

1Coastnews

VOL1

Welcome to the first edition of 1Coast News! This newsletter will be a regular feature for schools on the Central Coast. The newsletter can be accessed online - it would be great if you can email the link out to your teaching staff.



1coast

CLEANAWAY

Central
Coast
Council

What we do / who are we:

1Coast is the joint waste education program of Central Coast Council and Cleanaway tasked with educating the whole community on recycling more and sending less to landfill.

Things are changing:

We are currently rejuvenating our Education Programs to ensure they are COVID-Safe and using our resources in the most efficient way to reach our community.

All excursions and incursions are currently on hold whilst we reassess our opportunities to deliver programs.

Available Resources

In the interim we have some resources available for you to use within your classroom. The following resources can be found on our website here:

<https://1coast.com.au/education/schools-community-education/>

➤ **Teacher Information Resource:**

Find out what happens to your recycling on the Central Coast or how a landfill works with the Recycling and Waste Management on the Central Coast Information Resource.

➤ **Video Hub:**

A selection of educational videos about recycling right, reducing waste, garbage trucks and how landfills work on the Central Coast.

➤ **Activity & Colouring Sheets:**

Our downloadable information sheets and educational resources help encourage and improve sustainable practices in your home, school and workplace.

Is your school a waste wise champion?

If you are doing great things at your school with recycling and reducing waste – we want to hear from you! We want to feature you in our newsletter to show other Schools just how easy and rewarding it can be.



Get in touch via: michelle.murrell@cleanaway.com.au



Food Waste in Schools

Do you notice a lot of the rubbish in your general waste bins at school is food? Not just the scraps like banana peels, but a whole lot of uneaten sandwiches, apples with one bite and whole bananas still in the skin? You are not alone – we see this all the time in schools. Think of everything that is wasted in this process... not just the money that parents have spent on the food, but all the resources and time that have gone into growing the food, transporting the food, selling the food, and preparing the food for it to be thrown away, uneaten and the school to then pay for it to be sent to landfill.

So, why is this food being thrown away? There are many reasons, from the food not being liked to simply too much food being sent to school or the child getting in trouble if the food comes back home uneaten. But from our experience the main reason we see food being thrown away uneaten at school is due to children worrying about not getting play time at Recess and Lunch Time if they spend too long eating.

Some schools are changing this and seeing some great benefits – not just in food wastage but other areas as well. Change can be hard, but some of the benefits of letting children play first and then come back to eat after include:

- Students are more relaxed and focused on eating rather than thinking about getting outside to play
- More food eaten = less waste saving the school money on disposal fees
- Improved student behavior on the playground and in the classroom
- Less litter on the school ground and inside the school
- Students return to the classroom more quickly and are settled and ready to learn
- With play happening earlier in the day it can mean less exposure to the sun during the hotter part of the day.



There is not a great deal of information on-line from Australian Schools. But loads from the USA and Canada including toolkits to help get you started. We have put a few links below to get you started:

- <https://www.mamamia.com.au/lunch-before-noon/>
- <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-reverse-lunch-toolkit.pdf>
- <https://www.actionforhealthykids.org/activity/recess-before-lunch/>
- **A Shocking Insight into Food Waste:** <https://youtu.be/QUt5JP5mwJo>
- **Food Waste – The Environmental Cost:** <https://youtu.be/VaouOWx3Bmo>
- **Recess Before Lunch -- a smarter idea!:** https://youtu.be/qv_MjOwS9aQ

Some Stats



If you add up the food Australia wastes each year, it's enough to fill up 720,000 garbage trucks.



Every time 1 apple is thrown away; we waste the water used to grow this apple which is the equivalent of flushing a toilet 7 times.



¼ of the food wasted in the 1st World – could feed all the people starving in the 3rd World.



Food waste contributes twice as much to global warming as all the world's air traffic.



A little bit of effort can go a long way with reducing our impact and help to create a sustainable future for our children.

Test your recycling knowledge, join our mailing list and win!

Think you are up to scratch on what you can and cannot recycle on the Central Coast? Test your knowledge with our recycling quiz plus enter your email address to join our mailing list for future newsletters and school correspondence! The first 20 teachers to join our mailing list will win a RCUP – a reusable coffee cup made from recycled materials!



Take the Quiz!

Recycling and waste collection options for schools on the Central Coast

Do you recycle at your school? There are a few different options available for you to access recycling services.

Councils Recycling Service: Schools can use Council's recycling services. Charged via the rates system under the Business Waste Category.

To organise, schools need to fill out the appropriate Commercial Waste Services request form on our website: <https://www.1coast.com.au/bin-collection/new-waste-service/>

The Principal needs to sign the form to accept that charges will be added to a Rates Account and a Rates Notice will be issued to the school. Bins will need to be placed out on the kerbside for emptying the night before bin day.

Government Contract – Public Schools: All schools are eligible to recycling services from Cleanaway and other private contractors under the 9698 contract. The rates and suppliers are posted on the NSW Buy website: <https://buy.nsw.gov.au/contracts/waste-management>

Container Deposit Scheme (CDS): The Container Deposit Scheme (also known as Return and Earn) is a NSW Government initiative to reduce litter. This is a great program for schools to tap into and try and fundraise whilst recycling! There is lots of information available online on how you could set this up at your school:

<https://returnandearn.org.au/how-it-works/how-it-works-for-groups/>

Keep up to date! Follow us on:

