

Somerville News

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CUT YOUR CARBON CHALLENGE

A few weeks ago. The **GREEN TEAM** sent home the **CUT YOUR CARBON** challenge. This is an area our children are **PASSIONATE** about and they really need 'the grown ups' help to make this challenge successful. Let's show our children how behind them and supportive of them we are by throwing ourselves into the last

week of the challenge. Let's together make a difference to our world and show the children the difference they have made in one month. We have the most amazing children here at Somerville. It is the children of the world, now, who have the potential to tackle the climate crisis, work towards world peace and make the world a better place for themselves and future generations. Our children most definitely have the **HEART** for this!

MY HAPPY MIND

From January every child in school will be starting the My Happy Mind Programme as part of our school curriculum and whole school approach to mental health. The programme is being funded by the NHS due the lifelong impact it has on a child's mental health and wellbeing. The programme uses evidenced based strategies and embeds the children not only with the tools they need for a 'Happy Mind' and the knowledge of how their brain works. More information will be sent to you in January along with a helpful app to download to your phone.



Dates for you Diary

December

Thursday 21st

School closes to pupil for Christmas holidays

January

Monday 8th

School opens to pupils for Spring Term

AFTER SCHOOL CLUBS

Next week is the **LAST** week for clubs this term. Please ensure that you make arrangements for your child to be picked up usual school time from week beginning Monday 6th December.

ORACY FAMILY DISCUSSION POINT OF THE WEEK

If you could invent something to make life easier for people, what would you invent and why?

CHRISTMAS DATES FOR THE DIARY

Please see the dates below for each of the Christmas performances. This year we are trying a different format for Year 5. Year 5 will not be doing a Christmas Carol concert, they will instead lead the school celebration for Easter and will do a production based on this instead, that Year 5 parents will be invited to in the Spring Term. Year 5 will, of course, still be involved in all other Christmas activities and will be watching some of the dress rehearsals for other year groups.



Reception - Nativity - Monday 11th December - 9.10am

Year 1 - Nativity - Wednesday 20th December - 9.10am

Year 2 - Christingle - Friday 15th December - 2.00pm

Year 3 - Angels production - Wednesday 20th December - 2.00pm

Year 4 - Carol concert - Monday 18th December - 9.10am

Year 6 - Christingle service - Thursday 21st December - 9.10am

There will be **two** tickets issued per child for all performances. If you bring a child they will need to sit on parent / carers knee. Prams and pushchairs can not come into the school hall due to fire safety. All prams and



COOL YULE

Here is the link for this year's Cool Yule event at the Williamson Gallery on 5th Dec after school. There will be all sorts of eco type stalls there. Please pop along with your friends and family.

Wirral will be giving away our new Cool Climate Challenge family calendar, with lots of good ideas to get everyone a little bit greener!

<https://www.floralpavilion.com/event/cool-yule-christmas-fair/>



1. Make at least one journey more sustainable



2. Go meat-free for a day



3. Have a no food-waste weekend



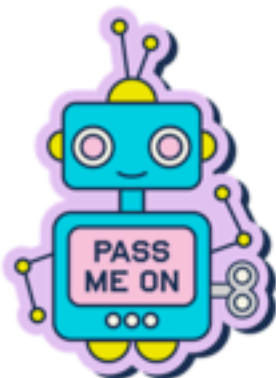
4. Turn down the heating by 1° for a week



5. Design a flight-free holiday



6. Say 'no' to a new item



7. Donate something you no longer need



8. Substitute 4 baths for 4 showers and limit them to 4 minutes



9. Share carbon-cutting advice

COMPLETED BY

November is Cut Your Carbon month!

Eco-Schools is challenging all young people in England to take action on their carbon footprint. Completing these 9 simple actions with families and friends will raise awareness, change behaviours, and Cut Your Carbon - a greenhouse gas responsible for driving climate change.



So grab a magnet, stick this sheet on your fridge, and get going... the time to act is now!

- 1. Make at least one journey more sustainable.** Transport is responsible for around 20% of global CO₂ emissions. So how about turning a car-ride to school into a bus-ride to school? Or perhaps a bus to the shops could become a bike to the shops?
- 2. Go meat-free for a day.** Farmed animals are responsible for around 14% of the world's greenhouse gas emissions, so choose a day to go meat-free and discover how delicious cutting carbon can be. As an extra challenge, try going entirely plant-based for the day (meaning no dairy or eggs either) or attempt a meat-free day each week during November.
- 3. Have a no food-waste weekend.** Prepare only what is needed, eat everything edible on your plate, and ensure any leftovers are saved for another time or used to create a new meal. Growing, processing, and transporting food releases greenhouse gases into the atmosphere, and even more gases are released if this food is binned and sent to landfill.
- 4. Turn down the heating by 1° for a week.** Heating is the biggest source of CO₂ emissions in many homes. Dropping your heating 1° below your usual temperature for a week can reduce your carbon footprint and save your family money. You could even go further and commit to 18° for a week, as recommended by the World Health Organization.
- 5. Design a flight free holiday.** Flying is bad for our planet, so for this challenge, we're asking you to appreciate exciting destinations closer to home – sit with your family and decide on a future trip you'd like to take that doesn't involve flying. This might be to visit Stonehenge in Wiltshire, try surfing in Cornwall, or go hiking in the Lake District.
- 6. Say 'no' to a new item.** Write a list of every non-essential item you bought, or that was bought for you, last month and categorise each - e.g., clothing, toys, cosmetics. Choose a category and commit to not purchasing any items in this category for a month, because every item you buy has a carbon footprint.
- 7. Donate something you no longer need.** Manufacturing new items releases carbon into the atmosphere. For example, producing a book releases about 1kg CO₂, a t-shirt 7kg, and an iPhone, a whopping 60kg! Passing on things you no longer need is a great way to prevent emissions, so, swap a book with a friend, donate clothing that doesn't fit to charity, or pass on an unused device to a relative.
- 8. Substitute 4 baths for 4 showers and limit them to 4 minutes.** Swapping a bath for a 4-minute shower can use up to 44 litres less water, saving the energy required to clean, transport, and heat this water. We recommend using a 4-minute song as a timer that you can sing-along to!
- 9. Share carbon-cutting advice with someone.** To conquer climate change, we all need to work together, so share three pieces of carbon-cutting advice with people you know. You might remind a brother or sister not to waste food, challenge a grandparent to time their shower or share a plant-based recipe on social media. Don't forget to add #CutYourCarbon to your posts.

Get additional insight into your family's emissions.

Check out WWF's Carbon Footprint Calculator: <https://footprint.wwf.org.uk/>