

FOOTPRINT

Hill House School

Cambian
International School

Edition #26 2022

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

REDUCE REUSE RECYCLE

REDUCE, REUSE, RECYCLE (the 3Rs) has become a mantra at Hill House and we are always seeking ways to be more environmentally friendly and live sustainably. Back in November 2021, we held a Green Dragons' Den where teams had the opportunity to present their ideas on ways to achieve this at Hill House School.

As well as recycling dental items through the Colgate® and hello® Oral Care Recycling Programme, did you know it's also possible to recycle spectacles and contact lenses, as well as other healthcare products?



Did You Know...

Even though they are made from metal or plastic, glasses cannot be thrown in your household recycling bin.

- ♥ Take your glasses to your optician. Most opticians have a recycling box for the donation of used spectacles. For example, Specsavers, Vision Express and Boots Opticians - along with many independent opticians - work with charities that provide optical training and sight care for people in developing countries.
- ♥ Reuse your glasses. Have you thought about fitting new lenses in your old frames? Not only is this a better option for the environment but it means you get to keep your favourite frames and save some money.
- ♥ Gift or sell your glasses. When your prescription becomes outdated, you can sell your old glasses and use that money to buy a new pair - especially those with designer frames.
- ♥ Drop your glasses at a charity shop. Some charity shops will accept donations of sunglasses, prescription glasses and reading glasses. Some even send donated spectacles abroad to be used by those in need of matching prescriptions, while others recycle glasses and use the resulting funds to carry out vital work regarding eye care and eyesight for those in need.

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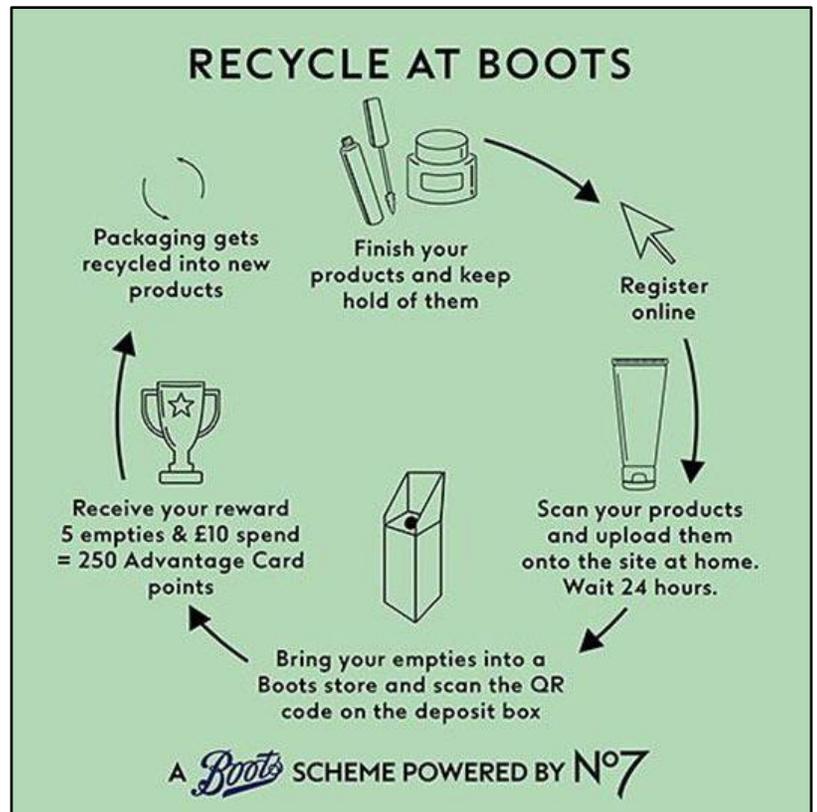
Do you wear contact lenses instead?

Don't worry! Boots Opticians, in partnership with [ACUVUE®](#) and [TerraCycle®](#), have also launched a [recycling programme](#) to provide contact lens wearers with a sustainable solution for lens disposal. Simply drop off your contact lenses, blister and foil packaging into the recycling bins at local optical stores.

Boots

Boots are also trialling a [recycling scheme](#) where you can bring all of your other empty beauty, health, wellness and dental products (from any brand) that cannot be recycled at home. They will even reward you for doing so!

Just visit their [participating stores](#) and bring five empty products to one of the in-store recycle bins. They will give you 250 Boots Advantage Card points when you spend £10 or more - that's worth £2.50 - and they will track how many empties you bring back so you can see the positive impact you're making to the planet.



#MAKEONECHANGE

What one change can you make today?