

FOOTPRINT

Hill House School

Cambian
International School

Edition #21 2022

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

MARCH MADNESS

As springtime approaches, everyone at Hill House is looking forward to better weather, longer days, and the chance to get outside more. To be as "mad as a March hare" is an English idiomatic phrase that fits this time of year as it is used to refer to any animal or person who behaves in the excitable and unpredictable manner of a March hare.



Spring is a good time to take your first climate action step. Let's all go "mad" and make this a month of MANY changes! We are stronger when we come together, so step-by-step, we can make bigger changes and impact can be made.

SPRING CLEAN



Now is also a traditional time for a good spring clean so here are 5 tips on how to do it sustainably; ranging from natural cleaning solutions to practical advice on what to do with unwanted items:

1. Go back to basics with naturally eco-friendly household cleaning remedies. You probably already know that the cleaning solution to almost everything is **white vinegar**. You can buy it in your supermarket, it's cheap and you can use it to clean basically everything! It inhibits the growth of bacteria by creating an acidic environment, is non-toxic and really easy to use. Don't forget about the other timeless remedy: **baking soda**. Acting as a natural abrasive, deodorizer, and cleanser the baking soda can be used on nearly every surface of your house! **Natural oils** are also a good addition to natural household cleaners and they can add a lovely aroma, avoiding any harmful "perfumes."

Did You Know - Eucalyptus oil is great at removing sticky bits / glue left over from stickers and leaves a lovely fresh scent behind! Now all you need is a sponge or a piece of fabric and you're



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good to go! If you have an old ripped t-shirt, simply cut it into a few pieces and you have new cleaning cloths, giving your old t-shirt a new, practical use.

2. Create your own eco-friendly cleaning remedies. If you want to go even further with ensuring your cleaning products are as eco-friendly as possible, you can even make them yourself. There's plenty of information online so you can follow **tutorials** on how to make your very own laundry powder, dishwashing liquid and bars of soap. You can also look for **workshops** and, at the same time, meet like-minded people who care about our planet.

3. Rehome any unloved items. Whether it's to buy or to give, rehoming your items through **Charity Shops** is always a great solution: you're helping a good cause and you're giving new life to all kinds of items. The same way, if you need something new, you can find a lot of useful things on the shelves. Sometimes you can even find brand new products that still have a tag on. Online selling apps and **Social Media** can also be great ways to connect with people and sell or give away items.

4. Repair and re-purpose. Before thinking of throwing something away, always try to see if you can **repair** a broken item. If you don't know, check online, ask around for advice as someone might have had the same problem or head to a **Repair Cafe**. Repair Cafes are great community events where you can bring damaged items to skilful volunteers who will happily try to fix it for you. When it can't be repaired, there is almost always a way to **re-purpose** it and use it for something else. Don't worry if you're not the crafting type yourself, there are plenty of easy, no hassle ways of re-purposing items.



5. Recycle. Don't forget about Recycle Now for everything you need to know about recycling. There are now even ways to recycle single-use cleaning products such as disposable gloves, wipes, or product packaging, as well as solutions for those items that don't have recycling programmes in place with All-In-One Zero Waste Boxes.



TERRACYCLE
ZERO WASTE BOX

In the end, the most important thing is to always choose a circular approach. Use eco-friendly products when possible, try to reuse or repair first and if you really need to, recycle!

#MAKEONECHANGE

What one change can you make today?