

SUSTAINABILITY: LOOKING AFTER MY WORLD

We have one chance, one opportunity to make sure we look after our planet for our:

Environment

- seas and oceans
- animals
- waterways
- air
- land
- homes

Society

- Friends
- health
- education
- quality of life
- freedom and values
- families

Me

- personal health
- exercise
- life choices
- diet
- purpose and values
- educational personal bests

Looking after all of these things is called

Sustainability

- everyone of us should aim to choose one or two of the above areas to put our energy into
- doing nothing is not a choice we can take
- be part of the solution

Some things that we can do right now at home and locally

Tick them if you have tried to do them

Our Environment

- recycle more
- use recycled materials
- set up a recycled water system
- use a compost bin
- use low energy light globes
- buy items with less packaging
- plant trees
- build a vegetable garden
- clean an area of land or a riverbank
- learn about ecosystems around us

Our Society

- say hello with a happy face
- listen with your eyes, your ears and your heart
- learn more about our different cultures
- sit down for meals as a family
- make someone's day with a kind act
- talk to others about things they think are important
- help others make their lives better
- connect with, not convince others
- quality education for all
- excellent health service for all

Me, Myself and I

- exercise regularly
- discuss your diet with your family
- try different foods; you may be surprised
- ask yourself what you want from school
- spend quality time with friends and family
- set goals to aim for
- choose a good attitude every day
- think about careers that interest you
- close enough is not good enough
- make sure you have more than 9 hours sleep each night

“The best way to ensure our future is to be our best today.” MW.