



### **Everyday is Earth Day!**

Earth Day is celebrated each year on April 22, to make people aware of the importance of keeping our planet healthy and clean. Schools and Communities choose to celebrate Earth Day in many different and creative ways. Here are some small ways that you can help keep our planet a little bit greener.

- Pack a Waste Free Lunch- Try packing your lunch in reusable containers instead of using plastic bags, aluminum foil or parchment paper. It saves money and helps the environment. By taking action, you can reduce waste, save trees and ecosystems, and conserve energy that is used to make disposable, single-use products.
- Recycle Used Batteries- Collect batteries at your home or school. You can prepare a box for battery collection and invite friends, family and classmates to bring in old batteries to be recycled. When batteries are not disposed of correctly, the hazardous materials inside of them (like lead, mercury, and cadmium) can get into the water, land and air. These toxic metals can be harmful to humans and wildlife.
- Use a Reusable Water Bottle- By bringing a reusable water bottle to school; you're taking a stand against climate change! Used bottles and cans often end up in landfills or worse, in our lakes and oceans or on the ground as litter! This pollution hurts birds, turtles and other wildlife.
- Turn off the Lights- It takes a lot of energy to power the lights in buildings like our homes and schools. It's important for us to have light when we need it, however it is important for us to be mindful and turn the lights off when we no longer need them on. Make an effort to turn the lights off when you are leaving a room at home or at school. You can take action and encourage people at home or at school to turn out the light by creating signs to put near light switches.
- Take a Speed Shower- A shower is the most efficient way to get clean – the shorter the shower the greener the shower! To save water you can turn the tap off when soaping and turn it back on to rinse. There are even specially designed shower heads that cut water usage in half by restricting water flow. By being mindful of how long we keep the shower running, we can help save a lot of water and energy.

By making some small changes at home and at school, we can all do our part in keeping our planet clean.

Source: <https://ecokids.ca/>

Woodstock Education Centre, Anglophone School District West.