



# Seven days to go...

## Speakers and videos

Alex Green, Programme Manager, Ashden Climate Solutions in Action, is our keynote speaker and she has recorded a video for the Trust-wide community focusing on our main objectives, in particular how a carbon footprint is measured and ways to reduce it. Questions about the video will be released on Friday as one of the 'how low can we go?' challenges. [Click here](#) to watch the video.

[Click here](#) to watch a message of support from Sean Gunn, actor from Gilmore Girls and Guardians of the Galaxy.



## How low can we go?

We hope members of our Trust-wide community have considered which challenges they will be taking part in during the week ([click here](#)). There will be information sent about the daily Google form that can be completed each day to contribute to the ongoing statistics. The codes will be issued by the end of the week.





## Environmental sustainability week

### Six days to go...

### Video message

[Click here](#) to watch a message of support from The Rt Hon Boris Johnson MP for Uxbridge and South Ruislip.



### Opening ceremony

Each school has arranged for a group of students and at least two staff to run their leg carrying the opening ceremony torch (as outlined in the map). The route for the opening ceremony is:

- Field End Junior School to Ruislip High School
- Ruislip High School to Ryefield Primary School
- Ryefield Primary School to Hermitage Primary School
- Hermitage Primary School to Vyners School
- Vyners School to Field End Junior School



The estimated timings for all the legs are as follows:

Leg	Estimated time of arrival	Reception	Estimated time of departure
Field End - Ruislip High: 1.3 miles 10-15 minutes	10:15am	10:15-10:30am	10:30am
Ruislip High - Ryefield: 2.2 miles 25-30 minutes	11:05am	11:05-11:20am	11:20am
Ryefield - Hermitage: 2 miles 30-35 minutes	11:50am	11:50am-12:05pm	12:05pm
Hermitage - Vyners: 1.1 miles 10-15 minutes	12:25pm	12:25-12:40pm	12:40pm
Vyners - Field End: 3.3 miles 45-60 minutes	1:30pm	Welcome back to FEJS to read final pledge 1:30pm to 1:45pm	n/a