

# FOOTPRINT

Hill House School

Cambian  
INTERNATIONAL SCHOOL

Edition #25 2022

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

## EARTH DAY

Every year on the 22<sup>nd</sup> April, [EARTHDAY.ORG](http://EARTHDAY.ORG) marks the anniversary of the birth of the modern environmental movement in 1970. It is a day to demonstrate and promote environmental awareness and the theme for this year is, "Invest in our Planet."



As individuals, we have the simple yet effective power to make our voices heard through our choices, our actions, and our personal interactions. What each of us does, and how we do it, has a huge ripple effect on our planet's natural systems, and on the pace of corporate and government action.

## CARE4



The CARE4 [Responsible Business Strategy](#) underpins everything we do as an organisation.

"For CareTech, we see sustainability and business success as going hand in hand. Only by being true to our wider social purpose can we deliver sustainable business success. We have never been interested in short-term quick fixes or success. So, sustainability in its wider sense is woven throughout our corporate strategy, integral to all we do."

"From an environmental perspective, we cannot create bright futures for the CareTech family without taking care of our shared home — Earth. The planet's climate crisis threatens all of our futures and will have a profound impact on global health; an unhealthy planet leads to unhealthy humans." [Haroon Sheikh ~ CEO CareTech (Purpose Report 2021)]

## HILL HOUSE VOICE

As part of the CareTech Cambian Group, the staff and young people at Hill House are making their voices heard by using Bioregional's [One Planet Living](#)® framework to effect change and influence others to be more sustainable too. Our goal - as published in our [Action Plan](#) -



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is for everyone at Hill House to be leading happy, healthy lives within the natural limits of our one planet. And there are so many ways that we can all invest in it!



♥ Do you enjoy spending time outside? Support the [Great Global Cleanup®](#) and pick up rubbish while you're out and about.

♥ Try growing your own [organic garden](#). Garden spaces can range in size from a simple container garden in a bucket to a raised bed, small plot, or large allotment like the one we are lucky to have at Hill House.

♥ Once you've grown your own vegetables, think about a diet change and try participating in Meat Free Mondays. Check out some delicious Earth Day [plant-based recipes](#).

♥ Avoid single-use plastic items, and if possible buy

products in glass or paper. Glass products are easily reused and paper is a much friendlier product to the environment. Single-use plastic bags may be "convenient" but they are bad news for the planet. [Pledge to use a reusable grocery bag.](#)



♥ Shrink your "foodprint."  
[Buy local food](#) to reduce the distance from farm to fork.

Buy straight from a nearby farm or visit your local farmers' market.

♥ Practice sustainable fashion! Donate your old clothes and home goods instead of throwing them out. When you need something, consider buying used items. Used does not always mean unfashionable!

♥ Always read labels! Use environmentally-friendly, non-toxic cleaning products to avoid washing toxic chemicals down the drain!

♥ Integrate a [simple act of green](#) into your daily routine. Take a shorter shower and use a water-saving shower head. Save electricity and turn off lights when you leave the room.



## [#MAKEONECHANGE](#)

What one change can you make today?