

FOOTPRINT

Hill House School

Cambian
SCHOOL

Edition #53 2023

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

EARTH DAY

On Saturday, 22nd April 2023, Earth Day will be celebrating its 53rd anniversary. The theme for this year's Earth Day is "Invest In Our Planet" continuing on the same theme from last year. It's a call for governments, businesses and individuals to invest in a better future for the planet.



Governments can pass regulations and promote a green economy. Businesses can invest in innovation. For us, it's about investing our personal time, using our political vote, engaging with our community, and spending our money in an "eco-friendly" way. 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.



#MAKEONECHANGE



All of the staff and young people at Hill House continue to make their voices heard at every opportunity by committing to being an Eco-School and using Bioregional's One Planet Living[®] framework to underpin everything we do.

Our goal is for everyone to be leading happy, healthy lives within the natural limits of our one

planet and we celebrate our progress regularly in our FootPrint newsletters, which are all published on the Hill House School website.



#MAKEONECHANGE

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BUGS!

It is that time of year when the ants and wasps will be venturing out to find their spring harvest. Like any other animal or insect, they will target the easiest food source and can be a nuisance when they come indoors. Chemical pesticides contain toxins that are harmful to children, vulnerable people, and pets. At Hill House, we are preparing to deal with any bugs that venture inside but in the eco-friendliest way possible.

Did You Know ...



Once ants are inside they will leave a pheromone (contact chemoreception) to signal others up to 200 metres away. Ants don't nest internally so if they are inside they are coming in for a reason and just killing some off won't stop them, the reason needs to be found. A single dry crumb can be detected by a forager ant up to 4 meters from the nest!

Start with a spring clean. Check that all food items in cupboards are in sealed containers. Keep all work surfaces and floors clean, paying particular attention to under units, cupboards, and behind appliances. Use an equal mix of white vinegar and water with essential oils in a spray bottle (or a water and spice version). Spray and wipe every surface, leaving it damp, especially at points of entry.

DIY Pest-Repellent Spray

1 teaspoon of chosen spice
(cinnamon, cayenne, paprika,
turmeric, salt or black pepper)

1 cup water

Spray away!



Wasps are attracted by warmth, light, perfumes, scented shower gels, food remains, dirty dishes, leftover meat, bright colours, and stagnant water. Keep your homes clean as one wasp will signal to others of a potential food location.



In the evening keep lights dim and windows closed. You can also repel wasps by growing mint, lemongrass, thyme, penny-royal, citronella, and eucalyptus on a windowsill. In short, encourage the bugs to stay outside where they are far more beneficial and fascinating to study!