

COMING *clean*  
THIS WINTER



Find out how you can help this winter, plus christmas crafts, food and more.

# After the last year, we're ready for change.

**Since the end of the pandemic, people have been fleeing to the streets to allow themselves to feel a sense of reality. We're no longer wanting to be sat inside, we want change, we want to be out again.**

I'm pleased that we're able to visit family and friends without being separated two metres apart and I'm pleased to see the streets bustling with people. With all this movement and change back to normality, the pandemic has really opened our eyes to new experiences and a new way of life.

I think people already look at life differently since they've exposed to the "real world" once again, so why not take this chance to make sure society is accepting a new normality, let's make plastic free packaging and green energy the new normal.

The pandemic, although an awful experience for many, has allowed people around the world to see nature in its natural, un-tampered form. Nature was able to push a temporary reset button, allowing natural phenomena to occur, as like in Venice, where shoals of fish were seen in the canals for the first time in 100's of years.

What can I really do to make a difference, you might ask? There's no simple, concrete answer to this question, but making conscious choices about your purchases, especially at a time of so much waste, where wrapping and presents are seen to be used by the tonne, why not look to sustainable/recyclable options, something with a less permanently damaging effect on the environment around you.

From seasonal produce to recycled swimwear, I hope that you will take a real interest in our fantastic range of articles, all written by students and staff of Pocklington School, I hope you're able to use them to make a real difference for yourself and the environment around you.

*Kai Swanborough*  
Magazine Co-Ordinator



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# COP26

## A look back at history...



**TIM MORRIS**

*Head of 6th Form & Geography Teacher*

**We are all well aware that there are many ways that we can do our bit, as individuals and local communities, to reduce our carbon footprint and mitigate climate change. These include:**



However, climate change is a serious current and future global challenge and therefore, if we are to effectively tackle it, we must also have international cooperation and commitment from national governments and transnational corporations.

The international political response to climate change began at the Rio Earth Summit in 1992, where the 'Rio Convention' included the adoption of the UN Framework on Climate Change (UNFCCC). This framework for action aimed at stabilising atmospheric concentrations of greenhouse gases to avoid "dangerous anthropogenic interference with the climate system." The UNFCCC, which entered into force on 21st March 1994, today has a near-universal membership of 195 nations.

Every year following this, an annual Conference of Parties (COP) has been held to review the Convention's implementation. The first COP (COP1) was held in Berlin, in 1995. However, not much was achieved beyond the realisation that there were concerns about the adequacy of individual countries' abilities to respond appropriately to advice being given by the scientific community about climate change.

Two years later in Kyoto (COP3), after intensive negotiations, the 'Kyoto Protocol' was agreed. This international treaty outlined a commitment to reducing greenhouse gas concentrations in the atmosphere. A series of 'Kyoto mechanisms' for achieving this commitment were also developed.

By 2005 (COP11), the Kyoto Protocol became law and over 170 countries agreed to reduce their carbon emissions by an average of 5.2% below 1990 levels by 2012. At the time this was a significant breakthrough, although the USA and Australia refused to sign the treaty.

In 2009 (COP15), world leaders negotiated the 'Copenhagen Accord', a political pledge to reduce emissions and to financially support less developed countries to help them cope with the impacts of climate change. The pledge, however, was not legally binding.

In 2015 (COP21), the 'Paris Agreement' was achieved; the first ever legally binding global climate deal. A key element of this agreement was to keep global temperature increase below 2°C, and close to 1.5°C, above pre-industrial times. As a result of this agreement, many countries made significant strides in reducing their greenhouse gas emissions. However, in 2017, the President of the USA announced his intention to withdraw his country from the agreement.

Despite the many attempts that have been made, global greenhouse gas emissions have continued to rise, as have global temperatures. COP26, held in Glasgow, follows a report by the Intergovernmental Panel on Climate Change (IPCC) which states that climate change is 'unequivocally caused by human activity'. The report also predicts that, by 2040, average global temperatures will rise by more than 1.5°C above pre-industrial times, causing more frequent and intense heat waves, droughts and extreme weather events. In the words of our Prime Minister, 'a red digital clock ticks down remorselessly to a detonation that will end human life as we know it – the tragedy is this is not a movie, and the doomsday device is real'.

COP26 is humanity's 'last and best chance to secure a liveable future amid dramatic climate change'. Over the 29 years since the Rio Summit in 1992, our level of understanding of the challenges we face has dramatically increased and at the same time new technologies have rapidly developed. Both of these factors equip us with incredibly powerful tools to tackle human induced climate change. With continued developments in understanding and technology, individual action, political will, cooperation between our leaders, and support from transnational corporations; I believe that a sustainable future for humanity still remains an exciting and achievable goal.

# THE PUSH FOR *electric*

**T**he COP26 event the start of November has allowed our attention to be turned to the problems we face due to our ever increasing warming and pollution fo our earth. These changes proposed have been “ground-breaking”, eye opening ideas and stories that inspire world leaders to play thier part in the recovery of our world.

