

FOOTPRINT

Hill House School

Cambian
International School

Edition #20 2022

Promoting happy, healthy and sustainable living at Hill House and beyond.

RECYCLING DAY!

On Wednesday, 2nd March, Hill House held its first Recycling Day! Everyone was encouraged to collect cardboard, clothing, metal cans, plastic, and even unwanted flower and vegetable seeds for a fun day of recycling activities.



RECYCLE KNOW HOW

Recycling can be confusing as it can be difficult to keep up with all the dos and don'ts. Here are a few tips!



1. If it's plastic and bottle shaped, recycle it. In the UK we only recycle 58% of bottles at home. We can do better! Just empty, crush and replace the lids before recycling. And remember to recycle bleach and detergent bottles too. You can leave the trigger sprays on.

 recyclenow



A framework
by Bioregional

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2. Remember to recycle from the bathroom. If everyone recycled one toothpaste box, it would save enough energy to run a fridge in over 2,000 UK homes for a year. Toothpaste boxes, toilet roll tubes, aerosols, shower gel, soap, shampoo and conditioner bottles can all be recycled - just take the pump dispenser off liquid soap bottles first.
3. For food pots, tubs and trays, remove the plastic film and give it a rinse.
4. When recycling glass, empty the contents and put the lid back on. This includes metal lids on jam jars and caps on bottles as glass re-processors separate them. But don't put drinking glasses or Pyrex cookware in the recycling as they're made from different materials.
5. Remove chunks of food from paper and card packaging such as pizza boxes before recycling.
6. Try the scrunch test. If a piece of paper doesn't spring back, then it can be recycled. It's a good test to use with wrapping paper. Tear off glittery bits from birthday or Christmas cards.
7. Give cans and plastic bottles a quick squish. That will save room in your recycling bin and make them more efficient to transport. Scrunch foil items loosely together to help them get through the sorting process without getting lost.
8. Knowledge is power. If you're not sure if, how, or where you can recycle an item, visit the [Recycle Now Recycling Locator](#) - just put in your postcode to get your answer.



WHAT ELSE CAN WE DO?

- ♥ Don't mix up your rubbish. Separate glass, paper, metal and organic waste.
- ♥ Buy and use recycled paper products wherever possible.
- ♥ Use or make your own shopping bag. Do not accept new bags every time you shop.
- ♥ Refuse to buy over-packaged goods. Buy fresh unpackaged food whenever possible.
- ♥ Look out for goods in recyclable containers.
- ♥ Contact your local authority and ask about their waste disposal and recycling policies.
- ♥ Contact Oxfam and other charities to find out what they are collecting.

#MAKEONECHANGE

What one change can you make today?