



Vanguard Learning Trust

Environmental sustainability week

**Monday 11th to Friday 15th
November 2024**



"We need a more environmentally sustainable future, where as a species we are less vulnerable. People are not only keen to see a new normal for us, but also a new normal for nature as well."

Chris Packham

Introduction

We are delighted to be hosting our second Trust-wide environmental sustainability week following the success of the first one which was held in February 2023.

The week again has three objectives that will be used to evaluate the week; they are as follows:

- to understand the global commitment and response to climate change;
- 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.

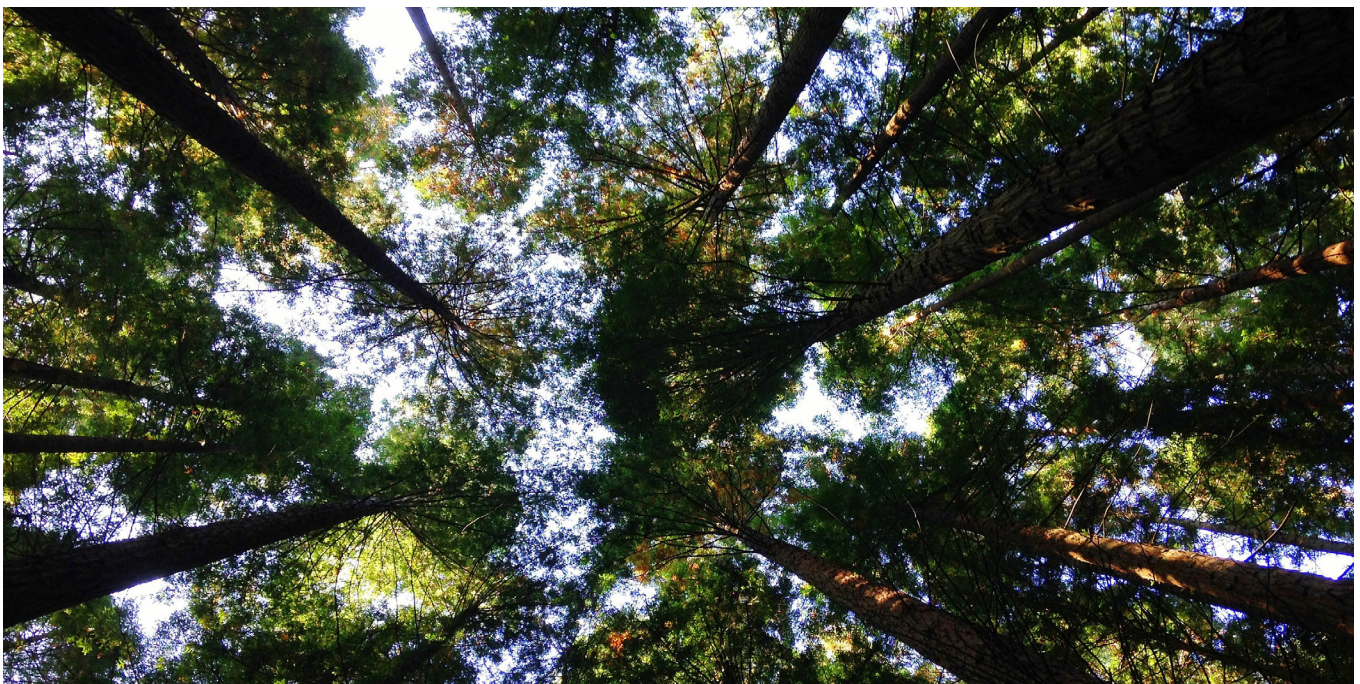
The week has Trust-led activities which include the *How low can we go?* challenge where we can all challenge ourselves to reduce our carbon footprint; a keynote speaker, Jeremy Williams, Let's Go Zero, who will pre-record a talk based on our objectives as well as the work of the organisation; sustainable food options in all our schools, including a focus on reducing waste; daily quizzes based on the objectives for the week; and a poster and slogan competition.

