

MAY 8TH 2024

PLASTIC FREE DAY

SCHOOL PACK





Hello!

Thank you for signing up and taking a really important step to helping the next generation understand how important our ocean is. We believe that one person's actions, voice and beliefs do matter. Let's go!

Our Plastic Free Day began in 2018 and this year's event falls on May 8th, 2024! It aims to be the biggest celebration of community action to tackle plastic pollution and plastic waste. We want schools to invest in a whole school-shared event that allows pupils to learn, question, create, and most importantly inspire hope and optimism in children and adults to make small steps to help us battle against plastic pollution.

This year, to celebrate our very own plastic-free day, we focus our activities on the theme of **'inspiration'**. In this pack, you will find background knowledge, activities, and competitions to support you in encouraging the children to feel in control as they tackle the concept of plastic pollution

The main thread of this pack is the key question **'Can one person make a difference?'**. We know that talking about the state of plastic pollution can seem daunting and possibly lead to anxiety which is why we have again included ways to reduce eco-anxiety in children. We believe that by taking part in this day the children will feel a sense of belonging, that they matter, and that their future is safe because yes, one person does make a difference.

Why not hold a 'blue' non-uniform day and ask for a small donation to raise money for charities trying to combat plastic in our oceans, ahem, we know a great local charity, one that would be super grateful for any fundraising! Or could you invite families to join you for a plastic/waste-free picnic for the day, we would love to see how well your pupils rise to the challenge so please tag us in social media!

Final Straw Foundation



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Background Knowledge

The oceans are the largest life-sustaining resource on our planet.

The oceans cover around 70% of our planet, and we've explored just 10% of our oceans' contents. Research shows us that they contain around 80% of all living organisms. We simply cannot exist without our oceans.

We need them. They provide our planet Earth with a moist, liveable climate, full of oxygen from the trillions of microscopic plants, and provide close to 100 million tons of food each year. Our oceans also help us to breathe by producing oxygen and absorbing carbon. Therefore, we must look after our oceans because if we don't, we are only harming ourselves!

Although it is difficult to identify exactly how much plastic there is in our oceans due to micro-plastics. Most scientists estimate that around 12 million metric tons of plastic gets dumped into our oceans every year—that's on top of the already estimated 150 million metric tons currently circulating in our oceans. Traveling on ocean currents, this plastic waste is now being found on every beach around the world, from British beaches to uninhabited Pacific islands. It's even being found trapped in Artic ice and in the trunks of Silver Birch trees!



The effect plastic is having on wildlife is harrowing. Large pieces of plastic are entangling sea birds and creatures such as turtles. Whereas smaller pieces, called microplastics (less than 5mm), are being eaten by sea animals from tiny plankton to enormous Whales. According to the Ocean Conservancy, plastic is found in over 60% of all sea birds and 100% of all sea turtles. Plastic is now entering every level of the ocean food chain and is even ending up on our plates!

The world produces around 400 million tons of plastic waste yearly – this is set to double by 2034. 50% of this is single-use plastic & only 9% has ever been recycled. Did you know that 98% of single-use plastic products* are made from fossil fuels?

We must challenge our dependency on single-use plastic by choosing more sustainable solutions when we shop. We need to apply pressure to manufacturers, retailers, and policymakers to ensure that we drastically reduce the amount of plastic waste entering our oceans. We need to return to buying quality goods that last so they can be fixed or reused rather than relying on plastic waste and just throwing it away.

There is always hope and that combined with knowledge is power – let's go save our oceans by inspiring hope, action, and change for our next generations!

*World Economic Forum



Inspiration

The theme for our pack this year is based on inspiration. The definition of inspiration 'is the process of being mentally stimulated to do or feel something, especially to do something creative. Children are concerned about the environment and want to know about the impact it is having now and how it will impact their futures. Children are stimulated by this issue and it conjures up feelings of passion, enthusiasm, and hope.

However, with all the news, pictures, and doom and gloom it can seem very quickly like there is no hope. As teachers, we know about Maslow's hierarchy of needs: all children (and adults) need to feel safe, a sense of belonging, and that they matter. So how do we ensure children don't feel despair and anxiety when learning, hearing, and talking about our planet's struggles?

