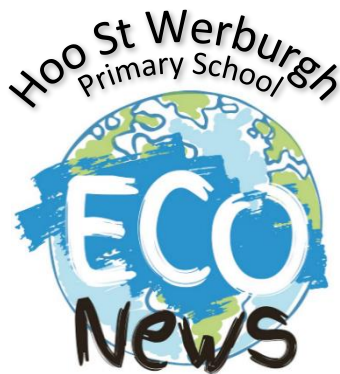




Welcome to the sixth edition of Eco-News: a newsletter with updates from Hoo St Werburgh's Eco-Ambassadors on what we have been doing to make our school more environmentally friendly, as well as a few hints and tips to help you become more environmentally friendly at home.

2023/24 Focus areas



Back in term 2 the eco-ambassadors got together and completed an environmental review of the whole school. The review showed that lots of the positive actions we have taken over the last few years are now embedded into school life such as regular litter picking, use of paper recycling bins and lots of projects to boost biodiversity such as bird feeders and boxes. The review also highlighted a few areas that we could be doing better at so the ambassadors decided to make these the focus areas for 2023-24.



So with that in mind we are pleased to announce that this year's focus areas are:

- Healthy living
- School grounds
- Global citizenship



The eco-ambassadors then had a brain storming session and came up with actions for each focus area and these will become our action plan for the rest of the year.

2023/24 Eco Actions

Here are all the things that we plan to do this year to make our school more environmentally friendly.

Healthy Living

1. Take part in 'Every Kid health week'.

A week of break & lunchtime activities in school including exercise sessions & a healthy snack tuck shop (details to follow soon).

2. Celebrate children's mental health week (5-11th Feb).

Selected children to be invited to attend Medway Council's children's mental health week event.

3. Set up gardening club after school.

Regular after school gardening club to be established from term 4.



School Grounds

1. Plant trees at forest school.

Woodland trust tree hedging packs to be applied for and planted in forest school area.

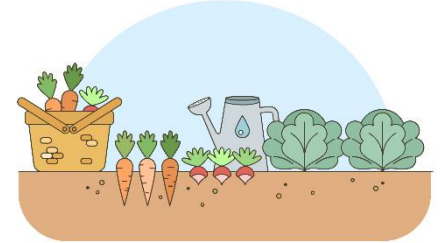


2. Class plants.

Each class to be given a class plant to nurture and grow to help with indoor air quality & mental health.

3. School Allotment to be established.

Area behind KS2 classrooms to be established as a place for children to learn about growing fruit and veg.



Global Citizenship

1. Support Cameron's Orphanage Home charity in Zambia

Establish links with a charity from a less developed country to help children learn about lives of people in other countries and raise funds for the cause.

2. Support a local food bank.

Use Harvest festival as an opportunity to collect food for those fortunate within our community.



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3. Hold more diverse range of whole school celebrations.

Increase the number of whole school celebrations related to a variety of religions and cultures to celebrate diversity e.g Diwali / Hanukah / Chinese New Year etc.

4. Increase profile of environmental issues within our school curriculum.

Encourage teachers to include environmental issues in learning journeys were suitable to raise awareness of the global climate emergency.

Children's mental health week



CHILD MENTAL HEALTH WEEK

MY VOICE MATTERS

JOIN US AS WE CELEBRATE POSITIVE WELLBEING AND MENTAL HEALTH FOR CHILDREN AND YOUNG PEOPLE IN MEDWAY

READ WITH OUR AUTHORS

DANCE AT THE SILENT DISCO

GET ACTIVE WITH SPORTS

TAKE ON A NERF BATTLE

THERE'S LOTS TO SEE AND DO TO CELEBRATE YOU

THURSDAY 8 FEBRUARY

CORN EXCHANGE

4 NORTHGATE, ROCHESTER ME1 1LS

PRIMARY SCHOOLS 10AM - 12PM

SECONDARY SCHOOLS 12:30PM - 2:30PM






On Thursday 8th February a group of students from Hoo represented our school at Medway Youth Children's mental health week event for schools at the Corn Exchange in Rochester. The children took part alongside students from other schools across Medway and had a go at activities which are known to help boost mental wellbeing such as dancing, sports, reading and nerf battles. The children all agreed it was a fantastic event and gave them all the opportunity to try something new.

Tree Planting

Year 1 have been busy at Forest School this term planting the trees that Mrs Watts applied for from the Woodland trust 'trees for schools' scheme. The children helped to plant the little saplings into the gaps in the hedge that was planted 2 years ago to create the Forest School boundary. The trees are a mixture of different tree species designed to increase the biodiversity of our school grounds and offer food to visiting wildlife. The children wished the little trees good luck and look forwards to watching them grow during their time at Hoo St Werburgh.



Why not grow your own?

Ever fancied growing your own? Growing fruit and veg offers some wonderful learning experiences for children so it's a great thing to have a go at doing at home. You don't need an enormous garden to get started, food can be grown on patio, balconies, in raised beds and on window stills. As long as you have sunlight, a vessel to hold soil, and access to water, you're sure to be able to grow some kind of vegetable.

Here are some top tips to begin growing your own from Mrs Lowe and Mrs Boffa who will be the school adults starting our new gardening club:



- **Start with the vegetables you love** - While beginners are always going to be drawn to the easier varieties of fruit and vegetables, don't forget to factor in personal taste too. It's the food that you love which will inspire you to care for them.
- **Anything can be a planter** - You don't need to fork out for fancy pots and planters, plenty of household items can be recycled into a container for your garden. You might opt for an old mop bucket or some cleaned out paint cans - even yoghurt pots can be used to grow seedlings! Just remember to add in some drainage holes, this will help stop your plants from drowning or developing rot.
- **Keep your soil nice and loose** - A common mistake new gardeners make is going overboard with soil. If you're using containers to house your vegetables, make sure you keep your soil nice and loose for planting. If you fill your pot or planter to the brim and then press it down, it's less soil and more like concrete for a plant.
- **Planting up, rather than out** - Maximise your veg patch by growing up, rather than out. Vertical gardening utilises trellises, cages, string, and other supports to train certain varieties of vegetables to grow upwards, which can help you save a lot of space.
- **Give your seeds the best start** - The cheapest way to grow produce is to start from seed, rather than buying starter plants from the garden centre. You could even gather seeds from the vegetables you already have in your fridge by plucking them out and drying them.