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getting there

Walking or riding a bike to school is great exercise. It also helps reduce dangerous traffic congestion around schools and creates less pollution for the environment. For safety you could walk or ride to school with a group of friends. Every year, there's a Walk Safely to School Day (www.walk.com.au) so encourage your friends to take part. This could be a first step towards setting up a 'walking bus' – a group that walks to school along the same route each day with an adult 'driver' out front and a 'conductor' at the rear. They make regular stops to pick up passengers.

Fact: The average passenger vehicle emits about four tonnes of carbon dioxide each year.



Organise an 'air-pollution-free day', or a walkathon, or talk to your parents about organising a car pool to reduce CO2 emissions.

Photo: Chris Bennett



lunchtime

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Do you take your lunch to school every day? It's cheaper than buying it, and produces less waste than most food you get from the school canteen. Instead of buying a new plastic lunch box to take it in, re-use a takeaway container – they are just as good. You can also re-use bread wrappers and plastic packaging. There are so many ways you can help cut down on waste and reduce the amount of rubbish in your schoolyard. Does your school have a 'green canteen' that serves healthy, sustainable food products? If not, who should you talk to to change the situation?

Fact: washing your bottles and cartons before recycling them saves the energy it would take to clean them at the recycling plant.

 Help organise a 'rubbish-free' lunch day and make it a regular fun thing to do.