Schools are organising activities throughout the week with the week's calendar provided in this booklet. Some of the activities include a community litter pick, book swap, Emission Control game, planting seeds/bulbs, competitions and whole-school assemblies.

In terms of an opening ceremony, the working party has come up with another exciting way to mark the beginning of the week. This will be revealed on Monday 11th November 2024 as the preparation for it will be done before the week.

Every change in habits can make a difference to secure our collective future and I hope our environmental sustainability week helps to support these changes which we can achieve individually and together. We know that change is required to tackle global warming for ourselves and future generations as well as all the animals and plants that we share our beautiful planet with. Let's again see how low we can go!

Dr Martina Lecky
Chief Executive Officer



Summary of activities

Vanguard Learning Trust's second environmental sustainability week will take place from Monday 11th to Friday 15th November 2024. There are a number of aims for the week which are noted in the introduction on page 2. Throughout the week, there will be a number of Trust-wide and school-based activities that staff, students and their families can all participate in.

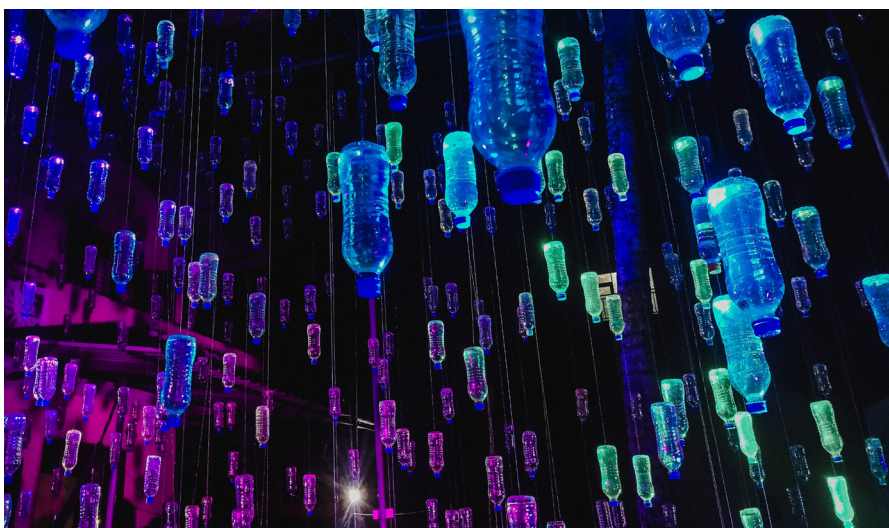
Some of the Trust-wide activities that will be taking place include the following:

- Keynote speaker
- *How low can we go?* challenge
- Opening ceremony activity
- Sustainable school catering options
- Daily quizzes
- Slogan and picture competition

Some of the school-led activities will include:

- Book swap
- Class pledges
- Community litter pick
- Competitions
- Emission control game (primary schools)
- Planting seeds/bulbs
- Pond dipping
- Uniform/costume sales
- Whole-school assemblies

More information about the various activities and how students, staff and family members can prepare and get involved are set out in the following pages.



Timetable of events

The timetable for both Trust-led and school-based activities is set out in the table below.

Monday 11th November 2024	
Trust-led activities	<i>How low can we go?</i> challenge Opening ceremony activity and pledge read Daily quiz Sustainable catering options
Field End Junior School	Launch poster competition Plant seeds in redundant flower beds
Hermitage Primary School	Launch poster competition Launch of bottle lid collection to create installation
Oak Farm Primary School	Whole-school assembly Launch litter challenge (continues all week) Book swap (launched the week before) Song competition (launched the week before) Emission control game
Ruislip High School	Poster competition Sixth form litter pick Name the rhino launch Staff car share and the re-use auction Form discussion on ' <i>how low can we go?</i> ' activities
Ryefield Primary School	Book swap
Vyners School	Assemblies Reduce waste and upcycling activities Staff litter pick Reduce waste poster competition
Tuesday 12th November 2024	
Trust-led activities	<i>How low can we go?</i> challenge Daily quiz Sustainable catering options Keynote speaker
Field End Junior School	Uniform swap and resale
Hermitage Primary School	Class pledges produced for classroom doors
Oak Farm Primary School	Emission control game
Ruislip High School	Form discussion on ' <i>how low can we go?</i> ' activities Staff car share and the re-use auction
Ryefield Primary School	Emission control game
Vyners School	Assemblies Reduce waste and upcycling activities Staff litter pick

