



Leicester news

July 2018

What is Eco-Schools Leicester?

Leicester City Council has a dedicated Environmental Education Coordinator based in the Environment Team who works with schools to help them become more sustainable in all that they do.

As well as one-to-one support, schools are able to engage through termly #EcoTeachMeets, staff training, resource planning & workshops, assemblies, Eco-Schools conferences & celebration events and can keep up to date through a dedicated Twitter account, monthly eBulletins and termly newsletters.

The Eco-Schools programme provides exciting opportunities for students in curriculum time as well as outside the classroom. Learning outside the classroom (LOTC) has been identified as 'memorable activities leading to memorable learning and positively contributing to pupil safety'. LOTC provides positive benefits to all groups of young people and supports a rich, relevant, broad and balanced curriculum.



How to find out more

Lee Jowett

Environmental Education Coordinator

Phoenix House, King Street, Leicester LE1 6RN

✉ Lee.jowett@leicester.gov.uk

🌐 schools.leicester.gov.uk/eco-schools

🐦 @EcoSchoolsLCC

📘 Environmental Education Leicester

☎ 0116 454 2271



Welcome to the July Leicester Eco-Schools newsletter. Wow, what a busy term! We have had an unprecedented number of Green Flag applications since Easter (as well as bronze and silver), primarily thanks to the kind support of the Vegetarian Society who have sponsored Green Flag Applications with Eco-Schools England. We also hosted our fourth joint Eco-Schools and Food for Life Celebration which was attended by the most schools ever. We also presented our first 'Healthier Air for Leicester Schools' Awards. Thank you for all your support this term, have a great break. **As always get in touch if you need any support, Lee.**



Finished reading? Pass on to a colleague

Eco-School Awards

Schools can register for Eco-Schools for free at www.eco-schools.org.uk/register

There are 3 levels of award: Bronze, Silver and Green Flag which were **updated in September 2017**.

At **Bronze** level your school has set up an Eco-committee, carried out a review, created an action plan for one topic and shared this with the whole school.

At **Silver** level your school has done the above plus involved the whole school and wider community and carried out monitoring and evaluation for one in-depth piece of work on one of the ten topics. You have also identified where environmental issues are covered in the curriculum.

At **Green Flag Award** status, your school has done all of the above plus carried out in-depth project work for three of the ten topics and developed an Eco-Code which reflects the topics you have worked on.

Bronze and Silver are self-certified online. For **Green Flag**, schools **submit evidence online** and are visited by an external assessor at a mutually agreed time.



Newsletter

Our Eco-Schools newsletters are published 4 times per year. If you would like to submit an article for the next newsletter, the deadline is the 31 August 2018. We ask for around 200 words, at least 1 photo and contact details e.g. name and email address to: eco-schools@leicester.gov.uk

This term has been really busy so if I have missed you off the award list do let me know

Since March 2018

Recently registered or re-engaged

Barley Croft Primary School
Buswells Lodge Primary School
Oaklands School

Bronze Award

Alderman Richard Hallam Primary
Moat College
New College, Leicester
Stokes Wood Primary School

Silver Award

Caldecote Primary School
Catherine Junior School
Fosse Primary School
Green Lane Infant School
Glebelands Primary School
Hamilton Academy
Land of Learning Primary
Moat College
New College, Leicester
Overdale Infant School
Stokes Wood Primary School
Tudor Grange Samworth Academy

Green Flag Award

Christ the King Primary
Charnwood Primary
Forest Lodge Primary Academy
Hamilton Academy
Mellor Primary School
Parks Primary School
Shaftesbury Junior School
Stokes Wood Primary School
Willowbank Children's Hospital School

Green Flag Renewal

Sandfield Close Primary School
Mayflower Primary School

Correct as of 08/07/2018

Eco-Schools & Food for Life Celebration 2018

Healthier
Air
for Leicester


Eco-Schools


Leicester
City Council


FOOD FOR LIFE
Soil Association


LEICESTER'S
FOOD PLAN

On 12 June 2018 we celebrated the hard work of schools in Leicester at our fourth joint Eco-Schools and Food for Life Celebration in City Hall. We warmly welcomed 15 schools along with over 35 guest judges including 6 City Councillors and representatives from many local and national environmental organisations. The event was an opportunity for schools to showcase projects which have taken place over the last 12 months

