at school link to organic growing principles etc.

#### How can we build on or introduce nude food lunches into our schools? (Small group activity)

#### What stops us?

- People thinking the food won't be 'fresh' or hygienic
- Culture of the school
- Fine motor skills for young students opening containers etc.
- Canteen selling processed/packaged foods undermines the program
- Time constraints for parents (perceived it takes longer to prepare than throwing chip packet in)
- Sometimes students don't understand the 'why' and value of waste-free meals to the community/school/environment
- Lack of awareness (from teachers, and school community)
- Where people shop tempting to just buy all packaged foods from big supermarkets
- Parent attitude
- Who polices it in schools?

#### What can make it easier?

- Student involvement
- Parent and community assistance and buy-in
- Staff being on board
- Integration into the school program (e.g. sip and crunch time, curriculum)
- Having a canteen that is on board

#### Lesson ideas and school strategies

- P&C selling reusable containers with school uniforms
- Clearly labelled bins (e.g. wire some plastic fruit onto front of organic materials bin not just pictures!)
- Waste Free Wednesday (consistency and start with just 1 day a week)
- Web resources e.g. Love Food Hate Waste
- Integrate with other subjects e.g. musical about where the waste goes, maths to work out percentage of students with waste free lunches in each class, English to create persuasive texts/posters, health and PD program re: health benefits/impacts
- House points for students who bring in waste free lunches
- Parent education in school newsletter
- Send a nice reminder letter to families who aren't participating regularly
- Set aside 10 minutes at Parent Information Night to promote
- Poster on each classroom door showing results/tally for that week's 'nude food' day stops interruptions to class time too
- Sell lunch boxes as a fund raiser
- 'Educating Palates' by Tony Sharp book (great for canteens) <a href="http://educatingpalates.com/">http://educatingpalates.com/</a>
- Make waste-free lunch days random to keep students on their toes
- Class 'Gnome' or Golden Lunchbox prize to class who has best numbers each week
- Reward class/students with certificates, prizes, stories in newsletter etc.
- Get canteen on board by working out a strategy with them (that they will still make money from) and give them lots of positive reinforcement and recognition.
- Get students to brainstorm ideas for how it should work ownership, student driven
- Include as part of kindy orientation package
- Incorporate into 'school readiness' programs in early childhood
- Educating teachers regularly through staff meetings etc.
- Modelling showing examples (e.g. McAuley Primary School has a notice board in the reception area
  that they have covered with photos of examples of great 'nude food' lunch boxes to give parents
  inspiration. These have been taken of student lunches that have been brought in over the year and have
  been recognised as a good example. A quick pictures is taken, printed out and added to the board for
  parents to check out)





Every Wednesday, please survey your class by 10am.

Do you have a
Waste Free
Lunch?

How did you			
come to school?			
Walking			
Driving			
Car Pooling			
Bus			

# Waste Free Wednesday Wk 10 Tm 3 2013

# Did your reach your target? What percentage did you get?

Class	%	Class	%
KH		2M	
KA		3L	
KS		3M	
KJ		3W	
KI		3/4D	
1B		4B	
1M		4T	
11		Snr A	
1P		Snr C	
21		Snr O	
2F		Snr F	
2R		Snr D	

# **Winning Warriors**

Kindergarten	Year 1	Year 2	Year 3	Year 4	Senior	Senior

# Roster for Waste Free Warrior duty classes

# Term 3

Week	Class	Monitors
Week 1	Senior D	>
Week 2	Senior F	>
Week 3	Senior O	>
Week 4	Senior C	>
Week 5	Senior A	>
Week 6	Senior D	>
Week 7	Senior F	>
Week 8	Senior O	>
Week 9	Senior C	>
Week 10	Senior A	>

2013 Term 1 Green Gang Roster					
	Monday	Tuesday	Wednesday	Thursday	Friday
		REC	ESS		
Centenary	Senior - Eve	Senior - Yejee	Senior - Melody	Senior -Lexi	Senior
Passive	Years 3 /4 Oliver C	Years 3/4 - Sahara	Years 3/4 - Wilson	Years 3/4 - Alice	Years 3 & 4
Hall	Kinder - Dougie	Kinder - Kiki	Kinder - Rafaela	Kinder - Asha	Kinder
Active	Years 1/2 - Asha	Years 1/2 - Oliver Sen	Years 1/2 - Atticus	Years 1/2 - Sahara	Years 1 & 2
		LUN	<b>ч</b> СН		
Baker Park Year 4					
Centenary	Kinder/Yr 1 - Babur	Years 5/6 - Alyssa	Kinder/Yr 1 - Tom	Seniors - Berenberech	Kinder/Yr 1
Passive	Years 3/4 - Isabel	Years 1/2 - Alice	Years 3/4 - Lachlan	Years 1 /2 - Ava	Years 2 & 3
Hall	Year 2 - Jamie	Kindergarten - Mary	Year 2 - Ben	Kinder - Babur	
Active	Years 5/ 6 - James H	Year 3 - Jade	Years 5 / 6 - Jesse	Year 3/4 - Isaac	Years 4/5/6

