



## Guardian Angels Sustainability Healthy School Project

GA is a large school of around 750 students from prep to year 7 on the beautiful Gold Coast. It has three streams of each year level. Our grounds are large and there are many areas for the children to eat and play. We have full time tuckshop and convenor.

Two areas of emphasis, **Waste and Health and Wellbeing**, were chosen by the school's staff in 2008 after Bernard Holland spoke to us about environmental sustainability. We had a large litter problem within the school and as a result, many crows now have a home there. This was identified as an area of concern in particular by staff and some classes. There was also a growing problem with some children in that they were not eating appropriately for their age and so a health program is currently being developed at a whole school level.

The aim of the project is to encourage students and parents to implement healthy eating habits at school and for this healthy ideal to flow into the school environment. The result being to get students to eat a healthier lunch and for the litter at school to be reduced. This initially took the form of a NUDE lunch; where students bring their lunches to school in reusable containers rather than in plastic wrap and containers.

The NUDE lunches were very successful in reducing rubbish in the school. We reduced our rubbish output from 58 wheelie bins per week to only 29 per week. This saves the school about \$3500 a year in rubbish removal. We have also started a recycling program and worm farms in various areas of the school to further reduce the waste we produce. Our tuckshop supports our project by selling products that are contained in recyclable packaging and lots of healthy alternatives to snack and junk foods.

Other great benefits of our project, as reported by the parents, were that parents are thinking more carefully about the types of food going into their child's lunchbox and also the excess packaging that they can avoid when shopping. Lots of parents were very pleased to change their lunch making habits to help our environment and to show a wonderful example to our children about how to be socially responsible in making sure our beautiful stays just that.