

# Eco Schools 2025-26



# Environmental Review

Thank you for completing the Environmental Review. We recently had a meeting and used the information to discuss the areas that we would like to focus on this year.

Today we are going to introduce the topics and ask you in classes to suggest actions.

# Healthy Living

Did you know that your health and our planet's health are linked?

Research shows time spent in nature reduces stress, improves mood, and reduces the risk of mental health problems.

This could be through growing fruit and vegetables, promoting more plant-based food options in the school canteen, or creating sensory areas where young people can relax.

# Healthy Living

- Work with the School Council to support OPAL and making lunchtimes better
- Learn about growing fruit and vegetables.
- Work with the school canteen to plan healthy and planet-friendly menu.

# School Grounds

The School Grounds topic is for Eco-Committees who want to improve their setting for students, staff, plants, animals and insects.

Popular actions for this topic include rewilding areas, planting trees and hedgerows, and promoting outdoor learning.

# School Grounds

- Create a wildlife friendly garden and develop the allotment area.
- Start a gardening club.

# Marine

It is estimated that by 2050 there could be more plastic in our oceans than fish. Schools working on our Marine topic work to protect and conserve water-based eco-systems.

Some schools might take direct action through organising beach, canal or river cleans. Schools who aren't located near our coastline may take more indirect action like creating pieces of 'artivism', or reducing their reliance on single-use plastics in school and at home.

# Marine

- Moving away from reliance on single use plastics including linking with healthy living and lunchboxes.
- Creating 'Artisvm'