



How low can we go?

A large part of environmental sustainability week is for everyone in our community to make changes to their daily routines in order to reduce their carbon footprint. During the week beginning Monday 11th November 2024, Vanguard Learning Trust’s community will take part in a challenge to reduce individuals’, schools’ and families’ carbon footprints.

The challenges will focus on the five Rs which are: recycle, reuse, repurpose/repair, reduce and rethink. The challenges are categorised as daily tasks or weekly tasks; have different numbers of points awarded to them; and are split into tasks which can be carried out at school, at home and with family ([click here](#) for the list of challenges). In order to take part, participants need to do the following:

- make a note of their unique code which has been shared with staff, students, governors, members and trustees; and
- open the Google form each day to add their challenge information ([click here](#)); they will need to enter their code, the day they are adding it for, and the challenges that have been completed.

Please note, if a family has more than one sibling taking part, the challenges can only be recorded on one of the sibling’s forms to avoid duplication. If challenges are completed over the weekend, they can be recorded through Monday’s entry. This will provide information for the dashboard with daily statistics. Table 1 shows how the different points relate to an estimated reduction in CO₂.

Table 1: Estimated value of CO₂ reduction by challenge points

1 points equals	3 kg of CO ₂ (184 bulb hours/1.38% of a tree)	Walking 6 miles per day saves 10 kg of CO ₂
2 points equals	6 kg of CO ₂ (368 bulb hours/2.76% of a tree)	1 tree absorbs 25 kg Co ₂ per year
4 points equals	12 kg of CO ₂ (736 bulb hours/5.52% of a tree)	

This activity supports two of the objectives for the environmental sustainability week, which are:

- to increase participation in the Trust-wide environmental sustainability week in particular reusing items to reduce our carbon footprint; and
- to reduce our carbon footprint.

VLT cup

The Trust is launching a VLT cup in 2024-2025 for the school that accumulates the highest number of points through Trust-wide student activities. Points will be awarded as follows for participation in our *how low can we go?* challenge:

- 25 points for the school with the highest proportion of students participating in the challenge
- 10 points for the school with the highest proportion of families participating in the challenge
- 10 points for the school/central team with the highest proportion of staff, governors, members and trustees participating in the challenge
- 30 points for the school with the highest average score (total points divided by school community number), 15 points for the second place school and 5 points for the third place school

