



EW ENERGY WIRE

SD43 Sustainability and Energy Management Newsletter

An initiative from SD43's Facilities Department - Energy Management and Sustainability

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About Us

We are the District's Sustainability and Energy Management Team.

We work with BC Hydro, Clean BC, and Fortis BC in finding ways to make our schools run more efficiently to reduce our carbon footprint and operating costs. New LED lights at your school? That was us. New efficient heating system? We were there too. Holiday Shut Down competitions, us too, and so much more.

This newsletter is designed to let everyone know about SD43 sustainability initiatives. All through the District, great things are going on to make our students, our community, and our world more sustainable. We want to know what you are doing and how you are doing it.

Calendar of Sustainable Events:

February – Participate in our Eco-Challenge from February 28th to March 4th.

The Eco-challenge is a 1-week competition challenging all schools to take part in 5 separate daily initiatives.

Schools will be provided with several initiatives to choose from, such as Lights out Lunch (all lights off over lunch), Zero Waste Day (what you bring to school leaves with you after school), Walk/Bike/Bus to School Day (no cars) or Write a Short Essay/Draw a Picture Day to illustrate how humans can do a better job looking after the Earth. The final list of initiatives will be pre-selected by the individual school's Sustainability Leaders. At the end of the week, we will score the participation and give away certificates to all the winners and participants.



March – Time to get planting! We will develop a garden show and competition for schools with gardens to compete in a flower show, the tallest sunflower, best tomatoes, etc.

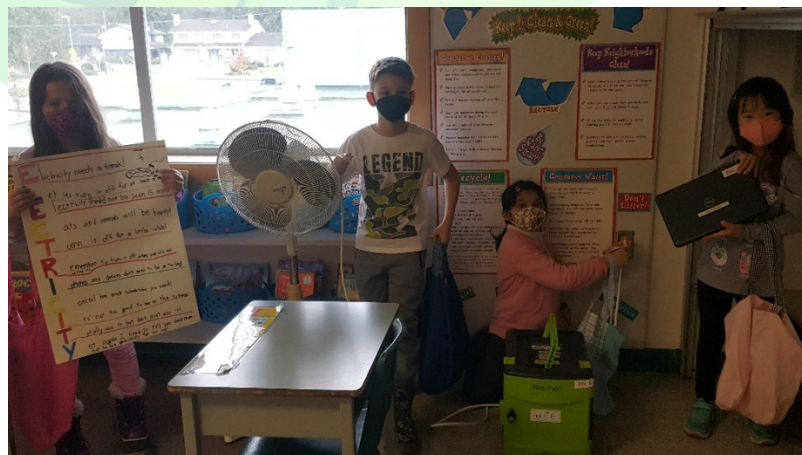
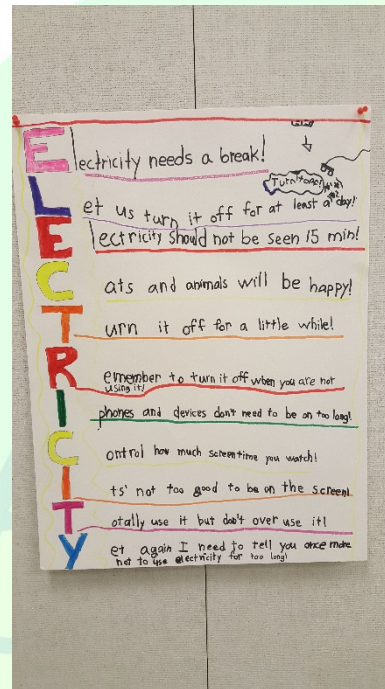
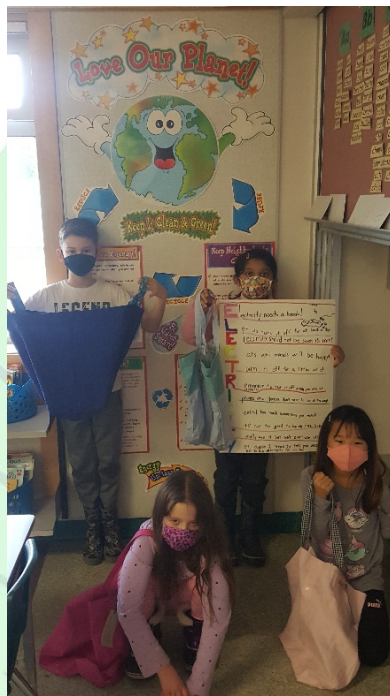
The Winners for our Winter Holiday Shutdown Campaigns