Eco-anxiety is real, it's an extreme worry triggered by an awareness and understanding of current and future environmental damage caused by human activity and climate change. Elisabeth Kübler-Ross famously described the five stages of grief as denial, anger, bargaining, depression, and acceptance. The term "ecological grief" has been used to understand the loss humans experience due to ongoing environmental destruction. In these times it's vital we take back control and just keep moving forward. We don't want to eliminate children's anxiety but we want to teach them to learn to manage it and act upon it.

After reading *Hope is a Verb* by Emily Ehlers, we felt inspired to share some of her great ideas to help reduce Eco-Anxiety.

As teachers, we can show confidence that they're going to be okay, that they will be able to manage it. You can reassure them that when we face our fears, anxiety will lessen over time. You are not going to ask them to do something they can't handle.

So how do we deal with our eco-anxiety and move forward?

- Identify what it is that triggered you.
- Do you have any control over this situation?
- Write a list of all the things you **cannot** control
- Now write a list of all the things you **can** control get them out your head then ask yourself – what if now is your time to make a difference?

These activities can be used to remain hopeful and **reduce anxiety**:

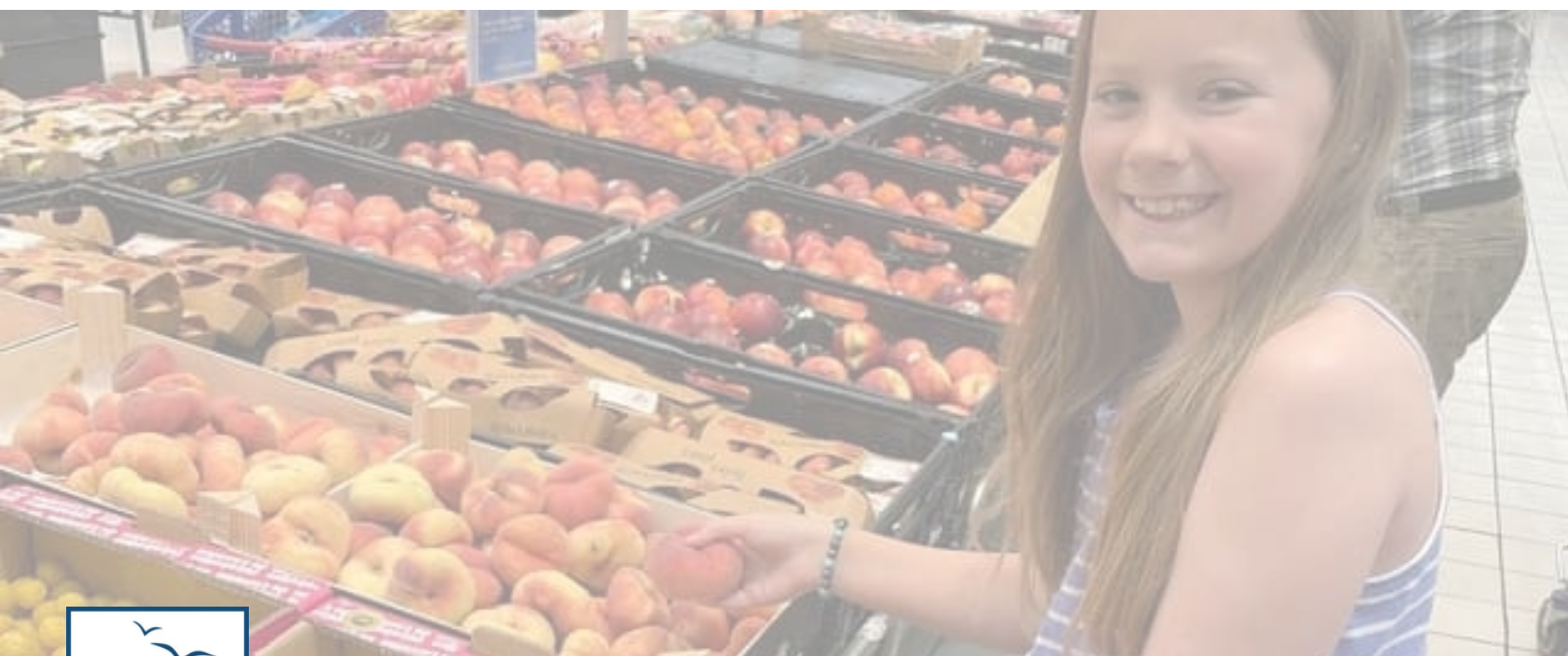
- **Keep a Joy Journal** – could be once a day, a week, or a month. Note when you feel joy (lose track of time, energy is high and you feel buzzed) and moments of meh (time drags, you feel bored, have no energy, feel tired/sad/drained)
- **What else could this be?** – give children images or items and ask them to come up with alternative possibilities
- **Is this a problem or an opportunity?** – give children a description or image of a big problem and ask them to think and suggest what opportunities might arise. e.g., a new place to explore, a new dream, to help someone, to use that item, to learn a new skill
- **Get outside in nature**– connect with nature through play, a walk, gardening, reflection, a litter pick– allow children to appreciate what they are fighting for
- **Wider community** – Get the families and wider community into to show there is a sense of belonging and care from others e.g., nature walk, reducing single-use plastic challenge, repair and reuse events

