

# April-May 2013



## Earth Week Kick-Off

Eco-friendly tips! (Inspired from [www.ecologyrunner.com](http://www.ecologyrunner.com) & Eco-Runner Kids Fitness Calendar)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	<p><b>EARTH DAY!</b> Wear green or blue to school.</p> <p><i>Give Your Old Clothes a New Life!</i> Pass along unwanted clothes to our PTA t-shirt/shorts clothing drive.</p>	<p><b>RECYCLE!</b> Reduce litter by recycling your household waste. Keep trash out of the landfill and out of the yard/streets.</p>	<p><b>Walk-to-School Day!</b> Join us at a walking route to save driving miles. Schedule on the back!</p> <p><i>Be an Eco-Runner or Walker!</i> See trash, pick it up. Whenever, wherever, &amp; always. Do not forget what an amazing difference you can make!</p>	<p><b>Cut Back on Water Usage!</b> Instead of taking a bath, take a quick shower &amp; use a water-conserving showerhead.</p>	<p><b>ARBOR DAY</b> <b>PLANT a TREE!</b> <i>A single tree can absorb one ton of carbon dioxide over its lifetime; keeping our breathing air fresh.</i></p> <p><b>Waste Free Lunch!</b> We challenge students to have a waste free lunch!</p>	<p><b>Use Washable Rags</b> <i>Instead of Paper Towels when possible!</i> This saves money and keeps paper out of the landfill.</p>
28	29	30	1	2	3	4
<p><b>Avoid Products with lots of Packaging!</b> More packaging=more trees cut down=less oxygen to breathe.</p>	<p><b>Turn Out the Lights!</b> Before leaving the house or the classroom-make sure all lights are turned off!</p>	<p><b>Buy Recycled Products when possible!</b> Buy new products made from recycled materials to cut down on waste or look for products that use recycled or recyclable packaging.</p>	<p><b>Buy it Used!</b> Furniture, clothing, &amp; electronics are just a few things that can be bought used &amp; in great shaped.</p>	<p><b>Buy Groceries in Bulk!</b> Purchasing food in bulk when possible reduces both product &amp; packaging waste.</p>	<p><b>SUN POWER-</b>Adjust your blinds to reduce energy used for heating &amp; cooling.</p>	<p><b>Limit Hot Water Use!</b> Wash your clothes in cold or warm water, not hot water, to cut down on energy costs.</p>
5	6	7	8	9	10	11
<p><b>Quench with Respect!</b> Recycle your bottles, or choose to reuse a refillable water bottle made of safe materials.</p>	<p><b>Adjust the Thermostat!</b> Moving your thermostat down just 2 degrees in the winter &amp; up 2 degrees in the summer saves you money &amp; helps the earth.</p>	<p><b>Be Involved with Nature &amp; Wildlife!</b> Go to parks, forests, and beaches. See the natural wonders of our planet.</p>	<p><b>Run Your Dishwasher Only When it is Full!</b> Make the best use of the water &amp; energy needed to run a dishwasher. Be a good helper around the house.</p>	<p><b>Fill Your Home with Lots of Plants!</b> The addition of plants inside your house helps produce clean air and provide fresh oxygen to breathe.</p>	<p><b>Print Wisely!</b> Reduce the amount of paper thrown away, triple check documents before printing.</p>	<p><b>Reuse Your Bags!</b> Reusing shopping bags significantly reduces both emissions &amp; waste.</p>
12	13					
<p><b>Grow Your Own!</b> Plant a garden or a few pots of veggies without pesticide &amp; chemical fertilizers.</p>	<p><b>Make Earth Day Everyday!</b></p>					



On Wednesday, April 24th, join us on a walk to school!!! To promote a more physically active lifestyle and Earth-friendly habits, Ivy Hill will be participating in a walk-to-school program where six starting points throughout our neighborhood will be established for all students to meet with teachers and parents and walk to school! The six starting points will be:

- 1. Douglas and Hintz-8:30 start to Ivy Hill**
- 2. Camelot Park- 8:40 start to Ivy Hill**
- 3. Windsor and Valley- 8:45 start to Ivy Hill**
- 4. Pinetree and Valley- 8:45 start to Ivy Hill**
- 5. Ivy and Arlington Heights Road- 8:40 start to Ivy Hill**
- 6. Burke and Palatine Road 8:40 start to Ivy Hill**

All students are welcome to participate. If you live on the other side of a busy road (Arlington Heights Road, Palatine Road, etc.) you can drop your child(ren) at the starting point closest to your home. Also, you can meet up with the Walking School Bus as it passes your house. You do not have to start at the starting points. Let's get active and be Eco-Walkers to school!