

# The Dodo

*An SHHS Eco publication*



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*This is*

ISSUE #2



## The team:

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# ECO TEAM: WHAT WE'VE BEEN GETTING UP TO

*by Liana*

The Eco Team has been working hard over our first half term back! We have started prep for Eco Week, and are working hard to get loads of events organised, despite the COVID-19 guidelines. We have even had girls across the year groups volunteer to be Eco-Reps and have had initial meetings with them. We've also just started working with the junior school!



# SHHS STAFF & STUDENT SPOTLIGHT

*By Libe and Eden*

## #1 MRS BINGHAM

### Your pledge?

To not buy any new clothes for one full academic year (01.09.19-01.09.20). I did this as when I first announced the idea to my family, they laughed and said I'd never manage it. Oh ye of little faith!

### The best part?

Buying a new dress on 01.09.20. But Hobbs on Regent Street was closed!

### Advice for budding pledge-makers?

Count the number of items of clothing in your wardrobe before you start. I did this the other weekend. I won't reveal the number but suffice to say it shocked me into not going on any dress shopping expeditions this year either. My advice would be to choose something you know you'll find a bit hard so you are motivated to meet the challenge.

### Next pledge?

Yes! I want to do two things: get the school involved in planting trees and raise money for The Woodland Trust. I love running in woods so I'm running 1000 miles in a year to help save the woodland I love. I'm on target so far.

### Getting over the biggest hurdle?

Seeing nice dresses in shops. The pandemic rather put a stop to window dressing. Some would say this was rather jammy in that I spent 6 months of my year without any real temptation. But don't forget that Libby London (a shop for middle aged career women but without the shoulder pads) only exists online...so I think I did very well!

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

SO PLEASE, STAFF AND  
STUDENTS ALIKE, EMAIL  
US WITH WHAT YOU  
HAVE BEEN UP TO, FOR  
THE CHANCE TO  
FEATURE HERE!

### Impact on the environment?

I'd be naive to think my little efforts had had that much impact but I did appear in The Week Junior so maybe ASOS and Pretty Little Thing will see their business model collapse when Week Junior readers are old enough to buy clothes. I did this because I do think one has to make some ethical choices and ultimately some sacrifices to protect our planet. The big problem is that we want everything so fast, we can't be bothered to fix things and we always want something new. To live sustainably you have to be a bit more organised and plan ahead.

## #2 MR MORGAN

### Your pledge?

To give up red meat at school and to lower my intake substantially outside of school. I also aimed to cycle to school once a week.

### Getting over the biggest hurdle?

My own apathy and the weather for my cycling pledge. At school I was very good and stuck to it. Overall, I think I stuck to it on the meat front, failed badly on the cycling pledge.

### The best part?

I felt quite good at having stuck to it.

### Inspiration behind it?

Environmental and health reasons. We all know the damage that the cattle industry does and eating too much red meat is not good for your body. And cycling because it is so good for you, mentally and physically, and better for the atmosphere as well. No emissions!

### Advice for budding pledge-makers?

Do it! It can be easy to take little steps that will lead to a larger change.

### Next pledge?

Yes....not sure what yet....

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## #3 STUDENT:

### Your pledge? CATRIONA

My pledge was to use public transport or cycle to school for a whole year.

### Getting over the biggest hurdle?

It was hard when I had early morning clubs and couldn't get into a car to go to school.

### Next pledge?

I am trying to turn this pledge into more of a habit and to reduce the number of first-hand clothes I buy.

### Advice for budding pledge-makers?

Leave your house before rush hour traffic if you are cycling.

### Impact on the environment?

I think I made a small impact on the environment because I contributed less pollution especially around the school area.

### The best part?

The most rewarding part was the amount of exercise I got before and after school which definitely made it worth it.

# DIY CREATIVES

*By Nikki*

## 1 Making your own mask



<https://www.theartnewspaper.com/gallery/wearing-art-the-face-mask-becomes-the-latest-designer-accessory>

### Method

1. Start with an A4 piece of fabric
2. Measure your face using a cm roll and cut out the dimensions onto your chosen fabric, with extra fabric space so you can sew it.
3. Using a needle and colourful string sew old shoelaces that can be used as the ear straps.
4. Feel free to add any decorations and doodle onto your face mask to make it look fun!