A Plastic Free School

We have worked with over 12,000 pupils to help them identify how to reduce plastic waste and their reliance on it. We know eco-councils are at the heart of schools for driving change and inspiring all pupils and staff to strive forward with environmental aspirations. However, did you know that the DfE Sustainability and Climate strategy for education settings wants to build on the Children and Nature programme.

This strategy, states that the DfE and education sector have a 'joint responsibility for preparing children and young people for the challenges and opportunities they will face – with the appropriate knowledge, skills and pastoral care. We don't expect schools to be completely plastic free or to do this on their own, so join us and make a start with the tasks below:

- 1.) Complete the plastic audit for the school**
- 2.) Analyse the results**
- 3.) Create a plastic action plan to highlight 2 to 3 targets**
- 4.) Communicate your successes with other schools, parents, governors**

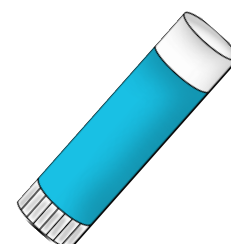
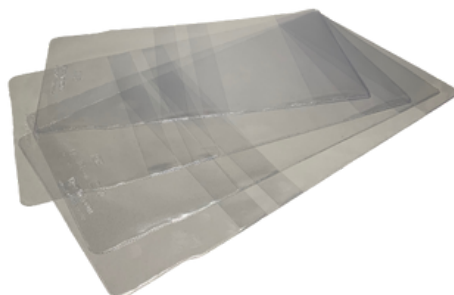


Plastic Audit- Daily			
Item	Daily total	X 365 =	Yearly total
Plastic bottles		X 365 =	
Plastic cups		X 365 =	
Plastic drink cartons		X 365 =	
Plastic resealable bags		X 365 =	
Plastic clingfilm		X 365 =	
Plastic cutlery		X 365 =	
Plastic plates		X 365 =	
Plastic dessert pots		X 365 =	
Food packaging		X 365 =	
			Total

Plastic Audit- Monthly			
Item	Monthly total	X 12 =	Yearly total
Plastic pens		X 12 =	
Plastic book covers		X 12 =	
Plastic sticker/label sheets		X 12 =	
Laminated pieces		X 12 =	
Glue sticks		X 12 =	
Other stationary e.g., rulers		X 12 =	
Plastic resources		X 12 =	
			Total

Make a change: Choose 2 – 3 items you want to reduce in the next year. What can be refused completely? What could be swapped? e.g., highlighting pencils vs pens, bulk buying pva glue rather than glue sticks, recycling more plastic etc. Put it into a plan and tell the school what you are doing!

Plastic Action Plan				
Objectives <i>(List of goals/targets)</i>	Tasks <i>(What you need to do to achieve those goals and who)</i>	Success Criteria/KPIs <i>(What will you need to measure to know you have been successful)</i>	Time frame <i>(When will these tasks need to be completed by)</i>	Resources <i>(What will you need to complete tasks)</i>





A Call to Action

Please read through these activities and adapt them to suit your pupils!

Be mindful of the language that is used when talking about the issues our planet faces. It's vital that you model language that is inspiring and encourages creation. Have a look at some examples below..

If we say this....	Then try this....
I can't do that	I can't do this yet
There is no point	What if I can make a difference?
We're doomed	We're learning
Let's stop this	Let's change this
I should do...	I CHOOSE to do....
The world is broken	The world is capable/resilient
We need to stop littering the playground	We get to stop littering playground



- **Vote** – involve the children in plans and ideas to reduce plastic waste
- **Swap Shops**- Encourage the children/PTA to set up swap shops (fancy dresses/books/toys/uniforms)
- **Litter picks** -you could even make it a fundraising event (a pound for a pound!)
- **Celebrate** - 'ploggers' and 'plalkers' (the act of picking up litter whilst walking/running to school) which class collects the most on the way to school? At playtime?
- **Reduce** single-use plastic – audit, analyse, and plan to tackle it. Collect plastic waste separately- monitor and record it- take it to where it can be recycled

Snack Time

What might seem to be a small moment in the day, can be a monumental chance to impact the world. At the next snack time ask these 3 questions:

- **Where did it come from?**

(Local or global?)

- **Who did it come from?**

(Sustainable/fair trade/animals humanely treated?)

- **How did it come?**

(What was it packaged in? Is there a lower waste option?)



English based activities

Write a letter to an environmental role model – Look at the letter we received from David Attenborough after we wrote to him! We want your children to research key environmentalists who inspire them. Here's a list to get you started:

- Sir David Attenborough
- Greta Thunberg
- Leonardo Dicaprio
- Solitaire Townsend
- Sunita Narain
- Boyan Slat
- Chris Packham
- Tiza Mafira
- Stiv Wilson
- Finlay Pringle
- Chanté Davis



For KS1 you could choose a key person for the whole class to learn about and create the letter as part of a shared write. Remind the children to include why they are inspired by the person, how it makes them feel, and what action they want to take in response. Send your letter off and fingers crossed you get some more inspiring responses!

A Comic Strip titled 'Nurdle Domination' - This is an opportunity for pupils to learn about the devastating effects nurdles have on our oceans and environment. We ask that you review the following videos to ensure their suitability for the age of pupils you teach and then provide time to share the following news clips:

- [Nurdle Spill South Africa](#)
- [Nurdles polluting UK beaches](#)
- [Plastic Pollution in Our Oceans](#) (TW dead birds)
- [WWF PLastic Pollution Film](#)

Ask them to research nurdles using the following websites:

- [nurdle hunt](#)
- [nurdle.org](#)
- [FIDA nurdle project](#)
- [Nurdle Soup Research project](#) (ceased in 2023 but research remains)

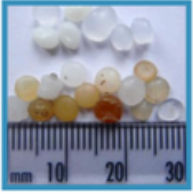
To help pupils understand what a nurdle is use this following identification chart from FIDRA.

IS IT A NURDLE?

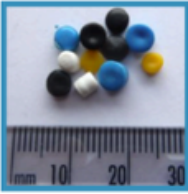
A Nurdle Identification Chart

Please have a good look at these to make sure you spot any red herrings!

YES These are nurdles, or pre-production plastic pellets, used by manufacturers to create new plastic products. **Please count these for the survey**



-2-5mm in size.
-Rigid plastic.



-Disk or lentil shaped.



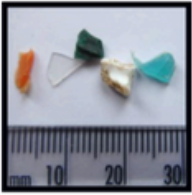
-Clear or opaque
-various colours

NO

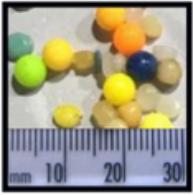
These look similar, but they're not nurdles!

Feel free to pick these up, but...

Please don't count these for our survey



Secondary microplastic:
-Angular fragments
-Irregular shapes



BB gun pellets
-Spherical
-Brightly coloured



Expanded polystyrene
-'squishy' beads.



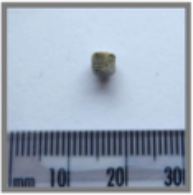
Crinoid fossils!
- Variable sizes
- Deep ridges
- Not plastic!

?? BIOBEADS

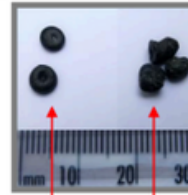
A pellet used to help purify water. These are made of plastic, but have a wrinkled / ridged surface and tend to have irregular shapes. **Please let us know if you spot these!!**



Often **black** / grey but can be green-blue or beige



Look out for a wrinkled / ridged surface.