For us, one single person isn't singlehandedly reduce thier countries carbon emissions, but we can all make a difference.

With years gone by electric cars have been seen to be “sluggish” being incapable to fulfil a car's purpose, travelling long distances and provide convinence, but in 2021 the market has changed.

102,498 more cars were bought in 2021 than in 2019 (from 72,584 to 175,082) within the UK, with 108,205 of those being fully electric vehicles.

I think those statistics show something great, a positive change and outlook towards driving “clean”.

If you're from the Yorkshire and Humber region, you're already doing better without knowing, as the region produces 23.73 terawatt hours per year from renewable sources, the highest production of renewable energy within the UK.

The government are keen to push forward the idea for an electric england, with their Office for Zero Emission Vehicles offering up to £2,500 off the price of new electric cars.

What makes electric benifical for me? A good question, you're bound to be scared by the intial investment of an EV, but when viewed as a long term investment, you're able to reduce your running costs from 0.158p per mile down to 4p - 5p per mile, a 72% reduction, on top of reduced road tax, plus you're doing your part to reduce the toxic carbon emissons emitted to our earth.



# the current *climate*

## **C**ould the pandemic have really helped the environment?

**During COVID, an “inadvertant experiment” has been seen to take place, where scientists around the world were able to observe the change in our earth with dramatically reduced activity.**

The pandemic saw China reduce their emissions by almost 18%, alongside the halving of air travel and a massive reduction of car use within the UK, US and across the world.

Nature was able to slowly reclaim and explore its lost territory. Fish were seen to be swimming within the canals of Venice, wildflowers were seen to grow and thrive on abandoned roadsides in America and wild baors were seen again taking to the streets of Barcelona in a hunt for food.

As great as this all sounds, nature and the climate was only given a very small window of opportunity to recover and regain control. As we venture closer to 2022 post-covid, we're seeing a dramatic increase in pollution, where 49 UK towns/cities saw an increase in air pollution, worse than prior to covid.

The climate news isn't all bad though, with the Paris agreement of less than 2 degrees C looking more likely since our decline in emissions due to the pandemic.

According to WHO, around 93% of children are breathing in polluted air every single day; the COP26 conference has shared a light on solutions that can be focused on to stop polluted air becoming more detrimental towards our health.

One of the companies mentioned was Otrivin with their “Actions to breath cleaner” campaign, which has been successful during its 6 month trial in Poland



to help increase air quality, whilst also engaging and teaching visitors the effect and future of air pollution.

The “Air Bubble” is able to harness its bioreactors, containing algae cultures that are able to “eat” the polluting molecules, capture CO2 and release

healthy, fresh oxygen; the great thing about the “Air Bubble” and project is that it's powered by a renewable source of energy, the sun.

This campaign is being used to educate and interact with children of today to help allow our climate to be healthier and less detrimental in the coming years.

# COMING *clean* THIS WINTER

**NIKKI ROBERTSON**  
Art Teacher & Eco Champion

**A**t a pivotal moment in the fight against climate change, we must all make a pledge to change at least one thing in 2022. With a focus on improving air quality and reducing pollution around the home, here are three important things to consider...

## FILL YOUR HOME WITH *plants*

Through photosynthesis, they convert the carbon dioxide we exhale into fresh oxygen, and it has been suggested that they can also remove toxins from the air. Of course, we would need a miniature jungle inside our homes to be dramatically improving air quality but the recent revolution in houseplants can only be a positive thing! The more plants and trees we have collectively, the less damaging gases in the air we breathe.

NASA's Clean Air Study found that there are a number of air purifying plants that can detoxify your home from the airborne toxins that can be found in a variety of household products, materials and furniture:

### **Mother-in-Law's Tongue/ Snake Plant:**

Apparently this plant releases oxygen at night helping you to breathe better while sleeping.

### **Aloe Vera:**

Said to purify the air of formaldehyde and benzene, found in varnishes, floor finishes, and detergents.

### **Spider plant:**

It has been found to absorb toxins including carbon monoxide. This is one of the few houseplants that is

### **Rubber Plant:**

A natural humidifier, recommended by NASA as one of the best for cleansing

### **Why not shop local?**

Find a wide range of plants online and in-store at Root Pocklington  
[www.rootpocklington.co.uk](http://www.rootpocklington.co.uk)



## HEAT YOUR HOME WITH AN ECO-FRIENDLY *log burner*

The first key element which makes log burning stoves far more eco-friendly than gas or electric heaters, is the fuel itself. Wood is a carbon-neutral fuel which means it does not produce more carbon dioxide than is already present in the carbon cycle. Any CO<sub>2</sub> that is produced by burning wood is simply reabsorbed by plants and trees and converted back into oxygen or stored as CO<sub>2</sub> in the plant.