Activities came from a wide selection of project ideas including recycling, extinction, the refugee crisis, biodiversity and healthy eating. Judges commented again how difficult it was to pick winners with such enthusiastic students and staff. Following the more formal judging, students were given the opportunity to judge the other schools' stalls and pick their Eco-Factor. Prizes were kindly announced and awarded by Cllr Adam Clarke, Deputy City Mayor responsible for Environment, Public Health & Health Integration & Cllr Sarah Russell, Deputy City Mayor responsible for Children and Young People's Services. This year we also awarded our first Healthier Air for Leicester Schools Awards



*There were so many good photos that we couldn't include here.
They are all available [online](#) on the schools extranet.*

Eco-School of the Year Sandfield Close Primary School



Eco-Schools project – We have been working on the #500beesbugsbutterflies, a project for our Polli:nation work which highlights the plight of bees, bugs and butterflies. We have dressed up as bees, created artwork of bugs and created wildflower planting for our butterflies.

Food for Life School of the Year Bridge Junior School



Food for Life project - For our project we would like to share and showcase how we have actively engaged and involved our parents and school community with Food for Life here at school and within the community. From inviting parents and carers in for themed lunches to growing our own food within school grounds and at the local park, to embedding Food For Life into our school curriculum.



Judge's Special Award – Shaftesbury Junior School



Eco-Schools project – The Shaftesbury Eco Warriors have been involved in projects which combine both Eco-Schools and Food for Life. This year, the Food Eco Warriors have been actively involved in promoting healthy food across the school, both in school dinners and packed lunches. They have been involved in cooking across the curriculum for all year groups, and all pupils have then made their own recipes and products to take home.

Food for Life project - The Food Eco Warriors have also been cooking using produce from our school garden. Healthy lunchboxes have been promoted through a whole school competition, awareness activities and close interaction with our school dietician.



Eco-Factor Award – Humberstone Junior School

Eco-Schools project – How can we help refugee children living in Leicester?

This project was about exploring a critical issue that is still ongoing and the impact it is having on refugees all over the world. The children studied what a refugee is and ultimately how we can support refugee children, who are living locally in Leicester.

Eco-Schools project - How can we increase the use of recycling within our community?

This project is still currently running at school and we have looked at the impact of waste and lack of recycling to both Leicester, nationally and globally. Our aim in the summer term, is to raise awareness and implement small changes into both our school and local community to reduce, reuse and recycle.



We would like to make a special thank you to the Central England Co-operative who kindly sponsored our prizes and awards.

Healthier Air for Leicester Schools Award winners were:

- Avenue Primary School
- Mellor Primary School
- Overdale Junior School
- Sandfield Close Primary School
- Bridge Junior School

The winners were:

- Eco-School of the Year – Sandfield Close Primary School
- Food for Life School of the Year – Bridge Junior School
- Judges' special award – Shaftesbury Junior School
- Eco-factor winner – Humberstone Junior Academy

The schools who attended were:

- Avenue Primary School
- Barley Croft Primary School
- Bridge Junior School
- Catherine Junior School
- Charnwood Primary School
- Christ the King Infant team
- Christ the King Juniors team
- Humberstone Junior Academy
- Linden Primary School
- Mayflower Primary School
- Mellor Primary School
- Overdale Junior School
- Rowlatts Hill Primary Academy
- Sandfield Close Primary School
- Shaftesbury Junior School
- Soar Valley College



Win a Family Holiday in Borneo



Supports many Eco-Schools topics

Jane Goodall's Roots & Shoots is delighted to share a wonderful opportunity with you. Their partners at National Geographic Kids Magazine are encouraging children to get creative and win some amazing prizes! Ready to win a trip of a lifetime? Well, if you love taking photos, this is the competition for you! It's time to get snappy...

The categories: Animals, Scenery and People

You can enter as many categories as you like – but just ONE photo per category please!

More about the categories and to find out who the judges are, please click [here](#)

How to enter!

— Children need to ask for parent or guardian to send no more than one email per category to photocomp@ngkids.co.uk.

— Make sure the **subject** of each email contains their **full name** and the **category** they're entering, i.e. 'Tim Herbert, Animals'

— Don't forget to **attach the photo** to the email! It should be a **JPEG** format, between **1MB** and **5MB** in size.

— The child must be aged 6-14 to enter.

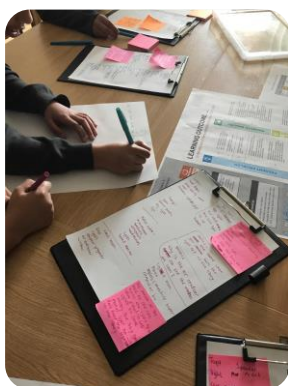
No time to waste! Competition closes midnight August 28

Outdoor learning spaces at Barley Croft



Barley Croft Primary School recently started on their journey to creating amazing outdoor learning areas for their children to experience more outdoor learning. In May they had over 30 parents and grandparents, 30 children and 12 members of staff come into school on a Saturday to improve 5 new areas in the school grounds.