## Appendix 3 - Nude Food Resources

#### **Nude Food Day**

• 16 October 2013, part of National Nutrition Week <a href="http://www.nudefoodday.com.au">http://www.nudefoodday.com.au</a>

#### **Healthy eating:**

- East more Fruit and Vegies factsheet
   <a href="http://www.healthykids.nsw.gov.au/home/fact-sheets/eat-more-fruit-and-vegies.aspx">http://www.healthykids.nsw.gov.au/home/fact-sheets/eat-more-fruit-and-vegies.aspx</a>
- Water as Drink: http://www.healthykids.nsw.gov.au/home/fact-sheets/choose-water-as-a-drink.aspx
- Eat Fewer Snacks and Select Healthier Alternatives: <a href="http://www.healthykids.nsw.gov.au/home/fact-sheets/eat-fewer-snacks-and-select-healthier-alternatives.aspx">http://www.healthykids.nsw.gov.au/home/fact-sheets/eat-fewer-snacks-and-select-healthier-alternatives.aspx</a>
- Eating tips for children primary:
   http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Eating\_tips for\_children\_(5) primary\_s
   chool?open
- Lunch box tips: <a href="http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Lunchbox tips">http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Lunchbox tips</a>

#### **Activities:**

- Un-pack your Lunch Acitivity to work out what goes in a waste free lunch and a price comparison: http://www.wastefreelunches.org/what-is-a-waste-free-lunch-program.html
- Pack a Waste Free lunch: http://www.globalstewards.org/lunch.htm
- Make a Healthy Lunch this Food Revolution Day: <a href="http://www.jamieoliver.com/us/foundation/jamies-food-revolution/news-content/make-a-healthy-lunch-this-food-revolutio">http://www.jamieoliver.com/us/foundation/jamies-food-revolutio</a>

#### **Nude food supplies:**

- Nude Food Movers Rubbish Free Lunchbox: http://www.bonzoo.com.au/products/?id=122&ProductId=459
- Coolskin: <a href="http://www.bonzoo.com.au/productslist/?prodsearch=cool-skin">http://www.bonzoo.com.au/productslist/?prodsearch=cool-skin</a>
- Sandwich wraps: http://www.biome.com.au/441-sandwich-wrap
- A good wrap (Australian Made): http://agoodwrap.com
- Recipes: <a href="http://www.schoolatoz.nsw.edu.au/wellbeing/food/recipes">http://www.schoolatoz.nsw.edu.au/wellbeing/food/recipes</a>

#### Video:

• Healthy lunch box: <u>www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pagesvideo/healthy\_lunchbox\_what\_to\_include?open</u>

#### **Strategy:**

Rethinking school lunches: http://www.ecoliteracy.org/downloads/rethinking-school-lunch-guide

#### **Further Useful Resources**

#### **Reducing lunchtime waste - Lesson Plans**

- Nude Food lesson plans www.nudefoodday.com.au/userData/documents/nfd%20lesson%20plans.pdf
- Various curriculum resources to reduce waste in schools
   www.sustainability.vic.qov.au/www/html/3628-waste-module-resources.asp?intSiteID=4
- Rubbish free lunch unit level 1 <u>www.det.vic.gov.au/edulibrary/public/commrel/events/RFL/rubbishfreelunchVELSIvI1.pdf</u>
- Rubbish free lunch unit level 2 www.det.vic.gov.au/edulibrary/public/commrel/events/RFL/rubbishfreelunchVELSIvI2.pdf

#### **Reducing lunchtime waste - Other Resources**

- What is a waste free lunch?
   www.wastefreelunches.org/what-is-a-waste-free-lunch-program.html
- Waste free lunch guide and challenge
   http://schoolsrecycle.planetark.org/documents/doc-846-waste-free-lunch-guide-final.pdf
- Eat more fruit and vegies
   <u>www.healthykids.nsw.gov.au/home/fact-sheets/eat-more-fruit-and-vegies.aspx</u>
- Nude Food Day- Wednesday 16 October 2013
   www.nudefoodday.com.au/
- Nude food recipe ideas www.schoolatoz.nsw.edu.au/wellbeing/food

#### **Grants and Funding**

- Woollahra www.woollahra.nsw.gov.au/community/building your community/community grants
- Waverley www.waverley.nsw.gov.au/community/grants and donations/small grants
- Randwick www.randwick.nsw.gov.au/A sense of community/Community and culture/Grants and awards/