Nurdle (smooth) Biobeads (bumpy)




www.nurdlehunt.org.uk



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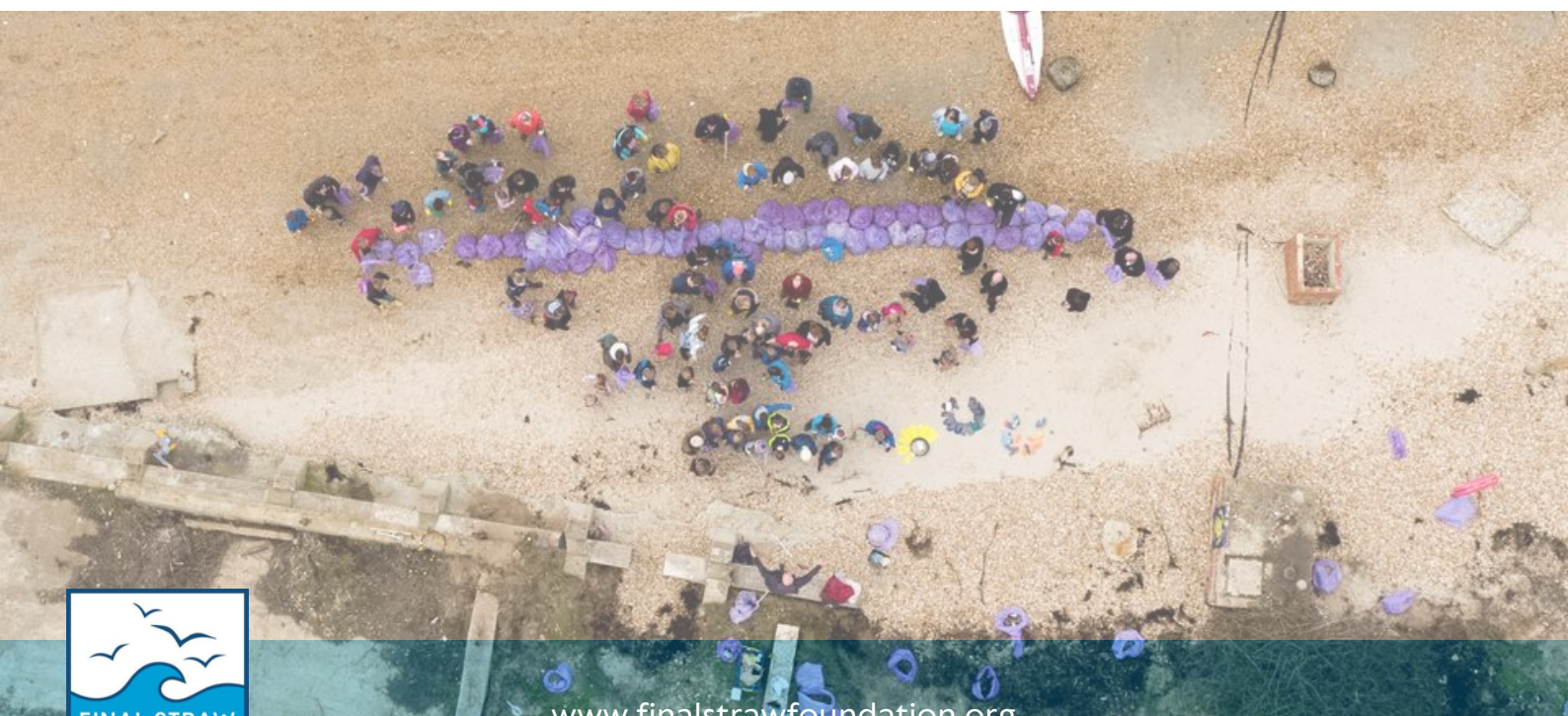
www.finalstrawfoundation.org

Global Plastics Treaty 2040

Through the endorsement by 175 nations of a UN resolution for an international legally binding agreement, the Global Plastics Treaty (GPT) is set to change how plastics are designed, produced, and recycled. The historic agreement will see topics such as the lifecycle of plastics and ocean pollution be addressed and is expected to drive new collaborations and innovations throughout the sector.

Write your school's own plastics treaty:

- Understand your school's use- audit the amount of plastic waste at lunch and in class
- Create a class list of single-use plastic items and offer replacements
- Identify audience and purpose (to persuade your school community to reduce the amount of single-use plastic)
- Share a great teacher example, persuasive word bank, and our technical vocab bank!



Modal Verbs

can will
may must
shall be
should would
have to
ought to

Modal Adverbs

definitely
certainly
absolutely
responsibly
necessarily
decidedly

Persuasive Devices

Use powerful statements
Use rhetorical questions
Tell a personal story
Give an expert's opinion
Use statistics
Use repetition

Persuasive Phrases

I implore you....
Its is imperative that....
Wihtout a doubt....
Now is the time to.....

Technical Vocabulary

plastic
pollution
environment
waste
single-use
ocean
circular-economy



Maths Activities

Guess the length Game

Select some large and not so large sea creatures- think lemon shark to nudibranch....then ask the children to estimate what length and/or weight the creatures are.

Get the children outside on the playground and using chalks they have a go with drawing the correct size. Then using chalk or painters tape create the exact outline on the ground. Were the children close in their estimates?

Plastic Pollution Board Game:

Create a board game based on the concept of plastic pollution. Students must plan their game, create a game board, pieces and spinner or dice . Have an afternoon where you invite parents/adults or another class to come and play!



Statistics Survey Plan- This activity allows the children to create questions linked to plastic waste or behaviours of littering e.g. Have you ever littered? Do you think the school should reduce plastic waste? You will then, depending on age, need to talk through the different sampling methods and bias.

What question linked to plastic waste or behaviours around littering are you interested in knowing how your community would answer?	
What is your population of interest? (All pupils, males, females, adults etc)	
For each type of sampling explain what it would look like to sample this way <i>(Note any way that could make your results biased)</i>	
Judgement sample	
Convenience sample	
Simple random sample	
Cluster sample	
Stratified sample	
Systematic sample	

How will you avoid these different sources of bias?	
Volunteer bias	
Convenience bias	
Incomplete sampling frame	
Under coverage	
Nonrespondents	
Influencing responses	
How will you carry out your survey? <i>Be as detailed as possible</i>	

Complete the survey and then present the findings in a poster to include:

- The population of interest
- The question
- Number of students surveyed
- What were the results- make a graph or table and include percentages
- The type of sampling used
- How you reduced bias in the survey

Plastic Graphs: Each graph is taken from real-life data displays from the internet. Ask the children to analyse the graphs of categorical data and then answer these questions:

- What type of graph is this?
- Is the graph clearly labelled?
- Does it violate the area principle?
- What W's can you find?
- Do you think the graph accurately represents the data?



Source

Beach Cleans

Since 2018, we have picked up an enormous 44 tonnes of rubbish (which is about sixty times as heavy as a cow, or eleven times as heavy as a hippopotamus!) from local beaches in the Solent and with the help of 6734 volunteers! We intend to keep this momentum up...

Please arrange a litter pick around your school site on the week of 8th May and let us know how much litter you collect. If you need any equipment, we have resources that we would be happy to lend if you're near to Emsworth, Hampshire.



Competition Time

This year we want to ask children to design an image that would encourage communities to think twice about littering. All drains go to the ocean and you need to create a design that will send a strong message not to drop litter.

See some examples below. The top 20 entries will be used in this years drain art project. Send entries to outreach@finalstrawfoundation.org

Good luck!



Take a picture of the design and email them to outreach@finalstrawfoundation.org with pupil's first name , class and school by **23/7/2024**

Letter to Parents

Dear Parents and carers,

As a school we are passionate about ensuring that our pupils have a balanced curriculum and engage with current issues. One such issue is the amount of plastic being found in our oceans. It's important we empower our pupils to learn the facts and most importantly think about changes we can all make to instil hope and look after our home, planet earth.

As a result, we are celebrating the Final Straw Foundation's plastic free day on the 8th May 2024.

The Final Straw Foundation are a local charity based in Emsworth. Their mission is to reduce the amount of single-use plastic entering our seas by educating, raising awareness, leading beach cleans and challenging policy through collaboration with other like-minded charities and companies.

The 8th May will be a non-uniform day with the theme being to wear blue to represent our oceans, a 50p donation would be appreciated and we will donate it to the Final Straw Foundation.

We are also going to challenge pupils to bring a waste free lunch box and will launch this in an assembly with ideas but to you help you here are some ideas attached.

Your Sincerely,



Lunch Swaps