On the other hand, fossil fuels, such as coal, produce far more CO<sub>2</sub> when burned and increase the amount presently current within the carbon cycle, the condensed carbon having being stored for millions of years and is then released into the atmosphere when it is burned. Most coal and other fossil fuels also must be imported, only adding further to the carbon footprint. By choosing to burn wood, preferably locally sourced, you are making a positive environmental decision.

Make sure the logs are dried and seasoned. Kiln dried logs produce much less smoke and damaging air particles. Look for local suppliers who plant new trees or offset your wood use by planting your own. The Woodland Trust offer free tree schemes to local communities: <https://www.woodlandtrust.org.uk/plant-trees/schools-and-communities/>

## LET'S ALL *stop idling*

Our Eco-Committee have focused on this a lot this term! We hate to see students, staff and parents with engines running as they wait in our car parks, and we aim to stop this entirely in 2022.

When an engine is running, it emits carbon dioxide, the main greenhouse gas responsible for climate change. Idling for more than 10 seconds uses more fuel and produces more emissions that contribute to air pollution levels and climate change than stopping and restarting your engine does. By switching off your engine when stationary, you completely stop these harmful emissions.

These pollutants have been linked to serious human illnesses. Young people are at greater risk of the health impacts of air pollution because their lungs are still developing. This makes it especially important to avoid idling on school grounds.

We are all hopeful for a near-future of affordable electric cars and more vehicles with modern stop-start technology which will eradicate idling fumes for good.

Some helpful  
videos from the  
Government's  
Clean Air  
Strategy:

Clean air strategy: Air pollution can affect anyone

[bit.ly/gogreen-aireffect](https://bit.ly/gogreen-aireffect)

Clean air strategy: Burning solid fuel in homes

[bit.ly/gogreen-solidfuels](https://bit.ly/gogreen-solidfuels)



## Grow Your Own winter veg

### Start growing your own vegetables this winter...

Home grown veg stores more nutrients due to short storage time. Freshly picked, home grown veg tastes amazing and provides much of our vitamins, minerals and antioxidants- especially if eaten raw.

Gardening improves physical and mental health- decreases heart rate and stress levels and boosts energy. A day in the veg plot is a great workout! You will sleep well after a day outside in the fresh air!

More economical. A packet of seeds is cheap but you can save seeds from the previous year's crop to make growing veg completely free. Some things store very well- I have sacks of potatoes and onions for use all winter while garlic, shallots and kale are growing for early spring.

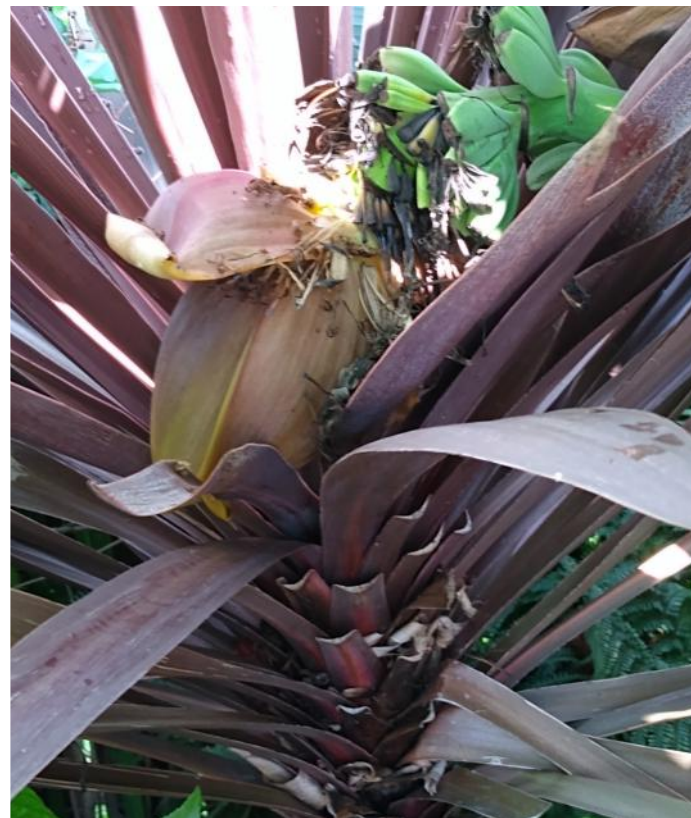
**Get inspired, see what some of the Pocklington School staff (Nikki Robertson, Manique Wilson & Clare Swann) have been growing & creating...**



“It takes at least 3 years to harvest asparagus...this year we taste the fruits of our patience!”



“The tropics comes Newton on Derwent...banana drama!”