Inspire a Generation



Learners from Eco-Schools in Leicester have been finding out about sustainability. Over 100 pupils worked with Arcadis experts to evaluate the sustainability features in their schools and make recommendations to improve the energy efficiency of each building. Over a number of weeks Arcadis volunteers worked with four the schools to help them prepare for when they shared their findings at the first ever primary Eco-Summit. School and Employer engagement brings learning to life. Every child taking part knows more about the built environment, our responsibility to sustainable practices and has practised employability skills (they also had great fun). The four schools involved were Mellor Primary School, Stokes Wood Primary School, Forest Lodge Primary Academy and Eyres Monsell Primary. We are looking at developing the programme for the next academic year.



Supports the Eco-Schools School grounds topic

Car Free Day at Avenue Primary Day

In June, Avenue Primary School participated in support of improving air quality by taking part in a car free day. Parents were encouraged not to use the car for the morning and evening school run, opting for walking, cycling or using public transport.

In the week before, Year 6 participated in workshops about air quality. Children learned about what causes air pollution including the historical reasons such as the great Smog of London. They created posters to highlight the causes, problems and how to improve air quality. They also created 'pollution' monitors which were hung up at home. Finally they put up air quality monitoring tubes provided by National Friends of the Earth which have been sent off to analyse if there is any difference between the front and back of the school. The workshops went really well and both children and their parents found out a lot more about improving air. Packs can be ordered [online](#) in September or search 'Clean air school pack'.



Supports the Eco-Schools transport and several other topic



Clean Air Day 2018

Healthier
Air
for Leicester



Children at a Leicester school were given a chance to enjoy a traffic-free street as part of national Clean Air Day. Glebelands Primary, in Beaumont Leys, worked with the city council and environmental charity Sustrans to close the road outside the school and take its classes into the street. Chancel Road was closed from early morning until 5pm on Clean Air Day itself (June 21), and at school run times on the two days either side of it.

Pupils, parents, guardians and school staff were encouraged to walk, cycle or scoot to school and leave the car at home. People who needed to drive were asked to park away from the school and complete their journeys on foot.

The whole school was able to use the closed street for an outdoor assembly, playtimes, chalk art and an introduction to 'kerby' – a traditional ball game played across the road. They also gathered in the traffic-free road to spell out a huge 'We love clean air' message. A special event for families was held at the end of the school day with fun activities and information stalls. Sustrans and Living Streets were on hand to offer advice on walking and cycling and the Dr Bike service provided free check-ups for people's bikes and scooters. Representatives from the police were also offering free security marking for bikes.

National Clean Air Day is organised by environmental charity Global Action Plan as a chance to find out more about air pollution, share information with friends, and help make the air cleaner and healthier for everyone.

How to find out more

Amita Miles

✉ Amita.miles@leicester.gov.uk

🌐 schools.Leicester.gov.uk/healthierAir

☎ 0116 454 4139



***Supports the Eco-Schools
School transport and many
other topics***

Leicester's Litter Less Campaign



During the Great British Spring Clean 2018, children and young people from across Leicester's schools joined together to clean up their neighbourhoods for the Litter Less campaign.

Arranged in partnership between Eco-Schools and the city council, 15 schools – both primary and secondary – litter picked their school grounds and the surrounding streets before joining together at Abbey Park to celebrate their achievements and help raise awareness.

Soar Valley College alone collected a child's weight in rubbish (over 7 stone) and by the time the 15 schools met up in Abbey Park, they'd collected a staggering 213 bags full of litter. And it wasn't just the streets of Leicester that benefited, as some of the young people involved explain, *"it would be a great idea to do this every week... students learn about how important our environment is and why we should cherish it"* – Jenni, year 11, Hamilton Academy.

"Fun and enjoyable whilst being good for our school and local environment" – Keira, year 9, Hamilton Academy.

Congratulations to all the staff and pupils involved in making this such an amazing, inspiring day. Joining with countries as far apart as Australia, Mexico, Kenya, China, Russia, India, Spain and Israel in this year's Litter Less campaign, together we are cleaning up the planet by caring for the environment on our own doorsteps.

During 2019, 30 schools from Leicester City will be invited to participate in the project. Each school that participates will receive funding to purchase litter picking equipment or materials to promote their project. If you would like to participate in the project next academic year please do get in touch.

How to find out more

Lee Jowett

Environmental Education Coordinator

Phoenix House, King Street, Leicester LE1 6RN

✉ Lee.jowett@leicester.gov.uk

🌐 schools.leicester.gov.uk/eco-schools

🐦 [@EcoSchoolsLCC](https://twitter.com/EcoSchoolsLCC)

📞 0116 454 2271



Supports the Eco-Schools litter and marine topic

London Visit with Keep Britain Tidy



Supports the Eco-Schools litter topic

In April, 4 schools were warmly welcomed to the Houses of Parliament to celebrate the work which Leicester had done through the Litter Less Campaign and Keep Britain Tidy's Great British Spring Clean.

We were luckily enough to meet Julia Bradbury along with all the team at Keep Britain Tidy. We were also very fortunate to be given a tour of the Houses of Parliament by Victoria Prentis MP who chairs the all parliamentary group on litter in the UK.

Thank you to Tudor Grange Samworth Academy, Inglehurst Junior School, New College Leicester and Shaftesbury Junior School for coming along.



Healthier Air for Schools

We are pleased to announce that your first group of schools have received the healthier air for Leicester Schools Award. Schools have been working hard on the transport topic of Eco-Schools, ongoing project work from Sustrans and/or Living Streets and raising awareness in the community of air quality.

We are looking forward to hearing from all the school who will be ready to submit in the autumn term.



FACE and LEAF Education



Supports the Eco-Schools healthy living topic

On 30 June 2018, FACE joined LEAF to become LEAF Education. LEAF Education builds on the fantastic work of FACE (Farming and Countryside Education) following the successful merger with LEAF. This is achieved by working across the education, farming and food sectors to inspire, engage and mobilise farmers and teachers about the value of farming in a learning context. They provide training and resources for teachers and help farmers navigate the world of education and support them in working with schools.

Eat Like a Champ



Eat Like A Champ is a free, evidence-based healthy eating education programme aimed at primary school children aged 9-10 years – Year 5. The aim of the campaign is to tackle the growing issue of poor nutrition and obesity amongst children through six specially tailored lessons about healthy eating, hydration and staying active. The concept of Eat Like A Champ is to make healthy eating exciting, and to inspire children to adopt the healthy choices of champions they admire.

The content of Eat Like A Champ was written in collaboration with the British Nutrition Foundation to ensure that the lessons are of the highest possible standard, up to date with the latest government guidelines, and complement primary school curricula throughout the UK. The resources have been updated to reflect Public Health England's recent changes to the Eatwell Guide.

Many of our schools are using the resource including Catherine Junior School and Sandfield Close Primary School.

Register today <https://eatlikeachamp.co.uk>



Supports the Eco-Schools healthy living topic

*Waste less
Save more*

Sainsbury's
live well for less

Food Waste in Schools

Environmental Education Leicester has recently been working with several schools to look at food waste, mainly in the dining areas. We have been using the Fab Foods Resources which have been funded by Sainsbury's.

Fab Foods gets pupils involved in reducing food waste in their schools, from measuring how much is thrown away to thinking up new ways to tackle the problem. The Fab Foods scheme has been trialed in schools up and down the country and has seen some fab results with the average school reducing food waste by 24% which has saved schools thousands of pounds a year.

We are hoping to roll this out to more schools in the autumn term – so if you would like to get involved just send a quick email.



Step 1:
Food Waste Audit – let's see what we waste
This is carried out in all parts of the school: classrooms, kitchen, dining room, staffroom, playground. Children see how much food is being wasted, what types of food are most often wasted and start to work out why.



Step 2:
Action Plan – let's see what we can do about it
This is created by everyone involved. It uses the results of the Food Waste Audit. Pupils and teachers plan ways to reduce the amount of waste food. This includes deciding which activities are going to work best during Food Awareness Week.



Step 3:
Food Awareness Week – a week of Fab Food action
This is a week of activities arising from the Action Plan. The activities can be carried out in class, across the school, through an assembly, or at home. Together, they help make wasting less food fun and memorable.



Step 4:
Audit – let's see what we've saved
Step 1 is repeated to see if the school is now wasting less food. The children analyse, reflect and report back on what they have learned and what else needs to be done.

How to find out more

Fab Foods

Search 'Sainsbury's Fab Foods'

✉ Lee.Jowett@Leicester.gov.uk



Supports the Eco-Schools waste topic



Pen Recycling Scheme

Leicester Schools recently started to participate in the BIC Terracycle recycle scheme. Students collect old pens and writing instruments. They are then collected by COG who use the funds to help develop their social enterprise supporting Leicester students. The scheme is great as pens are usually not easily recyclable because they are made of several materials. Although launched earlier this term it is ongoing after Summer.


Schools can also use the scheme as part of their monitoring by simply counting how many pens they collect each week, month or half term!

To participate in next term's scheme please email the address.



How to find out more

COG Youth

-  <http://therightcog.com/>
-  info@therightcog.com
-  [Leicester extranet – waste page](#)





*Supports the Eco-Schools
waste topic*

Sun Protection Resources



How to find out more

Garnier Ambre Solaire – Sun Protection

-  Search 'Garnier Wrap, Splat and Hat'
-  ukconsumeradvice@loreal.com



*Supports the Eco-Schools
healthy living topic*

Garnier Ambre Solaire's sun safety education programme, in association with the British Skin Foundation, offers the perfect opportunity to teach your children about how to Wrap, Splat and Hat to stay safe in the heat

It's free to register and once you've signed-up, you'll have access to the Wrap, Splat, Hat PowerPoint presentation and fun activity ideas for 3-11 year-olds.

To register, [click here](#) and then just follow these simple steps:

1. Click the orange 'register now' button on the right-hand side
2. If you're already signed up to The National Schools Partnership, simply login with your email and password. If you're not registered, scroll down and click the 'sign up' button
3. Once you've registered, access the downloadable resources [here!](#)

We are looking for schools that would like to take part in a pilot school linking project where a class from your school is linked with one from a demographically different school in another part of Leicester.

The aim of this project is to

- Develop a shared sense of identity
- Improve community cohesion
- Challenge stereotypes and prejudice
- Build friendships across Leicester

The structure of the project follows guidance of The Linking Network, a national organization operating for 16 years:

- Heads express an interest in joining
- A local facilitator brokers a link with another school based on priorities of both Heads
- Each Head signs an agreement to release a teacher for 2 training sessions, pay for transport to enable a neutral venue visit and a visit to the other school to occur and to host a visit in their own school and very importantly enable curriculum time for the classes to exchange work.
- Teachers attend a training day in September
- Classes exchange photos, names and identity work linked to the PSHE, Art etc
- The two classes meet for the first time, preferably at our neutral venue, The St Philip's Centre in Evington, and take part in activities linked to wide ranging aspects of curriculum such as RE, Drama, Outdoor Sports, Speaking & Listening, Geography. The facilitators at the venue understand the programme and facilitate collaborative activities that support pupils to enjoy working alongside one another.
- Further work is exchanged between the classes including "curiosity questions" which deepen the contact. E-linking opportunities develop the IT curriculum and increase the children's sense of understanding and connection with the partner class.
- Teachers meet for a half day training in February to plan Spring or Summer Term visits to each other's schools.
- Further work exchanges and class visits take place.
- A celebration event is planned and a final exchange and goodbye.



**The Linking
Network**

*Supports the Eco-Schools
global learning topic*



How to sign up

Ruth Sinhal

✉ ruth.sinhal@yahoo.co.uk

f **Leicester Schools UnitEd**

🐦 **@Ruthsinhal**

Polli:Nation POLLI:NATION



Supports the Eco-Schools School grounds topic

Fishkeeper Fry Project

Fishkeeper Fry is a short video-led course which has been designed and produced in line with core primary curriculum science themes by a team of expert fishkeepers to inspire and educate primary school children in the art and science of fish and fishkeeping.

All the livestock, guides and videos that make up the lessons within the programme are provided by the specialists at Maidenhead Aquatics, completely free of charge to the schools chosen to participate, and sponsorship from popular aquatic brands Fluval and API means that each school class that participates in the programme will receive all the equipment they need to set up their aquarium.

All we ask in return is that those classes who are selected to take part share their experience with us as they go on their journey of discovery, in the form of journals, artwork and photos that we can use to share with our social and website audiences

This year sees the end of the fantastic Polli:Nation project. The project which has been running for 3 years has supported schools to develop pollinator friendly school grounds. Schemes have included wild meadows, fruit bush planting and surveys to monitor bees, bugs and butterflies. Through the project, children and young people learn about the range and role of pollinating insects and how to help them. Then they conduct specially designed surveys, created by universities and environmental charities, to find out which insects live in or visit their school grounds and community spaces.

The biodiversity and education project has been led by Learning through Landscapes (LTL), a charity dedicated to outdoor learning and play. They have worked with 260 primary, secondary and special schools around the UK of which 12 were in Leicester.

The project has now been shortlisted in the National Lottery Awards, further information available online at <http://www.nationallotteryawards.org.uk/project/pollination-0>



To participate in this project follow the link to www.fishkeeper.co.uk/fishkeeperfry



Supports the Eco-Schools biodiversity topic



Department
for Education

SALIX

SOLVING ENERGY EFFICIENCY FINANCE IN THE PUBLIC SECTOR

New £25 million funding programme for maintained schools

Interest free funding available for maintained schools over the next 2 years



Most Common Energy Efficient Technologies in Schools

- ✓ Boiler Upgrades
- ✓ Building Energy Management Systems
- ✓ Computer and IT Equipment
- ✓ Heating improvements
- ✓ Insulation Upgrades
- ✓ Kitchen Equipment
- ✓ LED Lighting
- ✓ Solar PV

Salix and the Department for Education have launched a pilot scheme for maintained schools looking to install energy efficiency measures over the summer of 2018. This pilot comes as a first step towards delivering £25 million of funding over a 2 year period, which aims to help schools lower energy bills, save carbon and create a more comfortable working environment.

Maintained schools are welcome to apply online for Salix interest-free funding. The payback period of this loan is calculated through the estimated energy savings resulting from installing new technologies. Where schools would like additional help in outlining projects, Salix is able to provide an energy efficiency survey via our award winning Switching to Low Energy (SLE) scheme. This scheme is designed to help schools reduce their energy spend to the lowest possible level.

The pilot is an opportunity for works to be completed for schools over the summer holidays, to avoid disruption in term time, and will also provide excellent learning going forward.

During the past year, Salix has worked with more than 500 schools and colleges to save on their energy bills and carbon footprint. This new pilot programme means that Salix will be able to work with a projected 1,000 schools across the country*.



Support for over
100 technologies



Improved learning
environment



Save money
on energy bills



Reduced CO₂
emissions



Five simple steps to apply

- 1 Visit salixfinance.co.uk and go to the 'maintained schools' section
- 2 Create an account
- 3 Complete the application form
- 4 Submit your application online
- 5 Salix will undertake a technical assessment and award funding

To apply or for more info, please contact
schoolsapplication@salixfinance.co.uk or 020 3102 6903

*This figure is based on an average maintained school project size of £25,000.

WWW.SALIXFINANCE.CO.UK [@SalixFinance](https://twitter.com/SalixFinance) [#SalixFunded](https://twitter.com/SalixFinance)

MAKING A DIFFERENCE
IN THE PUBLIC SECTOR SINCE 2004

RHS Secondary Competition



The RHS Campaign for School Gardening has launched an exciting **secondary schools** programme: the [Green Plan It Challenge](#). This is the first time the challenge is coming to the East Midlands and we have chosen the first location to be Leicester, with the Challenge event days being held at the University of Leicester Botanic Gardens

Green Plan It Challenge

Over the course of 10 weeks in the Autumn term, students across the UK will be tasked with researching, planning and building a model showing us their ideas of what would make an innovative or exciting new garden for their school or local community.

School teams are matched with a mentor from the horticultural industry who will guide them through the project, offering their knowledge of plants and challenging them to think about the purpose of their design.

The project begins with a launch event for teams where activities, games and discussions will get their creative minds going and get them set for their challenge. At the end of the 10 weeks, students will compete against other local schools and present their designs at a celebration event to see who is crowned the winner. **Could your school be the first East Midlands Winner!?**

The Campaign for School Gardening website has a [video](#) which gives a really good overview of the programme.

Key dates

- Launch day- 13th September
- Celebration day – 6th December

Registration deadline- 30th June (however please get in touch if you are still interested)

For further information visit the RHS Website through the links above or contact your local RHS representative Abi Pickersgill abigailpickersgill@rhs.org.uk



*Supports the Eco-Schools
school grounds topic*

Walk Leicester

Encouraging walking as part of an active lifestyle

The Leicester Walking project provides short group walks in the city, encouraging adults to get more active by exploring the city on foot. The walks are free to attend and led by friendly project staff and trained walk volunteers. The Leicester Walking project can work directly with community groups and this offer is now open to schools who are interested in setting up walking groups for their parents. The aim is to support parents in an active lifestyle and encourage them to make more sustainable journeys on foot - a message which links with campaigns to combat school-run parking and traffic congestion in the city. Group walks are very sociable and can help participants feel more confident and motivated to get active and keep active.

"This group is amazing, I love it... first I was really slow but [I've] now built so much confidence in myself".

"I hardly walk, so this has got me and my family to become more active during the weekends".

The project delivers group walks for parents once-a-week for four weeks, led by project staff/ walk volunteers. Walks last between 45 - 60 minutes, starting at the school in the morning (after drop-off) or alternatively at 2pm (before collection), whichever option is most popular with parents. After the initial four weeks, interested parents attend a walk leader mini-training session to enable them to keep their group walking as a self-led group. To find out if your school is within the funded area and express interest, please contact Sara Coy sara.coy@leicester.gov.uk / 0116 373 7589.

A number of free walks are available for the public to join this summer, including the "Be a Sky Walker" family quiz trail on Monday 23 July. This self-guided quiz trail starts at Town Hall Square and finishes at New Walk Museum, where there is a free exhibition of Star Wars themed toys and memorabilia. Walk times and details can be found at: www.choosehowyoumove.co.uk/events



***Supports the
Eco-Schools
transport topic***

Spring #EcoTeachMeets



In May we hosted two #EcoTeachMeets. The first was our usual after school #EcoTeachMeet which took place at the Botanical Gardens. The theme was outdoor learning and was an opportunity for colleagues to find out about different activities, events and programmes which embrace outdoor learning. It was very well attended and positive feedback was provided.

Our second #EcoTeachMeet brought together lots of different services from the council (or funded by the council) to support schools becoming more environmentally aware. This was aimed at senior leaders in schools but colleagues from all backgrounds were welcome to attend. We are planning to run a similar event in the autumn term as a twilight so more people can attend. For more information please see our webpage [online](#).



Supports many of Eco-Schools topics



City Catering Winners

YOUNGSTERS from three Leicester primary schools competed for the title of Primary Chef of the Year in June. The children – aged between eight and 11 – were asked to come up with a balanced two-course menu that costs just £1.30 per head to prepare. Cooking in pairs, and supported by a helper from their school, they had just 90 minutes to prepare their menu under competition conditions.

Congratulations to our Primary Chefs of the Year – Martha & Matilda from Overdale Junior School, whose tasty chicken fajitas and mango flan wowed the judges. Thumbs up too to our highly commended young chefs: Nurfatimah & Issa from Mayflower Primary School and Diya & Nikki from Sandfield Close Primary School.



Supports the Eco-Schools healthy living topic

Leicester hosts regional RCE conference



*Supported many
of the Eco-Schools
topics*

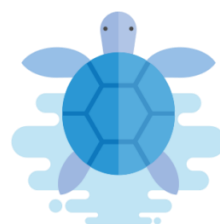


In early March Leicester City Council hosted a regional conference entitled 'Creating Young Leaders in Sustainable Development'. This conference enabled practitioners to support learners to acquire the knowledge and skills needed to promote sustainable development (Global Goal 4.7). The conference was a combination of workshops and activities to inspire and engage. There were many opportunities to network, link research to practice and share your own knowledge and expertise.

The event was attended by organisations from all over the UK as well as Leicester groups including the NYA, John Muir Award, University of Leicester and De Montfort University, Water Explorers and South Derbyshire Environmental Education.

The conference was kindly opened by Professor Justin Dillon, Professor of science and environmental education at the University of Exeter and closed with a Q & A session. Lunch was provided by the Real Junk Food Project and was excellent, as always!

New Marine Topic for Eco-Schools



In June Eco-Schools England launching a brand new topic for Eco-Schools to work on – the marine topic. At such an exciting time for Eco-Schools (they've not launched a new topic in over a decade) we asked the Eco-Schools team to tell us more...

Why did you want to launch a new topic, and why pick the marine topic?

Eco-Schools team: 'Eco-Schools said. We did' Eco-Schools have been submitting Green Flag applications that included 'marine' actions under the Litter, Biodiversity, Waste and Global Citizenship topics for over a year now.

Further question and information about the exciting marine topic can be found [online](#).



*Supports the Eco-Schools
marine topic*

Get Healthy Leicester – support for parents and community



Get Healthy Leicester provides a service that offers **FREE** healthy lifestyle services to anybody over the age of 18 years living in Leicester City. These services provide help & support in the following areas:

- Healthy eating
- Increasing physical activity
- Weight management
- Reducing alcohol consumption
- Quitting smoking



We are funded by the Leicester City council to provide a centralised point of access for all the **FREE** services delivered in the city. We can refer individuals to services such as weight management groups, one to one support, smoking cessation etc.

Do you want to:

- Have more energy?
- Lose weight?
- Eat more healthily?
- Be more physically active?
- Stop smoking?
- Be a fitter healthier you?



We are funded by the Leicester City council to provide a centralised point of access for all the **FREE** services delivered in the city. We can refer individuals to services such as weight management groups, one to one support, smoking cessation etc.