#### Things to get involved in

- Win an information session with Costa. Enter the Schools Palette Garden competition for a chance to win this or other great prizes. <a href="https://www.ecoxpo.com.au/palette-garden-competition/">www.ecoxpo.com.au/palette-garden-competition/</a>
- Cool Australia's Enviroweek Challenge join thousands of students and sign up for an enviroweek challenge. 2 solar power system and other amazing prizes to be won. <a href="https://www.enviroweek.org">www.enviroweek.org</a>

#### **UPCOMING ENVIRONMENTAL DATES 2013**

19 Aug	Keep Australia Beautiful Week	14 Oct	National Water Week
25 Aug	Enviro Week	16 Oct	Nude Food Day
30 Aug	Pallet garden comp closes	26 Oct	Garage Sale Trail
1 Sept	National Biodiversity Month	11 Nov	National Recycling Week
8 Sept	Sustainable House Day	3 Dec	Term 4 ESSSN Meeting

# **Appendix 4 – Council Updates**

#### **Waverley Council Update**

#### Get your grant applications in now! - Close Friday 23 August

Do you have a great idea for an environmental project but lack the funds to get it going? Waverley Council encourages and supports school and community projects that help build a sustainable community and environment while helping us reach the outcomes in our local "Environmental Action Plan".

Through the Community Environmental Grants, schools, childcare centres and community groups are invited to apply for grant up to the value of \$3,000 per funding round.

For more information on our Community Environmental Grants go to our website or contact Ale Torres, our Environmental Officer at 02 9369 8045.

www.waverley.nsw.gov.au/community/grants and donations/small grants

#### **Stormwater Troopers**

Council's stormwater troopers program aims to raise awareness of stormwater pollution and the connection to our beaches and ocean. A Council Officer can come to your school to do interactive class room activities with K-6 students focusing on:

- litter/pollution can be carried through the stormwater system to our waterways and ocean
- human activities influence the health and safety of wildlife and our natural environment

#### Poster Competition Years 3 - 6

How does litter and pollution enter the stormwater system and where does it end up eventually? This is the question for years 3 - 6 to answer in the form of a poster. The poster needs to be A3 size and submitted to Council by end of November. The finalists will have their poster on display at the Waverley Library for the month of December. There will be a launch of the art show in early December to announce the finalists and the winner. The winner will receive two tickets to the Sydney Aquarium.

For more information about the Stormwater Troopers or poster competition, contact Beth Kasumovic Environment Officer 9369 8205 / <a href="mailto:bethk@waverley.nsw.gov.au">bethk@waverley.nsw.gov.au</a>

#### Pop up self-watering garden

In Roscoe Street Mall, Waverley Council will be installing an ecoPOP - a wonderful and innovative garden that reuses rainwater, harnesses energy from sunlight and cools and beautifies the local area.

The ecoPOP is a temporary garden and is a collaboration between sustainability expert Michael Mobbs and Waverley Council. It will be in place for six weeks from mid August after which Council will consider running a competition for schools to get their own ecoPOP.

#### How can your school be involved?

The ecoPOP can be used as a learning tool for lessons on solar power, plant growth, healthy eating, waste reduction, food recycling and water use.

You will hear about these aspects at the (soon to be announced) launch, but a Council Environment Officer could also meet a teacher and students at the ecoPOP to further talk about the various elements of it.

#### Garage Sale Trail - Sat 26th October

A great fun school fundraiser that gives preloved items a new life and stops stuff going to landfill.

In 2012 schools that participated made an average of \$2000

General Enquiries: Vicky Bachelard, Schools Environment Officer, 9369 8049, vickyb@waverley.nsw.gov.au

#### **Randwick Council Update**

#### RAINWATER TANK, SCHOOL NATIVE HAVEN AND FOOD GARDEN GRANTS

This program will help your school develop a native garden that links into the wider 'Green Corridor' program to link areas of bush to backyards, parks and school grounds to provide habitat for local creatures. It's also aimed at your school providing food gardens to provide rich student learning experiences.

P: 9314 4862

E: natalya.mendelevich@randwick.nsw.gov.au

#### NATIVE HAVENS FOR SCHOOLS in the Randwick Council area

With a focus on increasing habitat protection and conservation on public and private land, the Native Haven's project is designed to provide advice and support for schools, and others, to work together to encourage the conservation of local plants and animals in school yards and other areas. If your school has a biodiversity project started and you would like to be considered to be involved in Council's Native Haven Project, contact Randwick City Council's Bushland Management Team:

P: 9339 0683

E: matt.leary@randwick.nsw.gov.au

#### **BEST GREEN INNOVATION (GRIN)**

We want your best everyday environmental ideas and suggestions for a greener and more sustainable future for the City of Randwick. Every quarter the suggestions will be reviewed by a team of sustainability experts. All winners and highly commended award winners receive a special prize and their idea may become a reality! Don't hold back and don't forget there are prizes throughout the year. Download a <u>Best GRIN Nomination Form</u> or pick up a copy from your local library or the Customer Administration Centre.