Timetable of events

Wednesday 13th November 2024	
Trust-led activities	<i>How low can we go?</i> challenge Daily quiz Sustainable catering options
Field End Junior School	Lesson in class on sustainability and reduce, reuse, recycle
Hermitage Primary School	Community litter pick
Oak Farm Primary School	Emission control game
Ruislip High School	Wild bulb planting Mocktails and raffle Form discussion on ' <i>how low can we go?</i> ' activities Staff car share and re-use auction
Ryefield Primary School	Community litter pick Planting seeds
Vyners School	Assemblies Reduce waste and upcycling activities Staff litter pick
Thursday 14th November 2024	
Trust-led activities	<i>How low can we go?</i> challenge Daily quiz Sustainable catering options
Field End Junior School	Whole-school assembly Community litter pick after school Junk model competition
Hermitage Primary School	Book swap Non-uniform day to raise money for charity
Oak Farm Primary School	Fruit tree planting Song competition performances in assembly Emission control game
Ruislip High School	Community litter pick Staff car share and the re-use auction Form discussion on ' <i>how low can we go?</i> ' activities
Ryefield Primary School	Poster competition
Vyners School	Assemblies Reduce waste and upcycling activities Staff litter pick
Friday 15th November 2024	
Trust-led activities	<i>How low can we go?</i> challenge Deadline for slogan and image competitions Daily quiz Sustainable catering options
Field End Junior School	Whole-school assembly Book swap
Hermitage Primary School	Poster competition winners announced
Oak Farm Primary School	Litter challenge results announcement Emission control game
Ruislip High School	Staff car share and the re-use auction Form discussion on ' <i>how low can we go?</i> ' activities
Ryefield Primary School	Poster winner announcement Whole-school assembly
Vyners School	Assemblies Reduce waste and upcycling activities Community litter pick

Trust-led activities

Throughout our environmental sustainability week, there will be a number of Trust-led activities that members of our Trust-wide community can participate in. This section provides information about these activities, which will hopefully encourage our Trust-wide community to make this another successful week.

Keynote speaker

Jeremy Williams from Let's Go Zero is recording a presentation for the Trust on the work of the charity as well as focusing on the three objectives for our Trust-wide week. There will be a short form for members of the community to complete to evaluate the impact of his talk as well as a quiz on its content.



How low can we go? challenge

Throughout the week, the Trust's community will have the opportunity again to take part in a range of daily and weekly challenges to reduce individuals', schools' and families' carbon footprints. The challenges will focus on the five Rs: recycle, reuse, repurpose/repair, reduce and rethink. There will be a competition within schools based on the average scores per student and staff member combined. The challenges will be shared with the community during the week beginning Monday 4th November 2024 to allow individuals and schools time to prepare. A Google form has been set up so that every member of the community in our Trust can record their contributions by completing a separate form each day. The challenges will be quantified in terms of the estimated reduction in carbon footprint for each activity and there will be prizes for the students/schools/families with the largest reduction in their carbon footprint. There will be live updates so that the statistics can be shared with the community in real time.

Opening ceremony activity

There will be an opening ceremony activity taking place at the beginning of the week which all schools in the Trust take part in. It will involve each school having drone footage filmed of students spelling out letters to create an overall word that is related to environmental sustainability.