# getting all wrapped up



**ALICE CORMELL**

Student

# In the UK, it's estimated we throw away **226,800 miles** of wrapping paper at Christmas. That's enough to go around the world **9 times**

**There are lots of things you can do to help the environment this Christmas. One way is to use eco-friendly wrapping paper. We waste a lot of wrapping paper at Christmas and it is a big problem. There are many different solutions, so pick one that suits you best.**

You can buy eco-friendly paper but unfortunately this might take some searching because some supermarkets might not have it. Eco-friendly paper does not have glitter or any shiny textures. It also needs to not have anything on the other side. This is because these are generally made with some sort of plastic coating. The label may say that it is eco-friendly, so look out for this.

Another interesting idea is making your own wrapping paper and then you know it is just paper without any plastic extras. You can get some white or brown parcel paper and decorate it however you like (as long as you don't use anything that doesn't recycle). Homemade paper looks great, and you can personalise it so that it matches the present. You can also just wrap your gifts in brown parcel paper, without decorations, and tie a ribbon around it, which looks equally nice.

One of the best ways to wrap your presents is to use spare material or material bags. This is better than paper because it doesn't involve needing to cut down trees to get the paper. Use material bags and possibly tie it with a re-usable ribbon.

Another option is getting any piece of material and wrapping it around the present, holding everything in place with a ribbon tied around it. If you do use wrapping paper, a common problem is using lots of sticky tape because this means you have to peel off the sticky tape before recycling the paper (which most people don't do). Try to only use three small strips of sticky tape on your presents to limit it to a minimum. If someone sends you a present wrapped in material, then reuse it. If a present is wrapped in paper, then try to either recycle it or peel off the sticky tape and reuse it.

Whatever you use, paper or material, you can reuse your ribbons from other people's presents.

There are many different ways to wrap your kind presents to others this Christmas. Why don't you try one that will be kind to the planet at the same time?



# Gifts: Picking sustainable, not suitable

**PHOEBE ANDERSON**  
Student

Christmas is a time of year with joy, family and giving gifts. However, the gifts that we give at Christmas are often very damaging to the environment. You may be happy on Christmas but the 125,000 tonnes of plastic packaging thrown out rather than recycled, in the UK, is a massive problem you can help fix. This statistic doesn't even include the number of trees thrown out or the presents that break due to being cheap alternatives. I will be sharing two easy ways you can make your gift giving and receiving 'Eco' friendly and amazing websites you can find 'Eco' gifts.

## Easy 'must do's' for this Christmas

The first easy alternative for your presents is making sure the packaging has no single use plastic. 32% of the world's single use plastic ends up in the ocean and at Christmas more and more single use plastic is lost at sea. This damages habitats for our marine wildlife and 100 million marine animals die each year from plastic waste alone. So next time you are going to buy a Christmas gift just watch out for the three arrows, they indicate the plastic is recyclable.

The second thing to remember when receiving gifts this Christmas is regifting. If you receive a gift you don't think you will make use of, remember regifting is always an option. As an alternative that is often frowned upon, regifting is not only a good money saver but also decreases the amount of production and carbon emissions to make and transport other gifts. Although one present being regifted doesn't make a large difference to industries; if everyone in the UK regifts one present this year that is the same as 67.22 million products that are not needed to be produced. So this Christmas, if you get a gift you don't think you will use, keep it in a box for next year or even consider giving it as a birthday present.

### [protecttheplanet.co.uk](https://www.protecttheplanet.co.uk)

Very affordable and has a range of gifts categorised for different types of people in your life. This site also plants a tree every time someone writes a review of their products. They also sell decorations and wrapping alternatives for your 'Eco' Christmas.

### [ecovibe.co.uk](https://www.ecovibe.co.uk)

As a more expensive alternative this site has many luxury Christmas gifts for the people you love. Also includes free UK shipping and prewrapped gifts. This site donates a percentage of their revenue to helping protect our rainforests.

### **Gift shipping still releases lots of carbon into the atmosphere.**

For the best alternative seek 'Eco' shops in your area or consider buying plants from local farm shops or farmers to give as Christmas gifts.

# the *unwrapping* of christmas

**C**hristmas is the time to celebrate with your friends and family and show the appreciation you have for them through gifts and surprises. It is possible to spend excessively on gifts for friends and family members as a result of the high street lure of “Christmas offers” all wrapped up in fancy looking packaging. And let’s not forget, we all send Christmas cards to almost everyone we know. However, is all this “thoughtfulness” at a cost to our planet?

Our consumer market is becoming increasingly concerned with eco friendly products, so you may be surprised to hear we threw away 227,000 miles of wrapping paper last year, that’s almost enough to wrap the entire moon!



To reduce the impact, we have on the planet, we must work together to produce less waste that could harm the planet, especially at Christmas time. For example, why not use biodegradable products? Did you know that most brown paper is recyclable and compostable? You can even buy recycled wrapping paper, so why not make a small change to make a big difference.

We buy over one billion Christmas cards each year, with the majority of these being thrown away after Christmas, leaving a huge amount of environmental waste. But don’t worry because there are alternatives that we can embrace this year! For example, try encouraging others to not get you a card this year, or upcycle the cards you do receive. Why not even send an Ecard instead this year?