### DIY tutorial

[https://www.youtube.com/watch?v=uRfhuRNua\\_E](https://www.youtube.com/watch?v=uRfhuRNua_E)

## 2

## Sweater Pillow Cases

Refraining from throwing out old clothing can help you develop greener habits too! Instead of throwing out your old sweater with the tear in the armpit, turn it into a comfy throw pillow! This project means less clothing in the land fill and less money spent by you.

**Inhabitat.com** shows you how to make adorable pillows from your old sweaters.

### DIY tutorial

<https://inhabitat.com/how-to-recycle-a-sweater-into-a-cuddly-pillow-for-your-couch/#ixzz3SJzbF0dA&i>





# Tin Can Lanterns

## STEP 1- Gather your materials

All you need to do to get started on this eco-friendly craft project is to gather the following materials:

- 2-4 cleaned, empty tin cans
- a hammer
- an assortment of nails
- colourful permanent markers
- paper, pencil, masking tape, scissors
- candles
- a towel



## STEP 2- Clean and freeze

With your newly gathered used tin cans, remove labels, and clean thoroughly. Fill each can with water and freeze overnight until solid. The ice stabilizes the can and prevents it from bending when you punch holes in them later

## STEP 3- Design your punch graphic

Decide on a design for your punched-tin decorations. You can draw the pattern out on a piece of graph paper and tape it to the can as a guide. Alternatively, you can freehand a design without marking it ahead of time. Knitting patterns, wallpaper and textiles are all great inspiration sources for patterns

## STEP 4- Punch out your pattern

Cradle the frozen tin can in a folded towel (to prevent the can from moving and to catch ice chips). Position a sharp, narrow nail above each mark on your pattern and gently tap it 3-4 times with the hammer until just the point has punched the tin can. Repeat for each mark until you have completed your pattern

## STEP 5- Remove the ice block

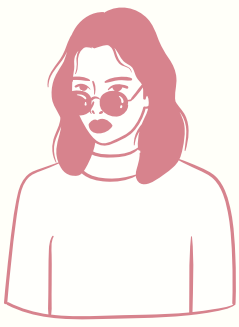
Rinse the can under a hot tap until the ice block pops out and allow the can to dry

## STEP 6- Add some colour

If you want to add color to your new punched-tin lantern, you can create a variety of shiny designs by simply using colorful permanent markers

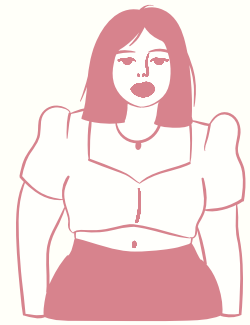
## STEP 7- Light 'em up!

Drop in some lighted candles and enjoy the flickering patterns cast by your new handmade lanterns



# Fashion & Clothing

*By Liana*



## TOP PICK

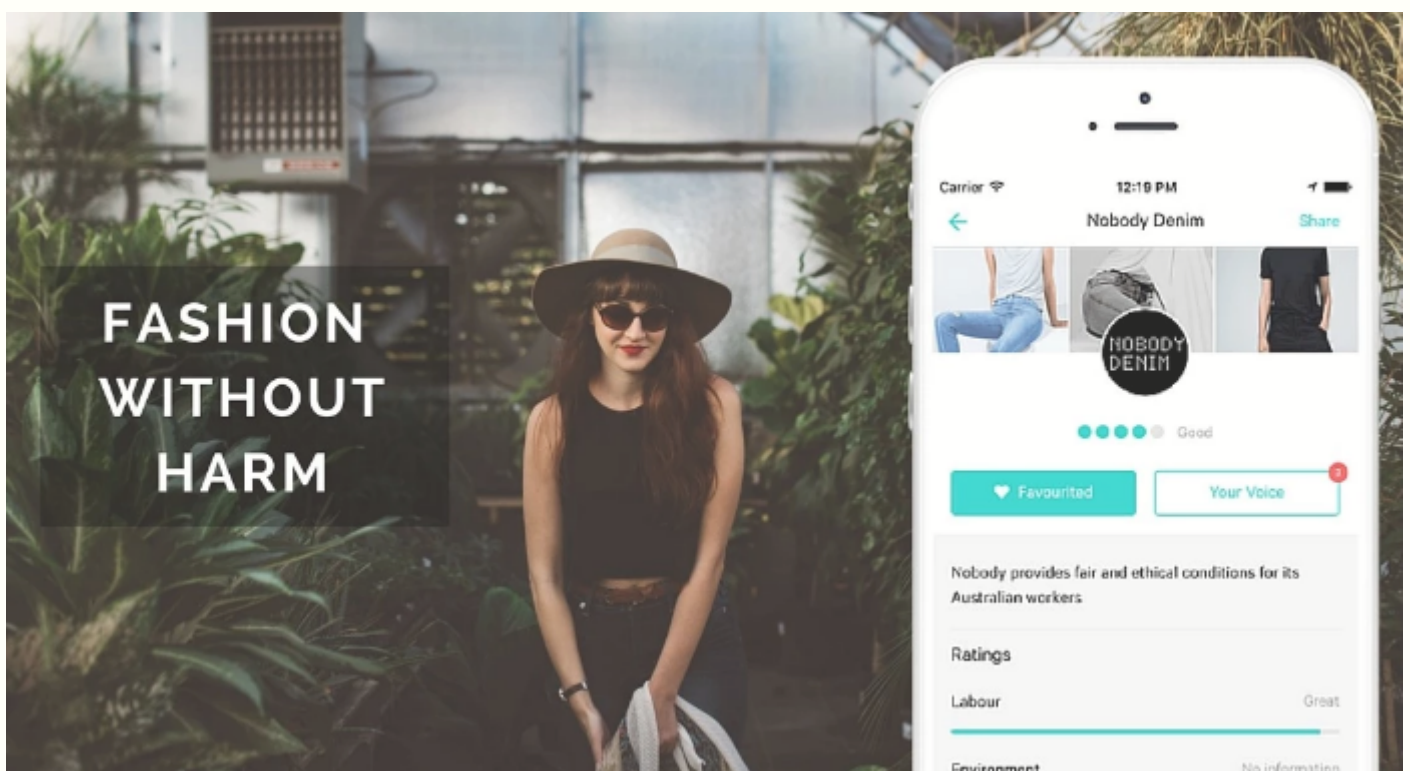
### GOOD ON YOU



<https://goodonyou.eco>

An app that lets you know the latest news in eco-friendly fashion and acts as an everyday tool that tells you how sustainable your favourite brands are.

The website and app have a search function that you can use to check the sustainability of these brands and regularly update you on any improvements. The sustainability of each brand is divided into environmental impact, labour conditions, animal welfare and overall rating. The app also suggests alternative brands that you can use, admittedly some of them are quite expensive, but with the right research you can find lots of great new brands!



*By Elena*

*First the good*

## ECO NEWS

# ON THE UP



- As a result of a recent environment report, 65 countries have pledged to reverse climate change and ensure a recovery of the earth, within the next 10 years
- MPAs (marine protected areas) off the Californian coast seem to be bringing back marine life, with a 52% increase around their Channel Islands

*Then the bad*

## ECO NEWS

# GOING DOWN



- In September, we saw the publication of a biodiversity assessment regarding the 20 biodiversity targets set by the UN 10 years ago. It said that none of them had been reached, and that coral reefs had actually been harmed more than before
- A study by Australia's national science agency estimates that there are 14 million tonnes of microplastics on the ocean floor, twice as much as is thought to be on the ocean's surface



# Eco warriors

*By Nina*

ONLINE

## Company



### Girlfriend Collective UK

This activewear brand uses 100% recycled and recyclable packaging, and makes the clothes out of recycled polyester (and even plastic bottles!). Almost all synthetic activewear is made from plastic, so this brand decided to reuse plastic that otherwise would end up in landfill. After lots of processing, the plastic becomes a soft, recycled yarn, and helps to fight unnecessary plastic waste! Girlfriend Collective has already recycled 4,482,875 plastic bottles and has saved around 9,000,000 gallons of water. They take care when shipping to keep carbon emissions as low as possible, which makes ordering these products all the more sustainable for us over in the UK. The brand is based in the US and, unfortunately, has momentarily had to stop shipping to the UK because of the pandemic, but hopes to start shipping here again in the next few months, so keep an eye out!

**@girlfriend**

<https://www.girlfriend.com>



# Culture etc. *By Lulah*

## Watch

### **Artifishal**

A film about people, rivers and the fight for the future of wild fish and the environment that supports them

<https://eu.patagonia.com/gb/en/stories/artifishal/video-79192.html>



## Read

### ***Where the Water Goes* by David Owen**

The Colorado River provides water for nearly 40 million people, but with climate change and booming populations, this river's tap is close to running dry. David Owen takes us on a journey down this prized waterway, from the snowmelt atop the Rocky Mountains to the dried-up deserts of Mexico



## Get involved

### **Patagonia Action Works**

An incredible platform where you can discover people, groups and campaigns to take part in near you. You can also find out what's happening on a global scale!

<https://www.patagonia.com/actionworks/#!/explore/home>

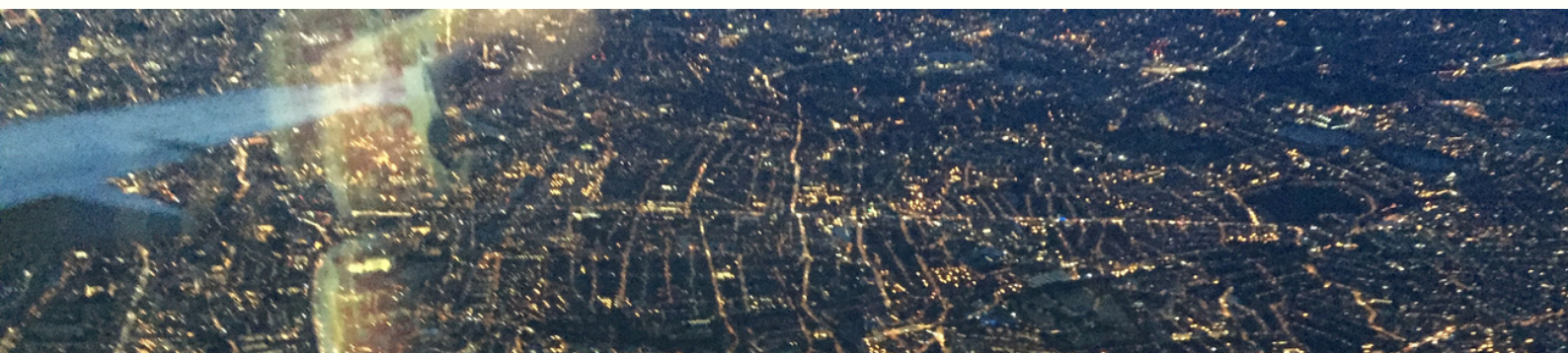


## Buy

### **Grind Coffee Pods**

Love Nespresso coffee? Well those pods are pretty rubbish for the environment. Grind coffee house in Shoreditch have produced compostable Nespresso coffee pods. And they're pink!

<https://grind.co.uk/blogs/features/grind-coffee-pods-have-arrived>



# Changes to the Everyday

Small changes to daily life which will help the environment

## Food

- Reduce the amount of meat you eat - maybe go vegetarian once a week
- Buy locally and organically produced food
- Minimise the amount of food you waste



## Water

- Use leftover drinking water from your meals to water your plants
- Turn the tap off whilst brushing your teeth.
- Take shorter showers- try to use the shower more than baths

## Plastic

- Use your own bag to go shopping (for food, clothes etc.) instead of buying plastic disposable ones- this is a must!
- Use a reusable water bottle and coffee cup

## Carbon emissions

- Cycle or walk more to school and anywhere else instead of taking a car or taxi.
- Turn the lights off when leaving a room or when there is sufficient natural light

## Waste

- Donate old clothes to charity shops instead of throwing them away
- Print things double sided so as not to waste paper
- Make sure you recycle everything that is recyclable
- Pick up litter and throw it away
- Use reusable Tupperware instead of foil, clingfilm or plastic food bags
- Buy less clothes or, if this sounds impossible, switch to sustainable clothing



And that was Issue #2 of

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