



ONE STEP

The digital newsletter of the Environmental Action Team

*It takes 375mls of water to make three sheets of A4 paper
so please think before printing this newsletter ©*

August 2015

Hi and welcome to the first edition of the 'One Step' newsletter. Throughout the remainder of the year we hope to be able to make positive changes to our environment with the addition of this newsletter to our arsenal of strategies for ensuring a sustainable future.

*Participation is the key to the success in any organisation or group and ours is no different. Since the beginning of the year we have seen the Environmental Action Team, as well as several student bodies within the school, growing in numbers. The increase in members has seen several positive changes being made from the fresh ideas that these individuals have brought along. Your ideas will never succeed if you keep them to yourself. Share them with others: **you just might have the solution we have been looking for.***

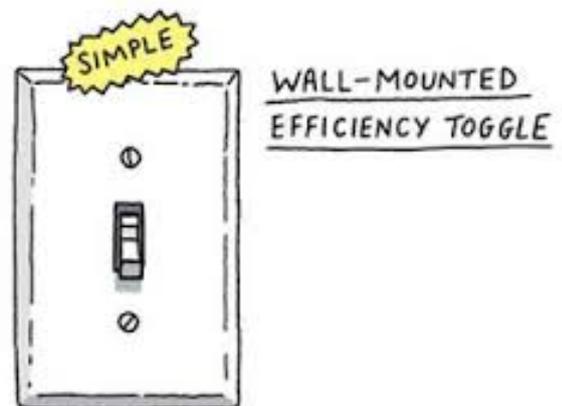
Did you know this about our school?

Our school has a wide range of initiatives which goes towards helping us be a more environmentally sustainable site. Currently we recycle batteries, metals, books, paper, ink cartridges, computers and laptops, wire, cans and bottles, garden waste, fluorescent tubes and globes, plastic sleeves and other stationary just to mention a few of our sustainability initiatives.

During the month of December 2014 alone we were able to do plenty of mass recycling which saved many kilos of waste going to landfill:

We disposed of 425 batteries to the recyclers in Playford Council. Four wool bales of 10 cent recycling bottles, cartons and cans were cashed in.

1500 plastic sleeves/sheets were repackaged for reuse, most going to students for their Research Projects. 160 binders/folders were reused in other areas of the school instead of being thrown out, plus a few other things which all helps to minimise our waste to landfill aim.



We also harvest solar energy through our solar panels, and our nursery provides plants and seedlings for not only this school, but to Gleeson College and for gifts to visitors, including providing tokens of appreciation for schemes such as the PISCE Awards. The development of note pad production has been taken on board in several faculty areas. Most recently the Business Studies program has incorporated it as part of the study area to aid in sustainability.

Our very own 'Green Team'

In the beginning of this year we saw the formation of the Green Team. It is made up from students from years 9 to 11. These students give up two lessons a fortnight to assist in the environmental sustainability of the school. They participate in practical work as well as being involved in an academic component where they complete projects and assignments which are graded as in any other subject.

These students are all volunteers who have a passion for the environment and there is a waiting list to be able to join the team. Currently they are raising money through the 10 cent recycling bins and are involved in replacing the damaged Wilga trees in the staff carpark which were damaged by senseless vandalism.



Last term the team were given the opportunity to go on a KESAB Excursion, touring the educational centres associated with waste management and recycling in Adelaide. Part of this excursion was to tour and experience how green waste is converted in valuable mulch by the Jeffries Soil Company at Buckland Park. For some of these students it's being used as a

possible stepping stone into their further education and employment. We thank them all for the valuable contribution they make to this school's environment.

HANDY TIP FOR RECYCLING

Less to Landfill

Old lipsticks and make up can be put into aluminium cans for recycling. The heat generated in the smelting process destroys the remnants and this is much more friendly than going to landfill!

Best practise and handy tip

We are very proud of our best practise of not using Glyphosate (Round Up/Weed Kill) to eradicate weeds. Branching from an experiment which the Landcare and Land Management classes completed, weed control is now done with a safer method for the environment. The ingredients can be any brand or type: rock salt, table salt, white vinegar, red vinegar, any bio degradable dish washing liquid... it all works very effectively.

The recipe is able to be altered slightly to allow more control in the effects it may have on the

WEED CONTROL RECIEPE

- 1 LITRE OF VINEGAR
- 1 TSPN OF DISHWASHING LIQUID
- 2 TBLSN OF SALT



environment. For example, salt can be excluded for spraying weeds in paved areas or concrete paths. A small word of caution is that this recipe is for infrequent small scale applications and long term spraying in one area will affect the ph. level of the soil due to the vinegar. For this school's needs, this is a winner for the students, the

budget and the environment. We guarantee you will see changes within hours rather than days. Need more information - check with the Ground staff.

Cornerstone College

On a sunny day in February several staff members were privileged enough to have a tour of the beautiful grounds and facilities at Cornerstone College in Mount Barker.



The purpose was to establish a picture of how other schools are dealing with environmental sustainability. The tour was attended by many of the north/eastern high school's Business Managers and a few other selected school representatives who had an interest in sustainability. Throughout the day, much was gained from their experiences and initiatives they have put into practice.



One highlight of the day was seeing the effort put into establishing their sorting table in the recycling shed. Made of galvanised steel and built by one of their staff it provides a safe yet functional surface from where the waste sorting can occur. The sorting is carried out by several volunteer students and a couple of dedicated staff. The use of solar panels for electricity production has seen them have a 75% reduction in energy costs. Currently the average energy bill is approx. \$1400 a month, so the panels sees them saving a significant amount of money. Overall, the day was a valuable experience to all and should you ever have the opportunity to tour this school, it would be in your best interest to accept the offer. Our thanks go to Cornerstone College for allowing us that opportunity.

Making a difference

Congratulations must go to the Land Management Class run by David Larritt. They are doing a splendid job of improving the soil conditions and enhancing the environmental conditions to allow the native fauna and flora to flourish on this site. Noticeable changes are being seen in areas such as the Butterfly Garden where there has been a dramatic improvement in water retention and soil conditioning which has enabled the native seedlings to flourish. Well done to David and his very capable students.



When mulching is not mulching

Have you ever wondered about the mulch you put on the garden or monitored how effective it works? Well maybe have a think about it as you read further.

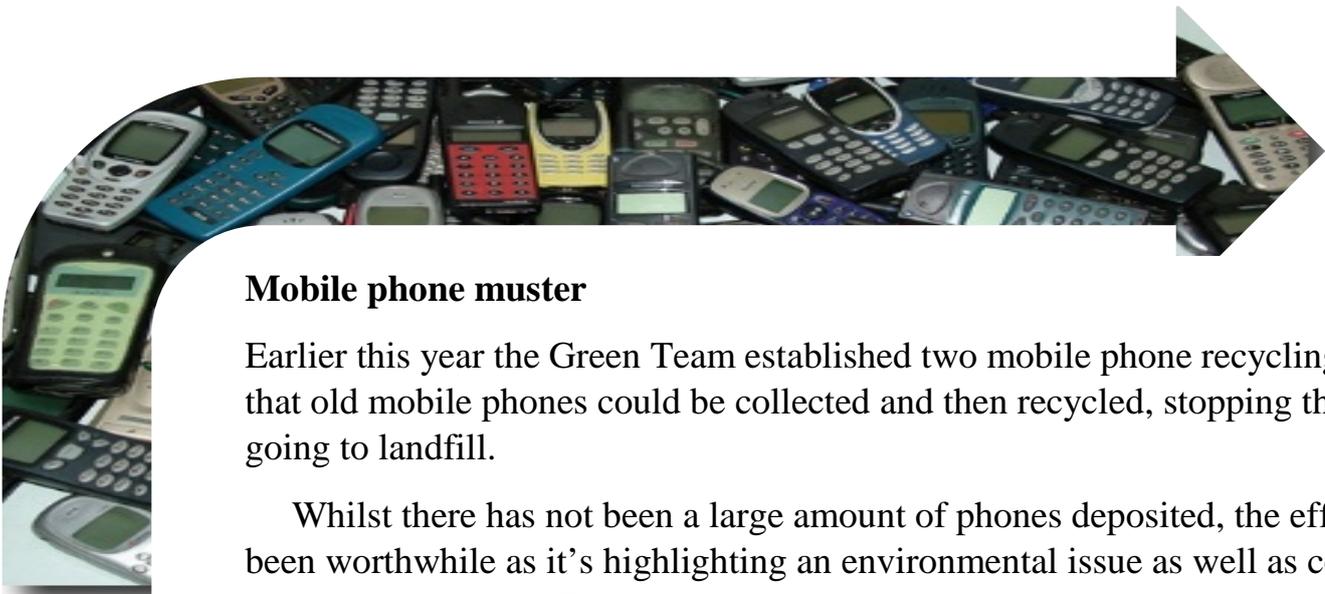
For years now people have been seen out with their rakes and blo-vacs working hard to make mounds of leaves to spread over their gardens. Why I ask? Well the logical thought is to retain moisture in the ground and to stop the development of weeds. This is true and correct in all situations, but there is one common mistake that is made. That is, the leaves are not mulched. (By this I mean they are not put through a mulcher or crumbled up into smaller pieces.) ‘So?’ you may say.



The fact of the matter is the layers of leaves that you put onto your garden beds actually act like a blanket. They form layers similar to flattened sheets of newspaper where they do not allow the soil to breath or for water to penetrate. That’s why you also don’t get any weeds as nothing gets in and nothing gets out.

Need proof, then lift up the layer of leaves and see how they have matted together and also inspect the soil underneath. You will also see that the leaves are not decomposing well at all.

Remedy? Well if you have a Blo-vac it probably came with a bag attachment which allowed the Blo-vac to suck up the leaves as well. You more than likely have one and it’s sitting out in your shed. These shred the leaves beautifully which allows them to break down more easily. Don’t have one? Then your local hardware store will have a small handyman size shredder for around \$150 which will not only handle your leaves, but will also manage twigs and branches. Or the cheaper option for under \$50 buys you a Blo-vac with shredding bag. Happy gardening.



Mobile phone muster

Earlier this year the Green Team established two mobile phone recycling boxes so that old mobile phones could be collected and then recycled, stopping them from going to landfill.

Whilst there has not been a large amount of phones deposited, the effort has been worthwhile as it’s highlighting an environmental issue as well as collecting the few odd phones. The students are hoping to fill these boxes within the next few months, so if you do have any unused, broken or excess mobile phones and batteries at home, please bring them in to the collection boxes. One is located in the staff room and the other is in the quadrangle during recess and lunchtimes.

Sustainability in the Curriculum

Are you a student who is stuck for an idea for a research project or are you a teacher who needs ideas for lesson content? Well read on as we may have an idea for you.

Whilst much is laid down in the curriculum, there is scope for new ideas and areas of interest to enhance that project or lesson. At Golden Grove High School we are blessed to have such a diverse site within the metropolitan area which has links to wildlife corridors to some national parks and bushland. The school site totals approx. 19 acres and has quite a diverse selection of fauna and flora which could assist in your studies.

To date there has been 25 different species of birds named and photographed here, as well as many different types of animals which include kangaroos, koalas, foxes, reptiles and the odd possum or two. Listed here are these birds with the common ones denoted thus***



Adelaide Crow ***	Adelaide Rosella	Australian Raven ***	Australian White Ibis ***
Common Bronzewing	Galah ***	Golden Whistler	Grey Currawong
Grey Shrike Thrush	Masked Lapwing ***	Musk Lorikeet ***	Noisey Miner ***
Pelican	Red Rumped Parrot ***	Red Wattlebird ***	Rufous Whistler
Scarlet Robin	Sulphur Crested Cockatoo ***	Tree Martin ***	Welcome Swallow ***
White Backed Magpie ***	White Browed Bauler	White Throated Treecreeper	Willie Wagtail ***
	Yellow Rumped Thornbill		



In support of this wildlife are an outstanding selection of native trees shrubs and grasses which are now being used to fill the school's seed bank. There are numerous species of eucalyptus and wattle trees, as well as an excellent specimen of an oak tree which is twenty five years old and provides a good source of healthy acorns each year for propagation purposes. Whilst there are many invasive weeds on the site which are gradually being brought under control without chemical intervention, there is an excellent selection of native grasses and sedges. Many of these have been reintroduced with the efforts of the Land Management courses. So as you can see, we have only touched the surface of areas of potential learning. It might be time to step outside into your classroom.

Leading the way by example



One faculty in the school deserves a mention in their efforts to aim towards a more sustainable future and that's the Technology Studies Faculty. For many years they have been setting a high standard, particularly in recycling and reuse of materials.

Reuse is a word that not many faculties can use, however, they do it well by using products from one area being able to be reused in another. Being a faculty where they have resources such as metal, plastic, timber and electronics enables them to put into practice many sustainable processes.

Very little ever goes into the waste bin here, except maybe sawdust and shaving from the floor. Scrap metals are sorted and sent to the recyclers and timber off-cuts are stored for smaller projects. Even the unusable pieces are put into a box as kindling for anyone with a wood fire. Many electronic components are dismantled rather than thrown into landfill, while small offcuts of Perspex/acrylic are used in the production of the smaller student projects, such as bag tags or key ring fobs.

Composite woods such as MDF or treated timbers such as Permapine are not used for the obvious health reasons as well as being a poor sustainability practice.

WHERE CAN I RECYCLE THIS?

This is a common question we are asked a lot. Many people are not aware of where to go to dispose of goods. Over the years we have been collecting the names and addresses of these places and use many of them regularly. Do you know of some that are not on our list? Well let us know and we will add it here for others to benefit.

Batteries	Playford Library, Battery World Modbury
Cans and Bottles	Any Recycling Depot
Carpets	Flooring Trade Depot
Clothing	St Vinnies
Fluorescent Tubes and Globes	Mitre 10 Salisbury
Ink Cartridges	Cartridge World Salisbury
Medicines	O/SEA Pharma Aid for Life
Mobile Phones	Officeworks Elizabeth
Old Keys	Any metal recyclers and they pay you for them
Polystyrene and Packing Beads	Sthrn Region Waste & Recycling Centre Lonsdale
Runners/Sneakers	Bailette Sports City
Spectacles	Laubman and Pank
TV and Computers	E Waste Welland
Videotapes Cassettes & Discs	E Waste Welland
Wine Corks	The Watershed Sustainability Resource Centre Newton
X-Rays	Recycling Bin

Taking it to the next level

Are you tired of birds stealing your seeds or seeds rotting before they can germinate? Or do you want to spread the seeds early before the rains? Well consider this option which comes from several decades ago in Japan where Masanobu Fukuoka used it to great effect. He would roll each seed into a ball of clay which he could leave lying in the field until the rains came, avoiding the need for digging and avoiding the birds stealing his seed. When the rains came it would soften the clay and provide a safe capsule for the seeds to germinate in. It sounds weird, but it's taking it to the next level. This idea has many applications for not only the home gardener but also for peoples in third world countries and for commercial farmers.



You have heard it all before: Reduce Reuse and Recycle. Well, it's time to upsize and go to the next level. Way before you get to three R's you should have already been thinking RECYCLING. Do I really need this item? What can I do with the packaging? Do I have to have packaging? Can I get this item repaired if it breaks? Will it go to landfill when I have finished with it? You must answer these questions first before any purchase, no matter what the item.

Be informed! What can be recycled, what cannot? Knowing which bin your junk mail goes into is not enough today. Where can I recycle or dispose of make-up (see earlier)? Who will accept bubble wrap? It's up to you to have this knowledge to be sustainably prepared. Be careful of the fake feel good recycling, like when car tyre recyclers turn tyres into road base or into soft fall in playgrounds where the tyres don't go to landfill directly, but still leech their toxins into the ground as soft fall. Or the E-waste companies who send their e-waste to third world countries thousands of miles away by ship where the environmental laws allow environmental vandalism to occur whilst extracting valuable metals from components. Join the recycling loop by buying recycled products. But know the language: there is a difference between recyclable and recycled.

Finally, anticipate recycling when purchasing items and beware of the cheap hybrid which cannot be repaired or recycled. Especially in items such as computer printers, they are dirt cheap to buy, cannot be repaired and designed that virtually nothing can be recycled safely. Over to you.

That's a bright idea

Several weeks ago the head of the ICT department asked the maintenance staff for some extra light in a dark area of C block. To everyone's amazement, their solution is a winner all round. A new product recently made available here in Adelaide was trailed here. LED fluro battens were installed which produce a cleaner more effective light, and coupled with the slimline design eliminates shadows very effectively. These are a self-contained unit with a life of approx. 20 years. When they break, you just clip on a new unit. They are extremely light (no pun intended), weighing less than two large empty pizza boxes. A little on the expensive side initially, however, given their life expectancy they are a very affordable option. Next time you are in C Block, climb to the top of the stairs and check them out.



REDUCE REUSE RECYCLE

FREE STUFF

Do you have stuff you wish to give away? Do you need free stuff? Well this is the place to get it all and it's free.

Free Notepads

Made from paper put into the recycling bins. Two sizes available. Free to staff and students. See Ms Slater or Paul Howieson for more details.



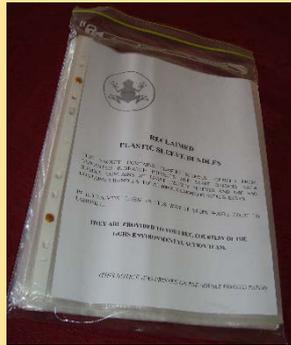
Wanted Plastic Pots

The Land Management Class needs plastic pots for putting seedlings into. All sizes welcome. See Mr Larritt for more details.



Free Plastic Sleeves

Reclaimed plastic individual sleeves. Packets of 100 separated into bundles of twenty for easy use. Ideal for that Research Project or for keeping your work neat and tidy. Numbers are limited so get in early. As more become available we will advertise here. Free to staff and students. See Paul Howieson to collect.



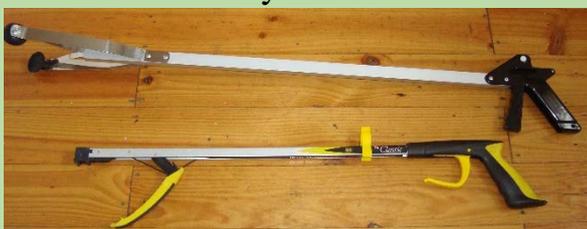
Free Folders/Binders

There a still quite a few usable binders/folders available. Free to all staff and students. They are located in the staffroom under the Home Group pigeon holes. Students can ask their Home Group teacher to access them.



Wanted Grabbers/pickers

We require these types of grabbers to assist our students who volunteer to collect our 10 cent recycling materials. If you have any to give away or swap for some seedlings for your garden please contact one of our committee. Thank you.



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