In conclusion, the amount of waste produced from presents and cards alone (let’s not forget wasted food and rubbish) at Christmas is astonishing and is severely damaging our environment. It’s an important tradition to show appreciation of loved ones through gifts and cards although we must embrace alternative solutions to how we provide this. From simply swapping to brown paper or sending Ecards to getting creative and making homemade gifts without all the packaging we can make a huge difference.

**BEN VAHEY**  
Student



# Eco Decorations FOR THE HOME

**Although it is time to start thinking about putting up the decorations, it is also a good time to consider their impact on the environment.**

Most decorations are not recyclable, so at school we made some paper chains (in replacement for tinsel) from old, ripped books and stars from used cereal boxes, which are easy to copy and can be hung on your Christmas tree.

The tree is a big part of everyone's Christmas, but as far as the environment is concerned, it is what you do with it afterwards that matters, real trees make great compost and plastic ones can be reused.

Why not ensure your Christmas is a little greener, by creating your own decorations from old materials and ensuring your tree is composted after use, or reused.



**ISABEL TOMPKINS**  
*Student*





**Our Eco Committee visited All Saints' Church today to decorate a tree for the Christmas Tree Festival. They have crafted stars, decorations & chains from old books and cardboard boxes and printed their own wrapping paper.**



# SEASONAL SUSTAINABLE

## recipies



**As we head into the colder winter months, comfort flavours become more appealing, below are a few easy, seasonal soup recipe suggestions to inspire seasonal shopping...** and there are a lot of benefits to eating seasonally, such as;

Buying local and seasonal vegetables will reduce the carbon footprint of your shop and encourage new flavoured recipes.

Choosing In-season veg means you get the best quality and freshness of the season, when crops are in demand throughout the year they can be modified to avoid disease and increase quantity, this can reduce the nutritional benefits in the produce.

We are provided with all the fruits and vegetables our body needs when it needs it, for example Citrus fruits are high in vitamin C which helps us ward off infections like colds and flu this time of year and are typically harvested through the autumn months.

Winter root vegetables are perfect for batch cooking soup, stew and casserole and are full of the antioxidants and vitamins we need this time of year. Whereas summer fruits protect against sun damage by boosting beta-carotenes and other carotenoids and give us more sugar for energy.

Eating seasonally is also more cost effective and reduces our impact on the environment by reducing the demand for out of season fruit and vegetables, this also allows us to support more locally produced foods, meaning less transport, less refrigeration, less irradiation for preservation, no other overseas contamination such as chemical pesticides, our regulation on pesticides can vary wildly from other countries, some of these chemicals have been banned here for their known harmful effects on health.

Buying in bulk when things are in season and then freezing can help you have certain options throughout the year too.

Make conscious Choices to buy loose Veg wherever possible to reduce packaging, this can often reduce the price and you may find this also helps to avoid food waste.

Here are some recipes to try that are good for your health, immune system, mood and heart!

I Hope you enjoy them.

**OLIVIA MORRIS**

*Art Teacher & Eco Champion*

## Did you know?

**Carrots** - High in vitamin A, K and C, also great for digestion

**Sweet potatoes** - Supports immune system, may even reduce the risk of cancer, help with digestive health and eye health

**Peas** - Contains vitamin C and E, zinc and other antioxidants, help to lower risk of diabetes, heart disease and arthritis

**Leek** - Contains qualities that can promote anti viral, anti-inflammatory, cancer and heart protective, promote weight loss and protect your brain.

# LEEK & POTATO SOUP

## You will need

- **1 medium onion** - finely chopped
- **3 medium potatoes** - cleaned and cubed, leave skins on for most nutrition
- **2 leeks** - washed and trimmed then roughly chopped
- **1 tsp fresh or dried thyme**
- **1 ltr chicken/veg stock**
- **1 tbsp butter**

## Let's get cooking

Gently melt the butter in a large pot.

Add the chopped onions and leeks and sautee on a medium heat until soft - if the onions start to brown, reduce the heat.

Add the cubed potatoes and stock, then throw in the thyme and simmer for around 20 minutes (or until the potatoes are cooked).

Remove from the heat and blend until smooth

Season and serve with plenty of black pepper.



# SWEET POTATO, CARROT & CHORIZO

## You will need

- **1 medium onion** - finely chopped
- **A splash of olive oil**
- **2 leeks** - washed and trimmed then roughly chopped
- **200g carrots** - peeled and chopped
- **2 medium sweet potatoes** - peeled and chopped
- **2 tsp smoked paprika**
- **600ml chicken/veg stock**
- **300ml milk/coconut milk**

## Let's get cooking

Melt the butter in a large pan, then add the oil and butter, cook on a medium heat until the onions have softened.

Add the chopped carrots and sweet potato and stir in the paprika to coat the veg.

Pour over the stock and bring to the boil, cover the pan and simmer for 20 minutes or until the veg is tender.