Trust-led activities

Sustainable school catering options

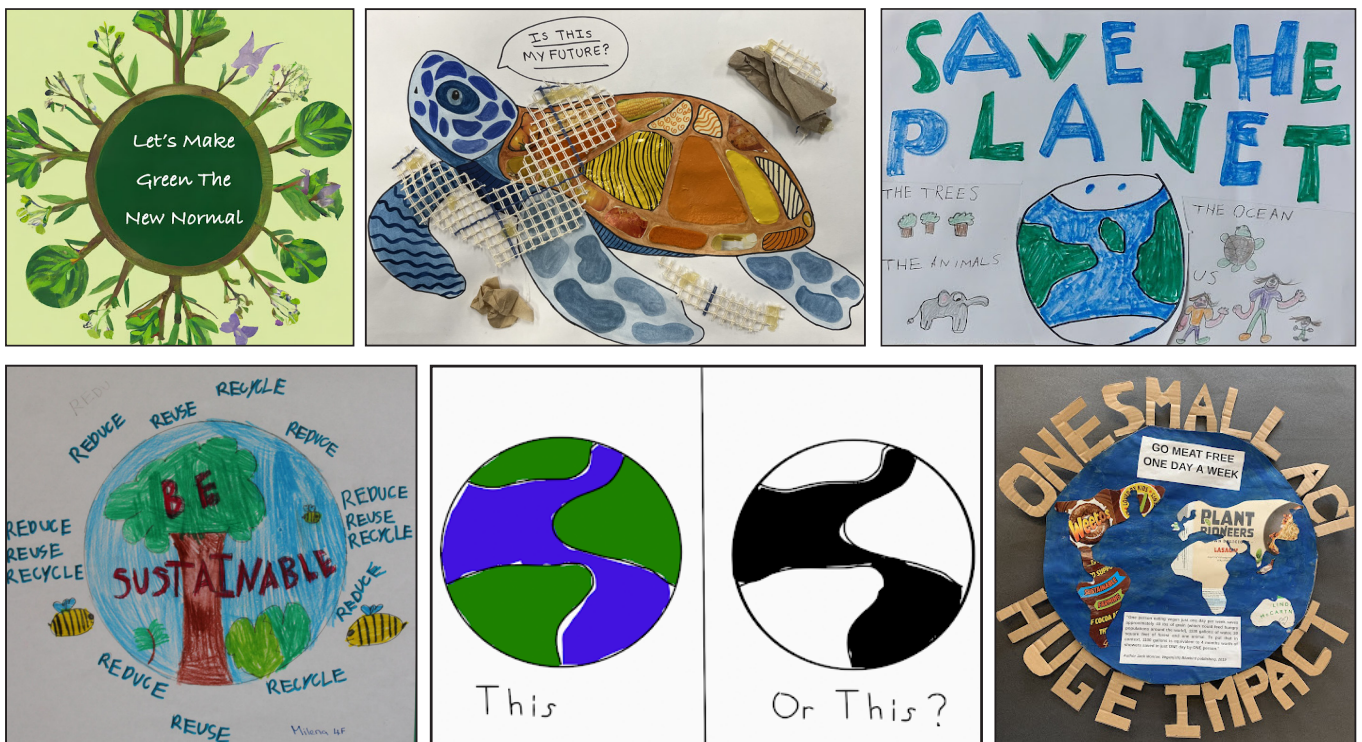
All the schools will be offering sustainable catering options during the week. Food management is a key way to reduce our carbon footprint and it is hoped that offering sustainable food dishes will support the *how low can we go?* challenge as well as allowing our school communities to taste and enjoy the culinary sustainable options. Impact Food Group (IFG), the Trust's third-party catering provider, will be offering an additional option that promotes sustainable food production. They will offer meat free dishes for the secondary schools which is an important way to reduce our carbon footprint and a sustainable dessert option at the junior school. IFG's daily wastage statistics reporting for the *how low can we go?* challenge will serve as a powerful tool to demonstrate their commitment to sustainable practices and responsible resource management.

Daily quizzes

There will be daily quizzes throughout the week which will involve participants watching a video, including the one by our keynote speaker, Jeremy Williams, and answering a quiz with ten multiple choice questions. There will be prizes for those participating throughout the week and it will contribute to the Let's Go Zero scores.

