



SUSTAINABILITY AT SCHOOL

We were really surprised when we asked parents what the biggest issues with being sustainable at school were. They told us it was actually losing things! When we think of the three R's:

REDUCE - REUSE - RECYCLE

Of course you can only REDUCE if you keep using it, not losing it!

As parents, we get it - my son once came home without his shoes. HIS SHOES. And I distinctly remember a memorable week where we needed to supply a new water bottle every day as they all disappeared into the pit of lost water bottles.

So we set ourselves a challenge to find the best methods that you and your kids can use to lose less this year.

We looked for what the experts said., specifically two kinds of experts:

- Teachers! (Straight to the scene of the crime)
- Process and manufacturing experts (yes really). Because every day they look for ways to ensure routine tasks, such as screwing on a bolt on a car part, happen perfectly.

With the help of their expertise we have created a the guide:

TOP 5 WAYS TO LOSE LESS THIS YEAR

We hope you enjoy it!



Kate

Casey





TOP 5 WAYS TO LOSE LESS

1. Have A Routine

This is the big one - it's how factories stop errors and the best way for your kid to take responsibility. Fill your rucksack *every morning the same way*, and the same in the evening at school. This routine will ensure they pack everything, and/or at least know when something's gone missing (so they can do No. 3 immediately!); Put gloves into hats into sleeves every single time, whether it be on weekends, when home or away. Teachers use this all the time, but doing it at home too is the best way to make it routine.

2. Make a Memorable, Visible List

Going through a list of steps, in a way that helps you remember such as singing it or using a mnemonic will help ensure every step is completed and every element covered. What is a mnemonic?!? It's a funny sentence to help you remember something. So if I want my son to remember his Jumper, Water Bottle & Pencil Case I tell him "Jellybeans Watching Pigs". And we both have a giggle, but we remember it! Google "The Mnemonicizer" for a cool Mnemonic Device tool from Nasa to help with this!

Make the list visual too: hang the list somewhere you can see it when you are about to leave the house. Visual instructions ensure no steps are forgotten. Pack the rucksack in front of it. Say it before you leave and when you pick them up in the evening. Attach the list to their rucksack so they can use it at school before they come out in the evening too (we've made an example on the next page - just print that out small and attach it to the bag)

3. Everything In Its Place

This one is straight from a text book on how to ensure consistency in manufacturing: use a compartmentalised box, dividers in the rucksack, or a specific pocket for each easily-lost item. If there are 5 things in one pocket it's easy to forget one. If there's five individual pockets, each one needs one thing, it's really clear that there is something missing when one is empty!

4. Start Looking Right Away

Teachers told us: the best time to find something is right after you've lost it. That's the power of routines and lists - you know you've lost it! If your child comes out of school and it's clear they don't have an item, send them back in to school right away to look for it. It's likely to be exactly where they left it if they go look for it right away, so ask questions like "when did you last definitely have it? What did you do next? And then what? And then what?" Keep calm and walk step-by-step until you reach a moment when they are sure they didn't have it. Then send them back in to cover those steps again right away.

5. Label, Label, Label Visibly

You knew this already, but labels really help you child too! They may not know to look at the printed label attached down the side of the jumper the way an adult would. Write their name in multiple places such as on the tag AND along the inside rim of the collar AND inside a cuff. For pencil cases write it OUTSIDE NOT INSIDE the pencil case.



SCHOOL DAY CHECKLIST

WATER BOTTLE

JUMPER

HOMEWORK

PENCIL CASE

RUCKSACK

PE KIT

COAT

SHOES