Take off the heat and blend, return to the heat and add the milk to your preferred consistency.

(To add bacon or chorizo, chop into small pieces and fry in a pan, then stir into the finished soup)





# Climate change, compromise and community

**If climate change and the struggle for carbon neutrality, net zero, 1.5% or whatever other target you choose, has taught us one thing, it's this: people are often not very good at working together on a grand scale. All too often compromise, political influence and self-interest affect outcomes and the mirage of a promised land is rarely reached.**

Take the Paris accords of 2015. Hailed as a legally binding international treaty on climate change, their goals were to limit global warming to well below 2 degrees, and preferably 1.5. To achieve this long-term temperature goal, countries aimed to reach global peaking of greenhouse gas emissions as soon as possible to achieve a climate neutral world by the mid-century. A laudable set of goals.

Fast forward just two years, to June 2017, and Donald Trump announces his intention to withdraw the USA from the agreement. Speed ahead another three years, and in November 2020, this decision is enacted. The USA withdraws from the agreement and an outpouring of anger and celebration ensues, depending on whose side you're on. Fast forward again another few months and Joe Biden's government agrees to re-enter the agreement. A topsy turvy set of U-turns and volte-faces if ever there was one.

## **TOBY SETH**

*Headmaster - Pocklington School*

2021 arrives and COP26 was hailed as a chance for the world to set this type of discord to one side and join together in the fight against climate change. Whether you agree with Greta Thunberg's description of this as just more "Blah, blah, blah" or reflect on the fact that neither President Xi of China nor the Russian President Vladimir Putin attended the summit it's clear that it wasn't all as rosy as it might have been. The final agreement, whilst successful in many ways, was no silver bullet. India and China declined to agree to stringent reductions in their coal use and compromise was again the watchword. We could debate long and hard over whether developing countries should have the right to behave in precisely the same way as Great Britain did during the industrial revolution, but it's surely of more use to focus on what we can do at a local level to put pressure on those in higher office.

And so I'm proud to see the level of action now underway at Pocklington. Whether in the Prep School or Senior School, it's clear that climate action is a key priority for our pupils. Farmers or financiers, we all understand that action is needed. This magazine is an example of this, as are the trees we're planting, solar panels we're installing, bird boxes we've built, murals we've painted and of course the Eco-Committee we've formed.

Lockdowns reminded us of the importance of our local community. Action against climate change can happen on an equally local basis. Thank you to all in our community who are working to make a difference.

# The 6<sup>TH</sup> FORM PASTORAL PROGRAM

With the introduction of the new school timetable in September, this gave us all time to reflect on what we wanted to see happen within the Sixth Form Pastoral program.

With that in mind, one of the days was given over to a topical current affairs debate where each member of the tutor group picks a subject that they would like to discuss, opening ourselves up to new ideas, considering other people's opinions and learning something new about the world we live in.

A great many themes have been discussed but the topic of the environment has obviously centred a great deal in the student's minds. From the recent COP26 that highlighted to us all the world events that are being considered to try and counteract the impact of climate change, to a discussion in one tutor group about the USA's decision to implement offshore wind farms.

For all the students, the important thing for them (and us) to consider from these discussions, is looking at the positives impacts we can all have on the environment no matter how small. Reuse that Christmas jumper from last year rather than buying a new one, turn off that car engine when parked.... Every small step we take can add up to a big one and that is a great ethos for our sixth form students to adopt!

**HELEN ALEXANDER**

*ICT Teacher & Gruggen 6th Form Headmistress*



**Plug and** *play*  
It's EV for me...

**MANIQUE WILSON**  
English & Computing Teacher



“ I was faced with the predicament over four years ago to change my car but what do I go for? ”

**I have been called a “car snob” in the past due to sitting behind the wheel of a Mercedes, Jag and BMW however, back in 2017 things were beginning to change on the car market. The word hybrid was entering our vocabulary and EV was a post-industrial vision. My search for a better solution started where reducing fuel costs, helping bring down emissions and doing something for the environment had to be a consideration.**

The EV market was not something I knew a great deal about and extensive research left me with little choice. My car snobbery was going to be ditched as those brands were way behind the technological advancements of Nissan, Renault and of course the iconic Tesla. Thinking back to four years ago, I remember price was a big factor and this has not changed today. My purse could stretch to a used Nissan Leaf, in black that I aptly named “Treacle” as it was my electric vehicle! What a revelation. No petrol costs, zero road tax and with a charger installed at home it was plug and play. It was very welcoming for the government to support this green initiative and offer a free home charger and encourage the zero emissions movement as opposed to driving an ICE (internal combustion engine) vehicle. Unfortunately, that same backing is not in operation today – an investment of over £350 will see you kitted up with a charging point in your home – this could be an issue in urban areas.

So did I benefit from by driving an EV? Hell yeah; The feel of instant torque is crazy, first off at the lights and vrooom but without the vrrrrr! The quiet battery powered engine kicks off silently and away you go. No idling so no more burning of fuel as I sit in traffic. Not to mention the virtuous feeling with your green sticker to announce that you are doing your bit for the environment.

The downside has to be range anxiety. My first Leaf offered me 95 miles max before needing another squirt of power so journeys would need to be planned carefully – the thought of being stranded without charge would not sit well for some people but then ICE drivers need to keep an eye on their petrol gauge. Horses for courses!

The four years with my Leaf were problem free and it has been one of the most enjoyable cars to drive. Furthermore, I must tell you about the app. While enjoying my breakfast on a wintery morning my Nissan app will allow me to pre-heat the seats, defrost the windscreen and even warm the steering wheel. Cosy.

I am a convert to green driving so much so that I have upgraded to a lovely Leaf 2 that now offers me 165 mile range. I am really going places now... why not follow me out there...

# OP Leads The Way In *Sustainable* Business



OP Zanna Van Dijk and her business partner's eco-friendly swimwear company has received Government recognition as a sustainable business and named in the Forbes 30 under 30 for retail and ecommerce.

**RACHEL DARE**  
OP Liaison Officer



In celebration of International Women's Day in March, Stay Wild, the eco-friendly swimwear and essentials company co-founded by OP Zanna Van Dijk (99-10) and Natalie Glaze, was recognised by the UK government's Department for Business, Energy and Industrial Strategy (BEIS) as one of three female-founded brands leading the way in sustainable business. Further accolades followed in April when the company's founders were also named in the Forbes 30 under 30 for retail and ecommerce.

The London-based business created in 2019 prides itself on producing timeless pieces with a purpose. Made from sustainable fabrics regenerated from unwanted waste such as plastic fishing nets and wood pulp, the range includes stylish bikinis, one-pieces, underwear essentials and t-shirts.

On being recognised by the Department of BEIS Zanna said: "I am thrilled that our business has been celebrated by the UK government in this way. After pouring so much passion into our brand and never compromising on our ethos along the way, it is incredible to get this sort of recognition."

"We basically wanted to show people that you can create something which doesn't have to compromise. You can not only be beautiful and fashionable, but you can also be ethical and sustainable."

It is evident that sustainability is at the heart of everything the company does. Zanna explained: "We make our pieces in a small, zero-waste factory in London, keeping things local which reduces our carbon footprint and for us it's thinking about every detail with the planet in mind."

"We advocate conscious consumption and encourage our customers to buy less but buy better. We aim to make beautifully designed, high quality pieces which are made to last. So, the idea is that instead of shopping for new swimwear every season, you invest in one of our pieces and use it for years to come."

Stay Wild has also launched a swimwear recycling scheme, the Circularity Project, accepting any brand of worn down and broken swimwear which instead of going to landfill can be recycled and repurposed into eco industrial products such as eco-carpet underlay. For more information about the business, visit the website or social media channels: Instagram and Facebook .

Explore  
StayWild

@staywildswim

www.staywildswim.com

# GOING *green*

IN THE NAME OF FOOD



**KAI SWANBOROUGH**  
*Student*

**Our catering department and dining hall have seen great changes since the start of the new term. We welcomed our new hospitality and catering Manager,**



I was also pleased to find out that the school's oil from fryers are recycled with a company who are then able to turn the oil into "reusable" bio-diesel.

As mentioned, since we've welcomed the new changes with our menu we've been given a great range of fresh food, which was one of the main aims for the head of catering when he started here at Pock; There's no more processed food, with fresh food and fresh ingredients, the catering staff are able to create for a

better quality, higher nutrient packed meals that also allows us to "cut down the factory waste, packaging and delivery".

This same strategy has been applied to most frozen vegetables too, where they're able to

reduce the amount of electric used by ensuring the use of fresh vegetables.



I was also happy to see the catering staff get

involved in developing people's perception of foods and develop their knowledge; the dining hall welcomed in Celeriac foods for people to sample a few weeks ago. I think this is a great step forward to allow people to think what they eat and what it impacts.

After our meeting, I was pleased to hear that the catering staff are open to any new projects with the eco-committee and that they're happy to look forward to becoming more green, in the name of food.

**Mr Freeman-Hacker. As a student, I've been able to see the variety of changes first hand, and I'm pleased to say they're changes for the better.**

We've seen a complete overhaul of the food within the dining hall since the start of the term, welcoming in a more limited, but healthier selection of main meals that are accompanied by a wide selection of fresh vegetable sides.

With our new menu, we've seen single use plastic almost eradicated from the canteen, with everything being served fresh and in re-usable crockery.

I sat down with Mr Freeman-Hacker near the end of this term to get an idea of all the new changes and future plans for the dining hall & catering department.

It was great to hear the conversation start off with the mention of "ethical and locally sourced produce". I was told that "the school is now supplied meat locally from Laveracks Butchers (Holme Upon Spalding Moor), our fruit and vegetables are now supplied locally too from Browns the greengrocers (Pocklington) and we're also getting free-range eggs from Elliots in Driffeld"; the aim of supporting local not only ensures high quality produce, but ensures that there is a closer "farm to table" relationship between the school and its produce, travelling less miles, reducing their overall carbon footprint.

The dining hall does offer takeaway boxes as an alternative, but the team have specifically picked biodegradable boxes in an effort to eradicate any single use plastic and reduce waste.

# WILDLIFE IN ACTION

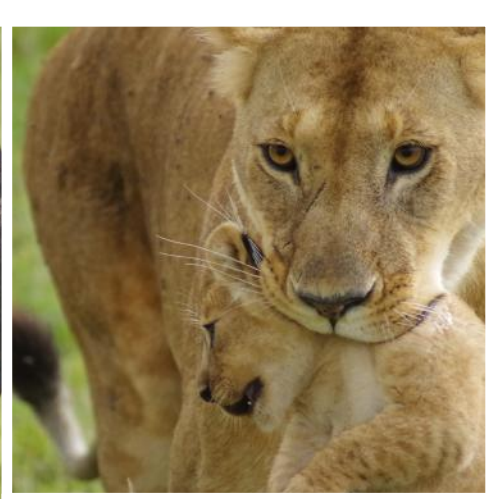
## Masai Mara, Kenya

A fantastic arrangement of photos taken by Louise Tomlinson, exploring wildlife in their the natural habitats.

**LOUISE TOMLINSON**

Student





# WORKING TOWARDS A *greener* SCHOOL

Across the Pocklington School Foundation, positive changes are occurring, with more planned to enhance the sustainability and efficient of the school.

## *what pupils are doing*

### **Eco-Committee**

The student-led Eco Committee which was established in 2019 and meets once a week, made sure that the school gained a Bronze Eco Schools Award and are now working towards silver.

### **GoGreen Magazine**

The GoGreen magazine is an online-only publication with its own website which enables students to share eco ideas. It is produced, designed and edited by students across all year groups.

### **Bird Watching**

Pupils across the Foundation have taken part in the RSPB Big Bird watch.

### **Bird Boxes**

Members of the Eco Committee have installed donated birdboxes/bug hotels around the school grounds.

### **Tree Planting**

Both Senior and Prep pupils planted around 30 trees on unused school land in Pocklington, hoping to create a small wildlife area.

### **New Wildlife Meadow**

A current Lower Sixth Former has designed a wildlife meadow area which we aim to build

### **No More Engine Idling**

Pupils are currently putting together a campaign to reduce engine idling around school, making posters, flyers and notices.

### **Litter Picking**

We have a team of litter pickers who use their lunchtimes to help keep the site litter free. Pupils have also taken part in local community litter picking.

## *the school also...*

Encourages everyone to power down unused IT equipment

Has a cycle to work scheme

Turns of lights and recycles materials across the campus

Issues school reports, newsletters and notices electronically

Uses eco-friendly cleaning products

## what's on the curriculum

Environmental issues incorporated into the school curriculum, encourage pupils to think about climate change, ask questions and consider ways they can reduce their own carbon footprint.

### Design

Investigations are made into sustainability and eco issues in new products and materials in Design lessons.

### Biology Competition

Pupils took part in a competition in Biology to study changes in fungi caused by climate change.

### Cross-Curricular

The school is planning for a crosscurricular project encompassing Geography, Art and Computing, which will investigate how technology has had a positive impact on the environment.

### Learning From The Environment

As part of the tree planting exercise at Clockmill Lane, Prep pupils learnt about how trees reduce carbon dioxide in the air in the Lent Term.

### Mural Making

Lower school are working as a team to produce a mural of Greta Thunberg below a melting iceberg, surrounded by rainforests and endangered animals. It is hoped the mural will encourage Lower School pupils to think about climate change.

### Curiosity Project

Curiosity Project questions at The Prep School have examined various aspects of climate change, pollution and sustainability.

### Mind, Body and Soil

Pre-Prep's Mind, Body and Soil activities look at sustainability, how we grow plants and food and what we can do to look after our local environment.

## what our support services are doing?

### Solar Power

Two photovoltaic systems (solar power) have been installed in the Tom Stoppard Theatre and the Art and Design Centre, with more in the pipeline.

### Lighting

Removal of non-LED lights across the campus.

### Petrol To Electric

Changeover of grounds and garden equipment from petrol to electric power.

### Buying Local

Our catering team makes sure that the majority of fresh produce is sourced from suppliers in Pocklington and the surrounding area.

A hiker with a backpack stands on a dark, jagged rock peak. The background shows a vast mountain range under a clear, light blue sky. The hiker is wearing a blue shirt and brown pants.

# GoGreen Magazine



**eco**  
committee  
POCKLINGTON SCHOOL

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