Slogan and picture competition

Students will be encouraged to enter the slogan and picture competition to capture both visually, and in words, our Trust's commitment to environmental sustainability. The winning entries will be used in a special edition newsletter which will be released at the end of the autumn term, showcasing all of the week's activities. The winner and runner-up entries from our first week are shown below.



School-based activities

This section provides information about some of the activities being organised by our Trust schools.

Book swap

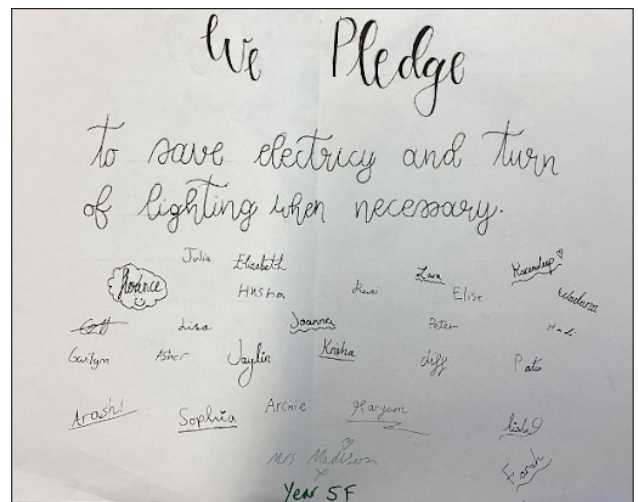
The student book swap is being organised by schools to promote the objective of the importance of reusing items as part of reducing individuals' and organisations' carbon footprints. Students will be encouraged to bring in books that they are happy to exchange for another book. Schools involved in this activity will inform students and parents how to bring in the books and the arrangements for allowing students to select one of the reused books.

Class pledges

At Hermitage, each class will make a pledge about how they will strive to be more sustainable. They will choose five actions to be displayed on the classroom door for the week. Each class will nominate two representatives to be sustainability monitors who will encourage students to maintain these pledges throughout the year.

Community litter pick

All of the schools will be arranging a community litter pick. For example, at Field End there will be a community litter pick where families are invited to pick litter to recycle around the school grounds. At Hermitage, one student will be chosen per class to join a community litter pick of the local area. The students will also use photographs from the litter pick to educate their classmates about what they find. At Oak Farm, students will do an after-lunch litter pick-up and record the litter through photos and a tally-chart. They will monitor it and present their findings at the end of the week. At Ruislip High, the sixth form leadership team will be using their litter pick to fund raise for Mankwe Wildlife Reserve whilst students from Years 7 and 8 will be litter picking in the local community. At Ryefield, selected students from Key Stage 2 will be going on a litter-picking trip to Pole Hill Park, helping to clean up our local environment while learning about the impact of litter on wildlife and the planet. At Vyners, Year 11 sustainability prefects will be conducting a community litter pick. Ten students, accompanied by staff, will be helping to clean up the environment along Warren Road and in Swakeleys Park.



School-based activities

Competitions

Schools will be offering a range of competitions throughout the week, complementing the ones being led by the Trust. For example, Field End is running a House junk modelling competition. The House Captains will pick an endangered animal and their House will build a model using discarded materials from around the school. All students from Years 3 to 6 will take part in the afternoon of creative learning. The models will be judged and the winning House will receive House points. At Oak Farm, after learning about songs that have made a huge impact and inspired action, there will be a competition with students creating their own songs on a sustainability issue. There will be a semi-final and final with prize-giving at the end. Ryefield's students will be encouraged to participate in a poster competition where they can create a poster about sustainability and environmental care. These will be displayed around the school to raise awareness and promote the importance of sustainable living. At Vyners, Year 8 students will enter a 'reduce, reuse & recycle' poster competition during their geography lessons, with the winning poster being printed in the 2025-2026 student and staff planner.



