



# Hill House School Policy

## Sustainability

*Hill House School is committed to safeguarding and promoting the welfare of young people and expects all staff to share this commitment. It is our aim that all students fulfil their potential.*

### Aim

Our aim is to ensure that everyone at Hill House School lead happy, healthy lives within the natural limits of our one planet.

We are using the **One Planet Living** framework created by Bioregional ([www.bioregional.com/oneplanetliving](http://www.bioregional.com/oneplanetliving)), which encompasses 10 key principles:

### Intent

At Hill House:

- We work to create a sense of place and belonging while nurturing a culture of sustainability
- We promote health and well-being for all staff and young people
- We ensure we make a positive contribution to local biodiversity and recognise the value of nature to human health
- We engage with and promote sustainable living among our stakeholders and local community / businesses
- We are committed to educating our young people about how to look after their planet and live sustainably and the Hill House curriculum promotes sustainable living through learning about key environmental issues. Hill House has its own **One Planet Living Science** curriculum



- We recognise our responsibility to ensure that young people have the necessary skills and knowledge to understand environmental concerns, so that they can apply this to their lives and adopt an eco-friendly lifestyle
- We encourage both young people and staff to think about the environment and how their actions could impact upon their local surroundings, as well as the global environment

### Implementation

As an award-winning Eco-School, we involve young people in discussions about Eco topics and always look to seek their views, Hill House has its own Eco Code

Young people at Hill House are involved in key decision making.



At Hill House, we are committed to:



- We promote wellbeing of our young people and staff – we have daily `mindfulness in the morning` and a wellbeing practitioner
- We help our young people and staff to be physically, emotionally and mentally healthy through increased physical activities, mindfulness exercises and spending time outdoors interacting with nature

- Young people are supported to stay fit and healthy, all young people go for a walk each day and access a range of physical activities throughout the day. This includes using the trampoline and outdoor exercise equipment
- We encourage healthy eating and have a Hill House `Food and Healthy Eating` policy
- Hill House has its own café where there is a daily choice of healthy food options on offer
- Hill House has its own allotment where young people learn how to grow fruit, vegetables and flowers. Produce from the allotment is used in the school café and for cooking and eating in the homes
- We have a healthy `break box` delivery service where our sixth form young people prepare healthy snacks and deliver these across the school
- Hill House has a `Hill Fresh` service where homes can order their own healthy recipe box
- The 5 key areas of the Hill House School curriculum intent are promoted through all **One Planet Living** activities. These are supporting our young people to develop; Resilience; Self – Regulation, Communication, Independence and Discovery

## Equity and local economy

- We recruit staff through local advertising, word-of-mouth and Refer-A-Friend to support the local economy and reduce the need for travel
- We engage with local businesses where we can, especially those with a sustainability agenda, to support the creation of a vibrant and resilient local economy where a significant proportion of our money is spent locally
- We think about all the ways we can promote a fairer, safer, sustainable community for everyone where our young people feel safe and supported and staff feel valued, promoting diversity and equality of opportunity for all

## Culture and community

- We adopt a whole school approach to **One Planet Living** and the initiative runs through everything that the school does
- We foster a sense of place and belonging where everyone acts as though they actively care about the environment and nurture a culture of sustainability
- `Green Dragons Den` events offer the school community an opportunity to pitch new ideas which are then incorporated into the School Development Plan as well as curriculum planning
- Key stakeholders are involved – **One Planet living** is discussed and shared with the Hill House governance meetings and the school's Professional Learning Community
- Young people at Hill House are supported to get involved with their local community. Representatives attend the local parish council meetings and contribute to local events

- Young people are also supported to make a contribution to their wider community by raising money for local charities, donating to local food banks and taking part in litter picking in the village
- Young people also learn about charity events involving wildlife, animals and the environment
- Young people take part in work experience opportunities at the local fruit farm and plant nursery



- We support our young people and staff to understand how we all impact wildlife and aim to be nature-friendly while still making space for play and fun
- We engage staff and young people in recognising the value of nature, including its value to our health
- We support young people to learn about the school grounds, how to look after them and how to grow and develop the resource that the school has
- We encourage biodiversity, always looking at how we can improve and enhance the school grounds to encourage a variety of wildlife
- Young people learn about trees, plants and animals and learn how biodiversity helps us to live healthy and happy lives
- We plant wild flowers to encourage bees and promote natural spaces
- Through our curriculum we support the young people to create a range of bird boxes, insect homes and bug boxes
- We take part in National events such as the RSPB's Big School's Bird Watch, Keep Britain Tidy and Earth Day
- Our Land Based Science curriculum has been developed for our young people who have a passion for conservation and agriculture and have the potential to explore and enjoy working in a land-based industry or with animals
- By following our Land Based Science curriculum, young people explore a wide range of topics, including plant biology, animal biology, environmental management and more. All of these subjects provide a solid foundational knowledge and skillset, which young people can use to build upon when they move on into adulthood
- Young people work towards the 'John Muir' nature award