In December, a District-wide Winter Holiday shutdown campaign was organized to promote unplugging of devices not to be used over the winter break. This helps reduce the phantom load on our system. We are thankful and appreciate all the schools that participated in our event.

The winning schools received cloth bags made from recycled clothing, curtains, and other cloth (kindly supplied through "Real Acts of Caring").

And the Winners are.....

Roy Stibbs Elementary School



Students at Roy Stibbs Elementary School participating in Shutdown Campaign

Heritage Woods Secondary

Heritage Woods Secondary School is honored to win the Winter Shutdown Campaign this year, but what is the actual purpose of the Shutdown?

Electricity is a fundamental need for our everyday lives, and it is unfathomable to imagine the modern age without it. Energy waste is a large issue in schools as students and teachers alike use many electrical devices every day and leave them plugged, causing phantom electricity to leak out. Phantom electricity defines as trace amounts of power that is consumed by devices left plugged in. While each device only eats up a small amount of power, the total can quickly add up with the hundreds of devices around the school. Through the Winter Shutdown Campaign, the Heritage Woods Secondary Environment and Outdoors club unplugged chargers, turned off lights, and shut down any unnecessary machines before going off to winter break to conserve the amount of energy emitted from our school. By doing these small tasks we were able to dramatically decrease the quantity of energy our school uses and educate staff and students about being Power Smart.

We encourage every school to participate in the Shutdown before any break to reduce energy waste and educate others on power sustainability!

Cheers,

The HWSS Environment and Outdoors club



Heritage Woods Secondary School's Environment and Outdoors Club

Carbon footprint Guide- An initiative by Emma Dunsmuir

https://instagram.com/carbonfootprint_guide?utm_medium=copy_link

My name is Emma Dunsmuir, and I am a grade 12 student at Terry Fox Secondary School. I started my Instagram account (@Carbonfootprint_Guide) as part of the belief leadership initiative course at my school. In the believe leadership course, you combine a passion of yours with a problem in the world.

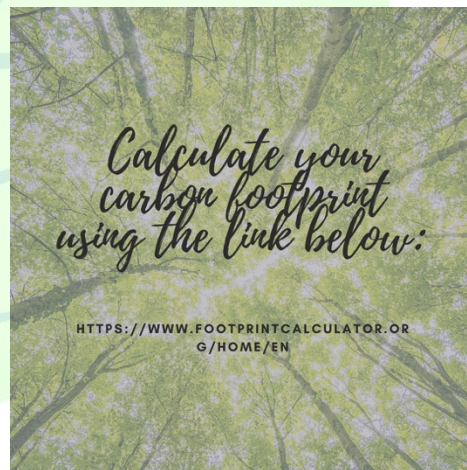
The goal of your project is to make a difference in the world, your community, or your school through something you are passionate about. For me, my passion and problem were intertwined. They both revolved around the environment, climate change, and what we can do to help save our planet. I decided to focus my project on our carbon footprints as it is something that we have a direct effect on. Carbon footprint Guide is an Instagram account that shares ways to live more eco-friendly lives and essentially reduce your carbon footprint. The posts vary from simple tips like bringing reusable bags when you go shopping, to more complicated things like debunking real vs. artificial Christmas trees. Also included in a post is a link to a carbon footprint calculator. By answering some questions, you can quickly find out how many Earths it would take to sustain your current lifestyle. One earth is the goal. From these results, you can figure out how to adjust your lifestyle to adapt to the one earth goal. There are many resources on the page to help guide you in finding ways to live a more sustainable lifestyle. If you check out the Instagram page, I hope you find it useful and learn something new.

TODAY'S TIPS
Wear a reusable mask instead of a medical one!!
Reusable masks are way better for the environment and help to keep plastic out of our ecosystems!

TODAY'S TIPS
Try to bring reusable straws with you instead of using plastic ones!!
Reusable straws are convenient, better for the environment and easy to carry around with you!

TODAY'S TIPS
Switch to Beeswax wraps!
Beeswax wraps help keep plastic out of our environment, are reusable and are great for keeping your food fresh!

TODAY'S TIPS
Reuse take-out containers!
Most take out containers are good quality and can easily be used time and time again! They are great for baking and other goodies around the holidays!



4 TIPS TO SAVE ENERGY THIS WINTER

Thermostats
Use programmable thermostats to help control the temperature in your home. Set the heat to turn off at night and when you are at work to save energy.

Laundry
Wash your laundry in cold water instead of warm or hot water. This will save the energy needed to warm up the water for your laundry.

Clothes
Dress for the weather. Don't rely on the heat to keep you warm. Hats, warm socks and blankets are your best friend at this time of year!

Natural Light
Use natural light whenever possible! Open the curtains and blinds during the day and close them at night!!

Did you enjoy the material?

Eco-Challenge Competition

We're excited to announce the District-wide Energy Challenge week. February 28th – March 4th.

Our District is committed to saving energy and reducing the impact we have on the natural environment. We have a goal to reduce our 2007 GHG emissions by 40% by 2030 and our success in this area is not possible without the help of our students and staff.

The Eco-Challenge will be a weeklong, consisting of 5 challenges*:

Monday – Sweater Day, turn down the heat

Tuesday – Lights out Lunch

Wednesday – Walk, ride, transit to school, say no to the car.

Thursday – Litterless lunch, what you bring to school leaves the school.

Friday – Return-It, recycling challenge.

**Themes are subject to change before the event*

More information and material will be sent out directly to all schools. We hope to have participation from all schools at all levels.

Join the RAC Climate Change and COVID Caring movement.



RAC Week is February 13-19, 2022! RAC was created by grade 4 and 5 students in the Coquitlam School District in 2005 and is doing something caring and kind and not expecting anything back. Coquitlam leadership students have just been successful in convincing the provincial government to have a proclamation passed again which recognizes RAC Week, *our seventh one!* This year the focus of RAC Week is **Climate Change and Covid Caring** and we are encouraging as many students as possible all over BC to get involved in supporting this goal in a safe Covid way. Please see our RAC website for more information about RAC at:

<http://www.realactsofcaring.org>

Check out the [RAC Educator's Manual](#) which has 25 Covid friendly RAC lesson plans and ideas which also support the New BC Curriculum (contact Harriette Chang at hchang@sd43.bc.ca for information).

The RAC Educators' Manual, like the RAC program it evolved from, is about promoting genuine caring and kindness in the classroom, the school, and the greater community. The lessons

- ✓ are user-friendly and inclusive
- ✓ can be adjusted for younger or older students
- ✓ provide students with exciting opportunities to contribute in meaningful ways to the world around them
- ✓ develop an increased sense of pride and interest in their community
- ✓ build self-esteem and leadership skills, and
- ✓ create positive and lasting connections with others.



Try out one, some, or all of the ideas in this manual, and even create your own! RAC is a powerful, positive way to make a difference not only in our students' lives but in the lives of those around us. We believe that RAC is a fantastic student initiative that has been around for 16 years. RAC is listed as a resource on the provincial ERASE website which advocates that we erase bullying by embracing kindness. See:

<https://www2.gov.bc.ca/gov/content/erases/bullying>

What is going on at your school?

If you or your school is doing something that will help sustain our world's environment, we want to hear about it and let everyone else know. Please contact us so we can help get the word out.

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