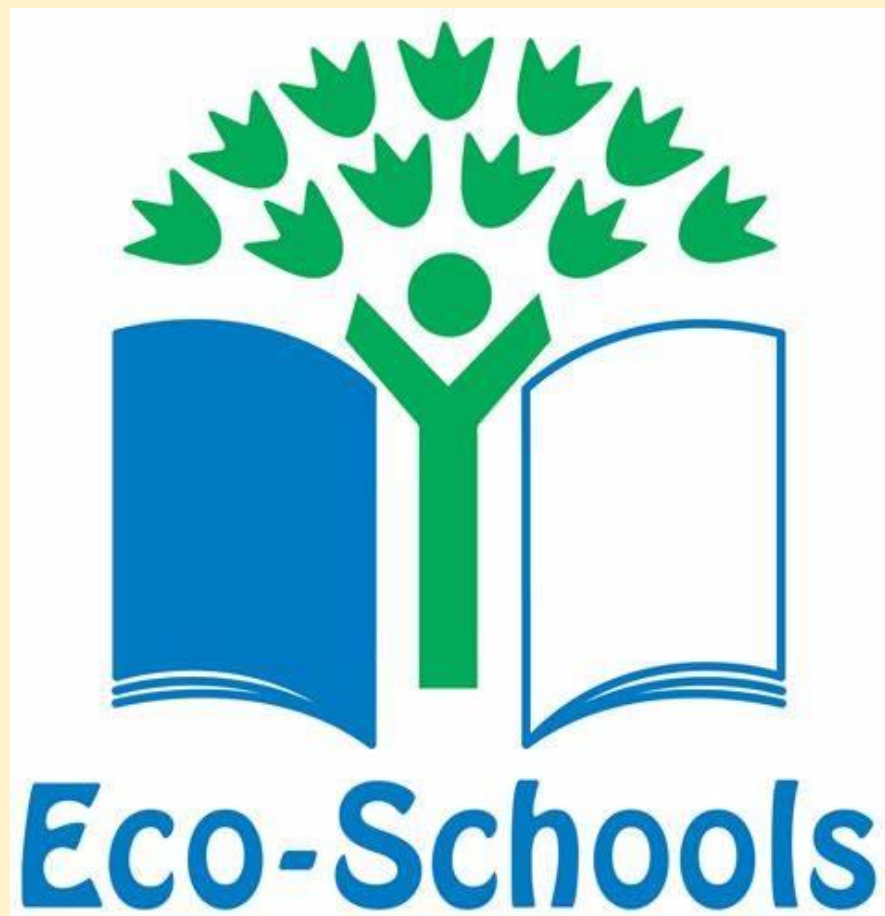


Eco Schools 2025-26



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

Our Aims:

To learn more about healthy food that is also good for the environment.

Our Actions:

- ✓ Learn about Ultra Processed Food, seasonal food and plant-based diets (assemblies throughout spring and summer terms).
- ✓ Work on a PDP recipe book to include plant-based recipes, seasonal recipes and whole foods (complete by end of year).
- ✓ Raise money for the Food Bank?
- ✓ Mental health awareness assembly (during Mental Health Awareness Week: 9th-15th Feb).

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

Our Aims:

To provide more trees and flowers for pollinators.

To grow more fruit and veg for us to use at school.

Our Actions:

- ✓ Plant a mini orchard (Spring Term).
- ✓ Plant some bulbs on the roundabout for pollinators (Autumn 2).
- ✓ Create some vegetable planters with Mrs B.
- ✓ Seed and plant swaps.
- ✓ Take part in No Mow May (during the month of May).



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

Aims:

Reduce single-use plastic and plastic litter.

Our Actions:

- ✓ Work on a PDP recipe book – plastic free snacks for lunchboxes/breaktime (complete by end of year).
- ✓ Litter pick on the walk to swimming lessons (Autumn Term).
- ✓ Councillors to make sure litter picking is done at lunchtime (weekly).

Cut Your Carbon Month-November