Year	Term 1	Term 2	Term 3	Term 4	Term 5
Year 1	<u>Practical Horticulture</u> An introduction to Plant Needs	An introduction to Propagation and Crop Rotation	An introduction to Tools and their uses	Maintaining our Growing Area	Maintaining our Growing Area Harvesting and use of Produce
Year 2	<u>Animal Care</u> An introduction to The 5 Welfare Needs	An introduction to Animal Nutrition	An introduction to Animal Handling	An introduction to Animal Health	An introduction to Animal Behaviour
Year 3	<u>John Muir Award</u> incorporating criteria of Discover, Explore, Conserve and Share	<u>National Parks Explore</u> An understanding of the New Forest Code  Guided Hikes	<u>National Parks Explore</u> An understanding of the New Forest Code	<u>National Parks Conserve</u> Conservation Activities including surveys, litter picking bird watching	<u>National Parks</u> Revisit different areas and habitats in different seasons <b>Share</b> Celebrate Award Completion and Share with our Hill House Community

## Sustainable water

- We reduce wasteful consumption of water by encouraging behaviour change and creating a culture of sustainability
- We raise awareness of the need for the responsible use of water for bathing, showering and water play as well as the need to return it clean to the environment.
- We reduce the need for water stations and eliminate plastic bottled water where potable water is available from the tap
- We engage parents and stakeholders in water-conscious behaviour
- Young people learn where water comes from and also learn about the water cycle

## Local and sustainable food

- We enjoy fresh, local, seasonal, organic and healthy produce through the effective use of our allotment and encourage diets high in vegetable protein
- We celebrate a culture of healthy and sustainable eating through events and education
- We try to support local food producers and ethically sourced meat and dairy products
- The Hill House café offers a daily range of fresh fruit, vegetables, seeds and pulses
- Young people help to grow fruits and vegetables in the school's allotment. The produce is then used in the school café and in the homes



## Travel and transport

- Young people live at Hill House as well as go to school there. This eliminates the typical 'journey to school' in a vehicle as all young people walk to school each day
- We encourage young people to learn about and use public transport
- We support young people to learn how to ride a bike safely and to learn about road safety
- We use the local area to go for long walks rather than using the school minibuses
- We encourage staff to car share where possible
- Hill House adopts the 'cycle to work' initiative which supports staff to be able to afford to purchase a bike to ride to school



## Materials and products

- We support young people and staff to consider a product's lifecycle and the pros and cons of different materials
- We try to encourage responsible consumption and reduce waste by promoting reusing, refilling, repurposing and recycling
- We promote a culture of sharing and swapping is encouraged through on site and local community initiatives
- We try and use environmentally sound cleaning products where possible
- We promote a refill system where young people and staff can refill their toiletry bottles
- We try to use plastic free products such as shampoo bars
- We buy bamboo clothing and bedding
- Our Sixth formers lead on a range of mini enterprise projects making environmentally friendly products such as body scrubs



## Zero waste

- We try to reduce wasteful consumption and waste to landfill by maximising upcycling, reusing and recycling
- We adopt the 3 R's of 'Reduce' 'Reuse' and 'Recycle' recycling paper, plastics, tins and glass and reusing and repurposing items across the school
- We make waste part of the curriculum from exploring where products come from, how they are made, how they can be responsibly disposed of or reused
- We foster a culture of sharing, repurposing and recycling by engaging with the local community as well as local businesses to see what opportunities may exist to help each other

- We work hard to reduce the amount of waste we produce by;
  - ❖ Only printing documents when it is essential
  - ❖ Writing and printing on both sides of paper where possible
  - ❖ Reducing the amount of documents that are laminated using plastic laminating sheets
  - ❖ Composting food waste
  - ❖ Encouraging young people and staff to use reusable water bottles instead of plastic single use bottles
  - ❖ Encouraging staff to use reusable coffee cups – we give all new starters a new travel coffee cup when they join Hill House
  - ❖ Encouraging young people to take part in school and local community litter picking
  - ❖ A ban on use of disposable cutlery, plates and cups



- We have been chosen to be part of the CARE4 energy pilot scheme to better understand our energy use and how we can aim for net zero
- We encourage Energy efficiency gained through the use of passive methods such as natural lighting and ventilation
- We encourage energy saving behaviours such as;
  - ❖ Switching off lights and energy – draining appliances when not in use e.g. computers and whiteboards
  - ❖ Keeping doors and windows shut in cold weather
  - ❖ Ensuring all systems work efficiently and any breakages or leaks are reported to the site manager as a matter of high priority

### **Impact**

Hill House have published their **One Planet Living** [action plan](#) on OnePlanet.com and report on progress regularly at Governance Meetings

## **FootPrint**

Hill House publish an in-house newsletter (FootPrint) keeping everyone informed on ways in which we are becoming more sustainable through the **One Planet Living** framework. This newsletter is shared with all staff and published on the Hill House School website at [FootPrint Newsletters \(cambianguroup.com\)](#). We promote our sustainability policy using the hashtag:

# #makeonechange

## **Monitoring and Review**

- This policy will be subject to continuous monitoring, refinement and audit by the Principal.

Principal of Hill House;  
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September 2024

Review Date: September 2025