

ENVIROLENT: REDUCE

This Lent, lots of us will be giving something up. Maybe for you it's chocolates or maybe it's your favourite video game. This week, think about how you can reduce the things you use all year round to help us all to protect our planet. What could you pledge to use less of? Here are just a few ideas.



REDUCE ELECTRICITY

Simple acts add up. Make sure that when you leave a room you turn off the lights and don't leave your computer or video console on standby.



REDUCE WATER

Don't waste water. When you're brushing your teeth, don't leave the tap running. It's also important to understand why water is so important and how much of it our daily tasks use.



REDUCE STUFF

Do you ever buy clothes or things you don't need? Clothes go on a long journey before they get to our shops. Before you make that next purchase, think about whether you could go without, or buy it second-hand.



REDUCE PLASTIC

We can all try to reduce the amount of plastic we use. Whether it's bottles, straws, toothbrushes or technology, you can play your part in reducing the amount of single use plastic in the world.

THINK ABOUT IT

WHAT CAN YOU DO?

Speak with a friend and choose one thing you can reduce in your life.

During Lent, make a promise with each other to try to use it less. At Easter, think about whether you can carry on with your action.



DID YOU KNOW?

In the UK last year, 7.7 billion plastic bottles were thrown away. Help reduce this number by carrying around your own reusable water bottle!

ENVIROLENT: REUSE

In Pope Francis's letter to the world, he asked us all to stop throwing so much away as it is destroying our home, the earth. This week, let us listen to these words and think about how we can take actions at school and in our homes to reuse the things we already have and, like last week, reduce what we buy.



REUSE: REPAIR

Could you host a repair café in your parish? Or could your parish craft group help by donating an afternoon to repairing clothes for a charity donation?



REUSE: SHARE

Instead of throwing something away, think could I share my belongings, tools, books or clothes with others in my community?



REUSE: SWAP

Grab your clothes and host a swap shop in your parish. That way, you're getting the joy of something new without overwhelming yourself with new belongings and increasing your carbon footprint.

LEARN ABOUT IT

WHAT'S AN ECOBRICK?

An ecobrick is a building block made entirely from unrecyclable plastic. It's created by filling a plastic bottle with clean, dry plastic until it's packed tightly and can be used as a building block. At St John's RC Primary, Chorlton, pupils made a bench out of their eco bricks. What could you make?



ACT

1. Decide on a project to build with your ecobricks
2. Get an empty, clean milk bottle
3. Whenever you are about to throw away waste like crisp packets, cling film and food wrappers, cut it into tiny bits and stuff into your milk bottle
4. When it is very full, donate it at your drop off - perhaps in partnership with your local parish - and begin to build!

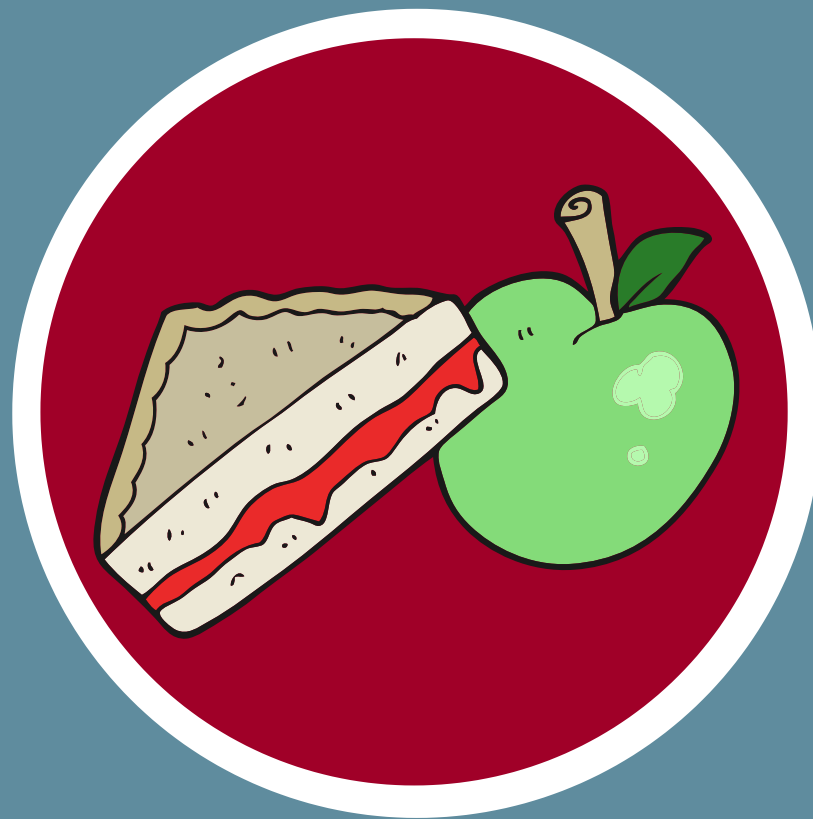
ENVIROLENT: RECYCLE

Over the last two weeks, we have focused on reducing and reusing in our lives. This week, we move our focus to recycling.



RECYCLE: LEARN

Learning about recycling and where our things come from is an important thing to do. Perhaps you could learn about Fairtrade or the things you can and can't recycle.



RECYCLE: AT LUNCH

Think about how much waste your lunch produces and try to be more eco-friendly. Tin foil and cling film all go to waste. Could you carry your food in a sustainable lunch box?



RECYCLE: DONATE

It's easy to become attached to the things that we own. When we go to replace things, how about considering donating our old belongings to charity shop and helping others in need?