Emission Control game

The Emission Control game was devised by Ryefield Primary School as part of Vanguard Learning Trust's environmental sustainability competition launched in 2021 to promote specific projects in all Trust schools; it is a board game for 2-6 players designed by children, for children aged between 7 and 11. Players start with the average annual carbon emission of a UK resident of 10,000 kilograms and the objective of the game is to reduce total emissions. Each primary school has a copy of the game which they can use if they are offering this activity.

Planting seeds/bulbs

Some schools will be planting seeds and bulbs. For example, at Field End, the Eco Warriors will be planting wild seeds in some redundant beds to encourage the flowering of grasses and flowers that will provide food for a wide range of insects, including bees and butterflies. In Ruislip High's EcoHub, students and the science department will be planting wildflower bulbs such as bluebells so that the EcoHub garden will have the appearance of a natural woodland in the springtime. It is hoped that this will encourage indigenous wildlife to use the area. Ryefield's students in Key Stage 1 and Early Years Foundation Stage will participate in a seed-planting activity during the school day to help them understand the importance of nature and growing their own plants.



School-based activities

Pond dipping

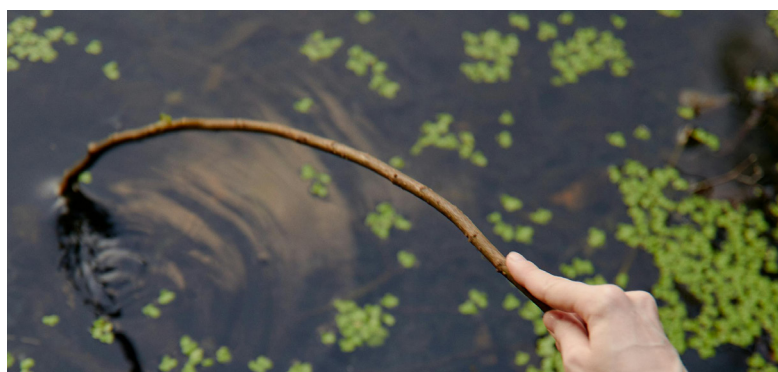
At Oak Farm, students will explore the renovated pond, noting which creatures they can find and examining them under microscopes.

Uniform/costume sales

Some schools will be hosting uniform and/or costume sales. For example, at Field End, parents will be offered the opportunity to purchase or swap good quality school uniforms or costumes at reasonable prices. At Vyners, staff will be bringing in to school unwanted items of clothing throughout the week. They will be given the opportunity to swap their unwanted clothing with other staff. This has been an ongoing initiative at Vyners and will continue throughout environmental sustainability week.

Whole-school assemblies

As well as promoting all of the activities taking place during the week, schools will be hosting assemblies before and during the week. For example at Ruislip High, assemblies will be devised and delivered by the sixth form leadership team. They will be telling the story of their trip to Mankwe Wildlife Reserve last summer and promoting their charity work to help the Reserve fund the training of a new generation of dogs for the Rhino Protection Unit. As part of the fund raising, the students have organised a host of activities including: name the rhino; pin the horn on the rhino; a raffle; and a staff 'reuse auction'. Field End's Eco Warriors will deliver assemblies pre-, during and post-environmental sustainability week. The Eco Warriors will communicate to students information about the activities and the reasons why they should reduce, recycle and reuse.





Vanguard Learning Trust

With thanks to the environmental sustainability working party:

Justin Barrett, Vanguard Learning Trust
Sally Brown, Vyners School
Sandra Dickinson, Field End Junior School
Joe Doyle, Hermitage Primary School
Richard Gould, Ruislip High School
Emma Jordan, Vanguard Learning Trust
Martina Lecky, Vanguard Learning Trust
Katie Stagg, Ryefield Primary School
Natalie Tembo, Oak Farm Primary School

In addition, thanks to Gurjeet Kohli, Vyners School, for taking the drone footage at each school for the opening ceremony activity, and Jeremy Williams from Go Zero for providing the keynote speech.

Supporting the week:

Cucina IFG



Our Trust schools and associate school:

