



ReNews

For K-12 Educators
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Refuse Division - Recycling Program
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Consume Less!

Let's start at the beginning of the waste management process, with the most important method of all, which is reducing. By reducing what we consume, we reduce the amount of waste we dispose of. Remember when you were younger, during dinner your mother would remind you to take only what you could eat, not more than, because you would waste it? This is the same concept; we should take only what we need, not more than, because we are wasting our resources. If we were to measure our lifestyles to figure out how many planets it would take to sustain our current standard of living, known as an "ecological footprint," we would be amazed at the answer. If you and your students would like to calculate your ecological footprint, visit the Earth Day Network Kid's Ecological



Footprint web site at <http://www.kidsfootprint.org>. Once you have calculated your footprint and have seen the answer, you and your students may wonder what changes you can make to your lifestyle, so your impact on earth will not be so harsh. Remember, the things we do today will leave that impact there for our students and future generations to see. We can make changes just by choosing the things we purchase and consume, and by educating one another about the effects that we are having on our planet.

After reducing, the next most important way of managing waste is to reuse. It is vital that we start teaching our students to reuse at a young age. This gives them more time to practice how to be environmentally-friendly citizens; it also gives us the opportunity to demonstrate for them. We become the role models, living by example; they see us doing the things we are teaching them to do. In the past, we became accustomed to throwing things away that we no longer wanted or needed, instead of finding other uses for them. Many of our students have

gotten into the habit of doing the same, and now it is up to us to change the habit. Reportedly, it takes twenty-one days to change a habit, but how long does it take to change a lifestyle? It seems like we could learn from our mistakes, instead of continuing to make the same ones. To educate your students on a better way of managing our natural resources, here are some creative ideas of how to reuse:



- o If empty milk or juice gallon jugs are cut in half, the bottom can be used as a flower planter and the top can be used as a funnel
- o Paper (e.g., copy paper, old letters, printer paper, etc.) that has been used on one side can be used as scratch paper, drawing paper, or paper to make a notebook by using the blank side
- o Clothing no longer wanted can be donated to charity, or given to siblings, friends, or family members
- o Newspapers and magazines can be used as wrapping paper for gifts, for arts and craft projects (e.g., collages from the pictures), or for playful greeting card messages (e.g., cutting out and arranging letters or words)
- o Used glass jars can be used to store pencils, pens, leftover food, toys, or hair accessories (e.g., barrettes), or planting garden herbs
- o Use cloth cleaning rags, instead of paper towels, for spills and messes

Those are just a few things that you can try with your students to get their imagination jump-started on how to reuse items that they no longer need or want.

Source:
"Starting Young: Teach Your Students to Reuse, Rather Than Discard"
http://www.recyclinggarbage.net/Teach_Your_Students_to_Reuse.html



Notebook Making Activity

Materials List

- 1 sheet of chipboard or paperboard (e.g., cereal box, cracker box, snack box)
- 5 sheets of 8½"x11" paper (i.e., paper that has been used on one side)
- Scissors
- Yarn (i.e., scraps)
- Hole-puncher
- Crayons, markers, etc. (optional)

Instructions

1. Cut the front and back of your notebook out of the paperboard. The measurements for the front and back pieces of the notebook should be 6½"x4½".
2. If you want the printed side to show, face the two pieces of cut paperboard outward. Otherwise, face them inward and decorate the blank side the way that you would like it to look by using crayons, markers, etc.
3. Take 8½"x11" papers, which have been used on one side, and cut them into four quarters. The measurements will be 5½"x4¼", resulting in a 20 sheet notebook.
4. Place the sheets of paper between the two pieces of cut paperboard, and then punch the entire stack with a three hole-puncher.
5. Cut three pieces of yarn to fit through the three holes of that were made in the stack of paper and covers. Tie yarn into a bow or what ever design you would like to make.



In Our Lending Library

Going Green: How To Reduce Your Garbage

Bullfrog Films, 1991

23 minutes; Grades 5 through 12

"The Tomichich family proves what one family can accomplish in the fight to save our environment. Their popular workshop on living in a 'green' household has helped hundreds of people put their environmental concerns into action. Their message: 'You can do a lot when you take it a step at a time'...step by step guide to reducing the 'unfriendly' impact of your household on the environment."

At Your Fingertips: Videos SnagFilms

Web <http://www.snagfilms.com>

"SnagFilms.com is a website where you can watch full-length documentary films for free...on-demand, 24x7 and with no software installation or downloading required...All you need is a decent broadband connection. Just click play, go full-screen, and lean back and enjoy our films...We provide a link for you to a charity related to the topic of each film (many of them selected by the filmmaker) so you can get involved, immediately."

Human Footprint

National Geographic, 2008

90 minutes; Grades 6 through 8

View Online: http://www.snagfilms.com/films/title/human_footprint

Educator Resources: <http://www.nationalgeographic.com/xpeditions/lessons/14/g68/HumanFootprint.pdf>

"In a playful, surprising and thought-provoking portrait of our time on earth, National Geographic demonstrates, in a series of remarkable visuals, what makes up an average human life today and how everything we do has impact on the world around us. In this unique journey through life, it shows all the people you will ever know, how much waste you will produce, the amount of fuel you'll consume and how much you've got to pack in during your 2,475,526,000 seconds on earth."

Reader Submissions Welcome

The Recycling Program invites you to submit material for this monthly newsletter. Would you like to share your lesson plans, activities, "how to" tips, or something else related to waste management education? E-mail us at recycle@stlouis.missouri.org. We look forward to hearing from you!

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City of St. Louis

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