FOCUS ON FAIRTRADE

COULD YOU BECOME A FAIRTRADE SCHOOL?

- The Fairtrade system currently works with over 1.65 million farmers and workers.
- There are over 4,500 Fairtrade products available to buy in shops in the UK
- One in three bananas bought are Fairtrade

Fairtrade protects farmers, workers and the environment. Next time you buy a chocolate bar, take a second to decide whether you can buy Fairtrade.



DEAR YOUNG PEOPLE, DO NOT BURY YOUR TALENTS, THE GIFTS THAT GOD HAS GIVEN YOU! DO NOT BE AFRAID TO DREAM OF GREAT THINGS!

POPE FRANCIS

ENVIROLENT: **REWILD**

In our communities, we have lots of green spaces to play in. But this isn't the same everywhere. To rewild means to bring nature and wildlife back into our local communities, which helps to clean up the air we breathe and restore the way the planet works.



COMPOST **YOUR WASTE**

It's good for your garden and for the environment, helping to feed microorganisms and save water. You can compost all sorts of things to stop them going to landfill.



COUNT **SOME INSECTS**

Simply count the amount of birds, butterflies or bugs you see in your school field or back garden and create your own research project which you can send to scientists.



PLANT **SOME FLOWERS**

Flowers are not only pretty to look at, they serve a very important purpose in our world - helping air and soil quality which helps all of the insects and wildlife in our world.

A HOTEL FOR CREEPY CRAWLIES

BUILD A BUG HOTEL

Younger parishioners in the Impact group at Guardian Angels Impact Group, Bury, made a bug hotel. Building a bug hotel helped the children learn about the natural world around them.

During their meetings they came up with an array of ideas of what we could do to help protect our environment from further deterioration. One idea was to build our own 'bug hotel' at Guardian Angels. This helped them to attract many types of insects and so encourage and protect other local wildlife.

DID YOU KNOW?

There is thought to be over one million species of insects in the world.



ENVIROLENT: RECLAIM

To reclaim something is to take something back. We are hopeful that if everybody plays a part, we can reclaim our planet securing a happy, healthy future for ourselves, for our future generations and for all of Creation. Together, we share the earth, Our Common Home, and we pray we can learn to not take too much from it and how to live harmoniously alongside one another.



RECLAIM YOUR VOICE

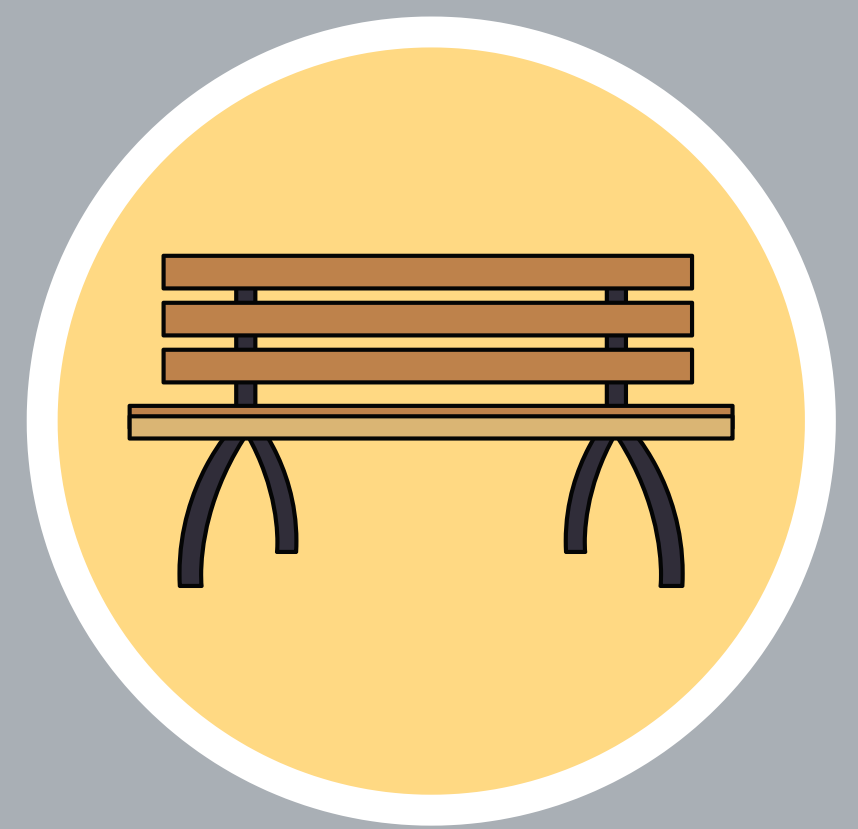
Throughout Lent, you've learnt lots of different ways that you can get involved with protecting our common home.

Why not start a conversation with a parent, guardian, friend or teacher about how they can play their own part?



RECLAIM TIME FOR PRAYER

Throughout this series there has been a lot of focus on taking action, but it's important that we take time to look at ourselves and our own lives, rooting our efforts in prayer. By doing this, we can get closer to God and learn about how we can care for Our Common Home, the Earth.



RECLAIM YOUR GREEN SPACES

Find somewhere nice to sit and appreciate the things that are around us. Maybe you could walk to school, walk to Church or spend your lunchtime getting back in touch with nature and the beauty we have all around us.

**BECAUSE ALL CREATURES ARE CONNECTED, EACH MUST BE
CHERISHED WITH LOVE AND RESPECT, FOR ALL OF US AS LIVING
CREATURES ARE DEPENDENT ON ONE ANOTHER**

POPE FRANCIS

REDUCE • REUSE • RECYCLE • REWILD • RECLAIM