



energy
saving
trust

Schools Challenge

Energy Saving Week takes place in Northern Ireland from **Monday 18 to Friday 22 November 2019**. The Energy Saving Trust, alongside other stakeholders, will be promoting Energy Saving Week and we are inviting your primary school to take part in an energy saving challenge!

Why is it Important to save energy and reduce carbon emissions?

Most of the energy we use is created by burning fossil fuels (coal and oil). This process creates carbon emissions which damage the environment. Reducing the amount of energy and water we use will limit the impact on the environment.

Small changes can make a difference. Whether it's turning the tap off when you brush your teeth, turning the lights off when you don't need them, or turning TVs and games consoles off standby when not in use, everyone can make a difference and help protect the planet.

The Challenge

We have attached a 'challenge sheet' which you can provide to your pupils, as many or as few classes as you wish within your school. We suggest you ask the pupils to take the page home on Monday 18 November to carry out the five simple energy saving activities at home. Ask them to tick the boxes of the activities they have done and bring back to school at the end of the week.

Your job is to count how many of your pupils carried out each activity. Please email your school's totals to angela.gracey-roger@est.org.uk. The Energy Saving Trust will then issue your school with a certificate stating how much CO2 your pupils managed to save throughout Energy Saving Week.

Energy Saving Week is a great way to get pupils thinking about saving energy in the home and we hope you support our campaign. Displaying your certificate in your school is also a great way to show the pupils how the simple changes they have made can make such a big impact on the environment.

One of our stakeholders, Bryson Energy, is also able to provide a Schools Energy Efficiency Awareness Programme, a presentation delivered to Key Stage 2 pupils, encouraging awareness of energy use and the environment addressing topics including 'What is energy?', 'Where does our energy come from' and 'Energy Conservation'. If you would like more information on the schools programme please contact Rachel Brady on rbrady@brysonenergy.org.

We are also using social media to promote Energy Saving Week, so if your school would like to tweet your total savings at the end of the week, use [#energysavingweek2019](https://twitter.com/energy-saving-week). We will re-tweet your post and would be pleased to receive a photo of your pupils with their certificate.

If you need any further information or want to speak to us about this campaign, please contact:

Angela Gracey-Roger,
Operations Manager, Northern Ireland

Energy Saving Trust
T 028 9244 9821
E angela.gracey-roger@est.org.uk



@EnergySvgTrust
[#EnergySavingWeek2019](https://twitter.com/energy-saving-week)

Schools Challenge

Be an energy saving hero!

If you can complete the five energy saving activities during **Energy Saving Week**, you will be an energy saving hero!

Tick the box when you have completed the activity and return the form to school.

Your name: _____

Your class: _____

Your school: _____



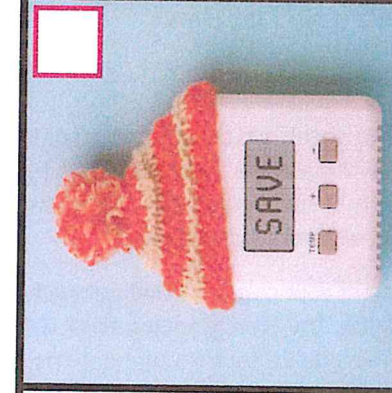
SAVE ENERGY

Unplug any electrical items you're not using.



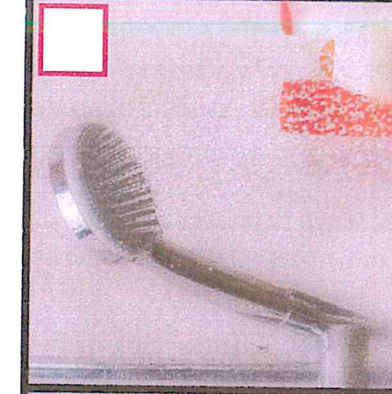
SAVE WATER

Turn the tap off when brushing your teeth.



KEEP WARM...

Turn the thermostat down by 1 degree.*



SAVE WATER

Try having a shower instead of a bath.



SAVE ENERGY

Turn the lights off when you leave a room.

Number of baths per week: _____

* Thermostat only needs to be turned down by one degree for the week, not one degree daily. If home occupied by infant(s) or elderly, do not turn thermostat down below 18 degrees.