



UPCOMING EVENTS

See Moodle for more details

Every Tuesday – Friday (term time) Yoga – 8 am
12 April – Term 1 ends
19 – 22 April – Easter
25 April – Anzac Day



As most of you know the College is trying to do its bit to be as environmentally friendly as possible. One of our Year 1 students, Rhiannon Myers, shares her story in achieving zero waste at home (and shares a couple of pictures of her bit of paradise):



We started our personal waste reducing mission a few years ago now. Took the waste free seminars and set in place a plan that we thought would start making a difference.

Full time cloth nappies for the littlies, reusable coffee cups, I was even the crazy lady pulling stainless steel straws from my handbag. We replaced plastic wrap with honey wraps that can be composted when you're done and replaced paper towels with reusable cloths. Started using all handmade and plastic free shampoo and soaps. We started composting any food waste and made sure any clothes purchased were free of polyesters that filter micro plastics directly into our oceans so readily, and religiously recycled anything that could be, into our council bin. To be honest we were feeling just a little bit smug with all of our efforts.

We then moved from suburbia to a beautiful piece of paradise in the middle of nowhere. Totally off grid and without any rubbish or recycling collections. It became very clear very quickly that we were now drowning in our waste. You don't actually realise just how much packaging waste you accumulate in a week when there is a conveniently placed recycle bin in your driveway.

A little bit of research and a necessity to stop the ever-growing pile of landfill on our own property brought us to where we are today.

The first thing we really discovered was that recycling is not the answer. Many of the plastics we recycle in NZ have been shipped overseas to China and following China's ban, Malaysia. Reports have come out that, it isn't being recycled at all, it's being burned. NZ alone shipped 8000 tonnes of plastic waste to Malaysia in 2018.

NZ landfills take 3.2 million tonnes of rubbish annually.

On a global level, it's estimated that 150 million tonnes of plastic are currently in our oceans, annually we add another 8000 tonnes to this already devastating number. If nothing changes by 2050 there will be more plastic waste than fish.

A paper coffee cup can take 50 years to break down, a nappy or drink can, 500 years and plastic bags and bottles 1000 years. Really once you change your lifestyle to not use plastics it becomes the norm.

We now get all our bulk goods in our own reusable containers, most of the packaged foods we were purchasing we now just make, popcorn, bread, crisps etc, we get our milk from the local market in glass bottles and we consciously have to choose packaging free toys for the kids. Small adjustments for us but for a much bigger cause.

If you have any stories about your recycling efforts, we would love to hear from you. Forward any articles to catherine.wilson@spcnm.ac.nz



Funny of the month:

Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.

LOST PROPERTY

It would be good to reunite the items in lost property with their owners. The lost property box is at reception.

RECYCLING UPDATE FOR THE COLLEGE

Be proud of yourselves – between staff and students we managed to put only one landfill bin out last week, instead of the usual 4.

Remember to keep using or buy a keep cup for your coffees and bring your lunch in containers or honeybee wrap. Any landfill you bring into College must go home with you. A great effort everyone!



A yummy recipe from bite.co.nz

Seed crackers (gluten and dairy free)



Ingredients

- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- ¼ cup sesame seeds
- ¼ cup poppy seeds
- ¼ cup linseed / flaxseed
- ¼ cup chia seeds
- ½ tsp salt
- 1 cup water
- 1 serving flaky sea salt, to sprinkle

Rather than using both chia and flax seeds you could use just ½ cup of one. It is important to include one or the other because they are what break down and bind everything together.

Directions:

1. Heat oven to 170C. Place all the seeds and the salt in a bowl, pour in water and mix to combine. Leave for 15 minutes for the chia and flax seeds to soften and bind everything together.
2. Tip out on to a baking paper-lined oven tray and spread out as thin as possible (around 4mm thick) and sprinkle with some flaky sea salt. Bake for 30 minutes.
3. Remove from the oven and slice into crackers, then return to the oven to cook for another 20-30 minutes until crisp and golden. Remove to a rack to cool then store in an airtight container.