Do you want to:

- Have more energy?
- Lose weight?
- Eat more healthily?
- Be more physically active?
- Stop smoking?
- Be a fitter healthier you?



Then look no further our friendly advisors can refer you to a wide range of **FREE** local services.

Give us a call to find out more on: 0116 217 1881

Or visit our website at : www.getthehealthyuk.com



@getthehealthyleics




getthehealthyleicester

How to find out more

Rifat Khan - Community and Workplace Development Officer

 www.getthehealthyuk.com

 rifat.khan@parkwoodhealthcare.co.uk

 0116 217 1881

Get Healthy Leicester are funded by Leicester City Council to provide a centralised point of access for all the **FREE** services delivered in the city. These services provide help & support in the following areas:

- Healthy eating
- Increasing physical activity
- Weight management
- Reducing alcohol consumption
- Quitting smoking

We can refer individuals to services such as weight management groups, one-to-one support, smoking cessation etc. Some of the services are delivered by ourselves, others by the NHS. In addition to referring people to services we also signpost to different activities such as walking groups.

For workplaces, we offer health promotion days. This involves us coming into the workplace answering general questions around healthy eating/exercise and referring those that want further support. We are also able to deliver group-based healthy lifestyle interventions in a workshop setting. This involves us holding an interactive session to provide individuals with knowledge around healthy eating and exercise.

Bridge Juniors recently invited Rifat to their Farmers' market to speak to parents and families.

If you have any queries, would like to have us attend a health day, or have us run a workshop then please contact me.



Supports the Eco-Schools healthy living topic

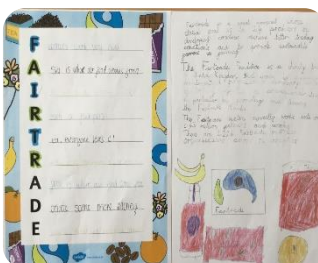
Fairtrade Schools Competition 2018



Congratulations to Scraftoft Valley Primary School and Overdale Junior School that won first and second place respectively. First place at £50 of vouchers and second place, £30 of vouchers from the Central England Cooperative.

At **Overdale Junior School** they held a whole school baking competition and invited Sarah Shepherd from the Fairtrade Shop into school. At the end of the day, they had sold all of the biscuits and cakes and had collected £94.50 for the Fairtrade Federation. Although they were all exhausted, they were really pleased with their efforts.

At **Scraftoft Valley Primary**, breakfast club carried out lots of different Fairtrade activities, then the whole school dressed in Fairtrade colours and spent a day learning about Fairtrade in lessons and finally had a bake sale.



Whole school learning at Scraftoft Valley Primary

Bake sale at Overdale Junior School

Supports the Eco-Schools Global learning topic



Ashden Less CO₂ programme



Would you like to join the fastest growing school energy programme in the UK?

We are working in partnership with Bank of America Merrill Lynch to provide this programme **free** to all schools across the UK.

Schools who have completed the LESS CO₂ programme, over one year, saved an average of 10 tonnes of CO₂ and £2,650 on their energy bills.

A recent LESS CO₂ school said that *"the programme fired-up the whole school to reduce CO₂ emissions. The staff who attended were inspired and brought that inspiration back to school to invigorate the whole school community."*

The **LESS CO₂ programme** is a free programme supporting schools across the UK to reduce their energy use, engage with their staff and students about energy, and teach about sustainability. LESS CO₂ is run by [Ashden](#), a charity that champions and supports leaders in sustainable energy to accelerate the transition to a low-carbon world.

Staff from schools taking part in the programme attend **4 half-day workshops** spread across a year, each covering a different aspect of energy saving at your school.

Visit our [website](#) to find out more and sign up! <http://www.lessco2.org.uk/>

If you have any questions please get in touch! We look forward to working with you in the future.

In Leicester nearly 40 schools have already participated in the programme. To sign up register your interest at www.lessco2.org.uk, or for more information locally please contact Lee Jowett lee.jowett@leicester.gov.uk

The next Leicester cluster will start in Autumn 2018.



Are you a council working to reduce the energy use in your school estate? Want to engage and enthuse schools in your area about energy saving? Then talk to the LESS CO₂ team to see what we can do for you.

Schools that have taken part in the LESS CO₂ programme have gone on to save an



Supports the Eco-Schools energy topic

How to find out more

Alex Green, Schools Programme Manager
Ashden

www.lessco2.org.uk

alex.green@ashden.org.uk



Where printed, on 100% recycled paper made from post-consumer waste