



01 Edition

Welcome to the first edition of the St Peter's Green Team Newsletter!!!

We aim to bring you news about what we have been doing, facts and information about climate change, advice on what you can do to help, fun facts and good news stories. We hope you enjoy reading our newsletter and we can help you to think global and act local!

Climate Change and its impact on health

Written by Esther Rumsey,

with contributions from Maria Ostrowska, Taryn Hopkins, Roxanne Curativo and Jose Kimburi.

Typically, the threats of Climate Change are regarded as only threatening the environment. However, it is becoming more and more prevalent how Climate Change, amongst other environmental issues, can affect people's health.

Climate change puts fundamental aspects of healthy living in peril. This includes clean air, safe drinking water, sufficient food and secure shelter. Imagine a world without these... With these crucial aspects of life deteriorating, people are exposed to malnutrition, malaria, diarrhoea and heat stress amongst numerous other problems. It is estimated that between 2030 and 2050, climate change is expected to cause approximately 250 000 additional deaths per year.

These devastating effects, unfairly, will hit developing countries the hardest as areas with weak health infrastructure will struggle to respond to and cope with the pressure on health services.

Some of the main health issues being exacerbated by climate change are cardiovascular and respiratory diseases. This is because the rapidly increasing air temperatures raise levels of pollutants in the air which intensifies these devastating diseases.

Possibly the most obvious health issues aggravated by climate change is hay fever and asthma, intensified by higher temperatures because of an increase in pollen.

But how can these issues be combated? Reducing greenhouse gas emissions will reduce air temperature which is the most devastating factor to our health regarding climate change. You can help this movement by considering your transport, food and energy choices.



Our mental health is also at stake of climate change. The term eco anxiety is increasingly being used. But what does it actually mean? Eco anxiety is how the threat of climate change impacts people's mental health, causing anxiety and depression as a result of the threat climate change presents.

The hard truth that it is difficult to take individual action causes people to feel helpless; the feeling that they can't make a difference is overwhelming. Climate Change is a problem that pervades much of our lives and seems far too big to take on by yourself, causing many to feel hopeless. As well as this, many people (especially young people and children as it is their future under threat) feel scared and anxious about what type of future climate change will present them with.

This anxiety, depression and hopelessness manifests itself in many ways. One of the most frequent is OCD. People's need to take on as much responsibility an individual can to prevent feeling guilty about not acting, means that many are becoming overly compulsive about everyday tasks. As well as this, the sense of having no control over what is ahead of them results in people becoming very particular about tasks, trying to have as much control over as much as possible.

If you are experiencing mental health problems there are many websites or people you can go to talk to.

For example, Young Minds Matter is a trusted group for young people suffering from mental health issues that will support you. They offer a safe, confidential space to talk about what you are experiencing. You can visit their website for more information.

Another great example is nopanic, a youth helpline which specifically offers support with eco-anxiety. This helps with all of the areas and aspects of eco-anxiety.

There are always your trusted friends and family that you can talk to. In school there are many adults ready to listen and support you like your head of year or form tutor.

Climate Change does not just threaten the environment. Our health is at risk. But don't forget that you **CAN** make a difference.

**NO ONE
IS TOO SMALL
TO MAKE
A DIFFERENCE**



GOOD NEWS STORY!

Written by Taryn Hopkins

Organisations, One Tree Planted and SUGI partnered up to plant 15,000 trees of 185 native species across 4,700 square meters, to create 5 urban forests around the world in July.

These include restoring a degraded temperate rainforest on the coast of Cornwall in the UK, creating a new community forest on the site of a former landfill in Cambridge, Massachusetts and transforming a parking lot into a community hub in suburban Chile.

How amazing is that?!!

Litter: its impacts and what you can do

Written by Jose Kimburi.

Litter consists of waste products that have been discarded incorrectly, without consent, in an unsuitable location.

Litter comes from different sources, and from different people. For instance, it may be intentional litter by motorists discarding litter out of windows, pedestrians dropping litter on the street or footpaths, or people on picnics.

Another source of litter may be unintentional. It may come from uncovered loads which can easily be blown out of trucks, cars and trailers. Household rubbish, commercial rubbish and uncontrolled building waste can become litter if not secured by a proper cover.

Litter causes many problems. Researchers estimate that more than 40% of the world's litter is burned in the open air, which can release toxic emissions. These emissions can cause respiratory issues and can even be a starting base for acid rain.

Another problem that litter causes is the death of many animals on land, such as hedgehogs getting trapped in plastic or animals getting strangled. It also causes many other impacts on wildlife in the seas and oceans and animals such as turtles and fish getting trapped in plastics such as facemasks or fishing nets.

Litter can be harmful to people, animals and the natural environment, as it can threaten their existence and evolution. The major impacts involve the danger to public health, the risk of fire, endangering, or even killing wildlife, and serious damage to waterways. Furthermore, litter directly and indirectly affects the tourist industry and our quality of life. As a result of this irresponsible pollution, protecting the environment from litter requires significant resources, which instead could have been used for environmental preservation or development.

Some ways you can prevent litter is to simply...NOT DROP IT. Find a bin and put it in and if possible, recycle it.

Another way is to keep a litter bag with you and if you see litter, pick it and bin it.

Similarly, go on a litter pick with friends and help clean up the environment around where you live.

Finally, don't forget to educate others about litter, why it is bad and all the ways we can prevent it.



Litter in Gloucestershire

Written by Keylan Joyce, Evan Hopkins and Ewan O'Loughlin

Pick up litter

You can be fined up to £2,500 for persistent littering and can be fined up to £100 on the spot.



In 2018 Keep Britain Tidy estimated that 2.9 million small mammals are dying each year getting stuck in litter like cans being thrown into grassland and parks.

Tips for litter prevention

Make sure your litter is secure

Participate in community clean up

Educate others

Keep a litter bag in your car



Keep your litter in bins to help wildlife!

FUN FACT!!



Did you know, Sloths only poo once a week!!!

This is because their metabolism is sooooo slow!