P: 9664 5961

E: helen.morrison@randwick.nsw.gov.au

#### SUSTAINABILTIY COLLECTION AND OTHER LIBRARY ACTIVITIES

Randwick libraries have a **Sustainability Collection**; if there are books or other resources you would like us to collect for your students email Jane, see contact below.

- Spark! Discovery Boxes are a unique borrowing collection of themed science kits for 8-12 year olds which can be borrowed from the Bowen Library. They have been created in collaboration with the Children's Discovery Museum and include high quality science apparatus, along with books and extension activities. Themes include Backyard Science, Astronomy, Microscopy, Insects, The Human Body, Rocks and Minerals and Weather Watching.
- **Spark! Science Club** for 9-12 year olds with a cost of \$30, meetings Thursday afternoons 4:00-5:00pm. Session for Term 3: Light and Colour, Wind Things, Exploring Energy, CSI Lab. **The Spark! Science Club** will transform into a crime scene! Uncover the mystery and catch a criminal using forensic technology just like the experts.

P: 9314 4831

E: jane.moffat@randwick.nsw.gov.au

#### WASTE EDUCATION FOR SCHOOLS in the Randwick Council area

Free waste education incursions are available for Stages 1 to 3: Rubbish today, resource tomorrow, School waste audit, Smart shopping, Live (bi)cycles, The world beneath our feet, Closing the loop on organics Contact Council's waste officer for more details:

P: 9665 9031

E: matshepo.molala@randwick.nsw.gov.au

#### SCHOOL EXCURION PROGRAM AT THE SUSTAINABILITY HUB - recommencing Term 3, 2013

We have four lessons in energy and water available: Hello Sun, Sounds like Water, Water our Resource and Energy Rocks. These lessons are suitable for Stages 1-3

During the year we will be developing other lessons in the area of biodiversity and smart resource use There are 5 FREE spaces available for the first Woollahra Council area schools to book and 5 FREE spaces for the first Waverley Council area schools to book

Excursions are FREE to Randwick Council area schools

For details visit <a href="reduceyourfootprint.com.au/projects/eastern-suburbs-school-excursion-program-2013/">reduceyourfootprint.com.au/projects/eastern-suburbs-school-excursion-program-2013/</a>

P: 9315 7244

E: fiona.campbell@randwick.nsw.gov.au

#### **Woollahra Council Update**

#### **New Environmental Education Officer for Woollahra Council**

- Melissa Sellen will head off for 12 months maternity leave from 12 September 2013
- Stephanie Martin will be replacing her for this period and can be contacted for all schools sustainability queries (whatever you would have contacted Mel for previously!) in Mel's absence. Her phone number is 9391 7095 and her email address is <a href="mailto:Stephanie.Martin@woollahra.nsw.gov.au">Stephanie.Martin@woollahra.nsw.gov.au</a>. Please update your contact details.

#### 2013 Woollahra Environmental Schools Sculpture Prize

- 2013 theme is **Energy Matters**
- Call for student entries are now open. Entries must be submitted to Council by 18 October 2013.
- Sculptures will be on display from Monday 28 October Friday 8 November 2013
- Visit <u>www.woollahra.nsw.gov.au/environment/essp</u> for information about all of the above

#### 40% Discount for Woollahra Schools at Marine Discovery Centre in 2013

 All Woollahra schools are eligible for a 40% discount on visits to the Marine Discovery Centre, Bondi. Plan your excursion now on 9300 0242 to take advantage of this subsidy from Woollahra Council.

#### **Woollahra Garden Awards 2013**

- Application forms and further details will be sent to schools shortly. Closing date for applications is August 23rd 2013.
- 2013 categories are: (1) Best Sustainable Garden including school and community gardens; (2) Best Established Garden over ten years; (3) Best New Garden under ten years; (4) Best Small Garden including balconies, courtyards and townhouses; (5) Best Feature tree complimentary to the garden; and (6) Best Garden 2013 overall winner of the Garden Awards.
- Award winners will be announced at a ceremony at Council Chambers on Sunday 8 September

#### **Free School Excursion Program**

- Uncover the mysteries of sustainable living with your class at Randwick's Sustainability Hub by joining the School Excursion Program 2013 in Terms 3 and 4.
- Come and be part of this FREE, innovative, excursion program available for Early Childhood, Stage
  One and Stage Three teachers and students. The first five Woollahra schools that register can
  attend for FREE, including reimbursement of bus hire. Lessons cover key learning areas around
  water and energy use.
- Find out more and book online at <a href="http://reduceyourfootprint.com.au/projects/eastern-suburbs-school-excursion-program-2013/">http://reduceyourfootprint.com.au/projects/eastern-suburbs-school-excursion-program-2013/</a>