

# FOOTPRINT

Hill House School

Cambian  
INTERNATIONAL SCHOOL

Edition #40 2022

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

## FASHION!

Fast fashion is one of the main polluting industries in the world. Excessive clothing production is harmful to our planet because it involves chemicals and waste. There are many clothing brands available now that utilise sustainable production methods such as low-impact dyes, upcycled natural materials and organic cotton to create eco-friendly fashion. There are lots of ways that we can all make one small change to be more environmentally friendly when it comes to fashion by following the REDUCE, REUSE, RECYCLE (3Rs) mantra used at Hill House.

## What Can You Do?

**REDUCE** your consumption of fast fashion and seek out sustainably sourced clothing wherever possible. Do you actually need to buy new?

Consider buying pre-owned clothing from charity shops or thrift stores both on the High Street and online. Buying second-hand has so many benefits for both you and the environment.



**THRIFT+**



Buy clothes that have been responsibly and sustainably sourced. The young people in Oaks have recently ordered clothing and underwear from Marks and Spencer. 100% of the cotton for their clothing is now responsibly sourced.

In partnership with the Better Cotton Initiative (BCI), they are empowering farmers to be more efficient with water, care for soil health, and respect biodiversity - all in an effort to slow down climate change.

Take good care of your clothes - wash them at lower temperatures, store them correctly and label them so they don't go astray.

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The Willows have made up some fantastic cloth bags to use for when items need labelling. This way they save on using plastic bags and paper labelling to say who it's for!



**REUSE** clothing or give them a makeover! The young people in Willows have re-used their ripped t-shirts to patch and repair others, giving them a new lease of life. They are also reusing buttons. But it needn't stop there! Why not be creative and turn old t-shirts into duvet covers or old jumpers into cushion covers. Don't forget art projects. The possibilities are endless!

**RECYCLE** 336,000 tonnes of our unwanted clothing in the UK gets thrown away every year. The good news is that there are lots of simple ways to keep all clothing in use, and out of the bin. Clothes and textiles that are in good condition can be donated and sold for re-use or dropped at your local recycling facility.

## #MAKEONECHANGE

What one change can you make today?



recyclenow