

ADVENT EARTH WEEK 2018

Monday, April 23 — Saturday, April 28

In honor of Earth Day, please join us in celebrating our vibrant planet as we come together as a community and pledge to do our best to protect it.

Attached here is Advent's Earth Week Pledge with NINE planet saving actions. Beginning on **Monday, April 23**, our entire Advent community will pledge to do as many of these Actions as possible. Everyone will 'plant' a leaf (or Goldfinch or Monarch Butterfly) on our Earth Day tree in the School's foyer every time one of these actions is taken; we will witness our collective efforts bring the tree to life in just five days! Our Earth Week will culminate with everyone wearing green—or an Earth Day-inspired outfit—on **Friday, April 27** and coming together for a Charles River Cleanup and playground gathering on **Saturday, April 28**.

Our Earth Week Pledge initiative was announced today at Community Share. Please take time as a family to peruse, discuss, and sign the attached pledge. And get ready for action the Monday we return from April vacation!

- STEP 1:** Read over & discuss these NINE Pledge Actions with your family.
- STEP 2:** Commit to as many of these Actions as possible.
- STEP 3:** Sign this pledge & the one posted in Advent's foyer for all to see.
- STEP 4:** Beginning Monday, 4/23, do as many of these actions as many times as possible for five days straight (and beyond!).
- STEP 5:** Plant a leaf on our Advent tree every time you do Actions #1-#8; place a Goldfinch if you do Action #9; and place a Monarch Butterfly every time you do any "Bonuses" (see icons on Pledge; leaves, Goldfinches, & Monarchs will be in baskets by the tree).
- STEP 6:** Send pictures of you and your family doing these Actions to the PA at PA@adventschool.org for our Advent Earth Week blog.
- STEP 7:** Wear green—or an Earth Day inspired outfit—on **Friday, April 28** to celebrate!

I/We, _____,
pledge to do the below planet-saving actions as much as possible during Advent's Earth Week (and beyond!).



ACTION 1: STRAW WARS

(Refuse disposable plastic straws. Tell your waiter right away, "No straws, please!")

Why?

- *Americans use about 500 million plastic straws a day.
- *They are one of the top 10 trash items found during ocean cleanups.
- *With their size and cylindrical shape, they do extreme harm to marine creatures.

Bonus: Ask a restaurant manager to stop automatically putting straws in customers' drinks. Buy a package of stainless steel straws. And learn more at <https://www.strawlessocean.org/faq/>



ACTION 2: DON'T LET THAT BALLOON GO!

(Pledge to never let go of another balloon AND spread the word about the destructive effects released balloons have on wildlife and the environment.)

Why?

- *Balloons that go up always pop and come back down to litter our land and water.
- *Released balloons kill millions of animals a year (ocean animals mistakenly ingest them, and birds get tangled in the string).
- *Latex balloons are being falsely advertised as "biodegradable" — they are not.
- *When celebrating something or remembering someone, plant a tree, throw wildflower seed bombs, or paint rocks and place in special places instead.

Bonus: Tell a friend! And learn more about the dangers of balloon releases and how to help at balloonsblow.org.



ACTION 3: CURB THE IDLING

(Turn off your car when stopped and waiting.)

Why?

- *An idling car releases one pound of CO₂ every ten minutes (more than a moving car).
- *Just 10 seconds of idling burns more fuel (and \$\$) than turning your car off and on.
- *The exhaust's hazardous pollutants—linked to serious illness, especially in children—leak into the car's interior when idling.

Bonus: Ditch your car completely for a day or the entire week, and you will save one pound of carbon emission (CO₂, a greenhouse gas) for every mile you walk, bike, scoot, or take the T. This decreases global warming and keeps our Boston air cleaner!





ACTION 4: BE A WATER WARRIOR—EVERY DROP COUNTS!

(Be the water police! Notice where you & others may be wasting water, and turn it off!)

Why?

- *Water is a limited resource on Earth and it's essential to all living beings.
- *Less than 1% of all water on Earth can be used by people.
- *A US family of four typically uses 400 gallons of water/day!
- *58 bathtubs of water are used per person/day to make the food we eat & things we buy
- *13 tons of water was used to make your smartphone.

Specific Actions

- *Turn off the water while your brushing teeth & save up to 8 gallons of water/day.
- *Take a 5-minute shower.
- *Run the dishwasher only when it's FULL; this will save hundreds of gallons of water a month.
- *Use the salad spinner water to water your plants. And after boiling your eggs, cool the water and feed to your plants; they love it!
- *Use a big pot to wash your dishes (instead of filling the whole sink), and then use the dish water to run the disposal.

Bonus: Start a Meatless Monday tradition in your family! 1,800-2,500 gallons of water are used to produce just one pound of beef.



ACTION 5: BE A MEAN GREEN RECYCLING MACHINE!

(Recycle everything you can! Visit your town's website & learn what can be recycled.)

Why?

- *Harmful chemicals and greenhouse gasses are released from trash in landfills.
- *Recycling requires much less energy than making new products and therefore helps preserve Earth's natural resources, such as water, trees, and rainforests.
- *When we recycle, we help prevent deforestation and in turn habitat destruction and global warming.
- *The energy saved from recycling one aluminum can can run a TV for 3 hours.

Bonus: Tell an organization or restaurant you frequent how important recycling is and make sure they have a system for recycling.



ACTION 6: PAPER TOWELS = LOSS OF FORESTS

(Use hand dryer whenever possible and only one paper towel if a dryer isn't available.)

Why?

- *Paper plantations are the leading cause of freshwater and wetland loss.
- *Most paper towels are made with chlorine, a known toxin that releases dioxin, "the most potent carcinogen ever" per the EPA.
- *51,000 trees are required to replace the number of paper towels used every day in US.

Bonus: Ban paper towels from your home and use cloth napkins, towels, and rags!





ACTION 7: CHANGE THE BULBS

(Survey your home, and change all bulbs to LED Energy Star (on Amazon Prime!))

Why?

- *LED bulbs (Energy Star certified) use 70-90% less energy.
- *LED bulbs last up to 20x longer than other bulbs.
- *If the U.S. switched to LED (light-emitting diode) bulbs as the new normal, we could **prevent 40 new power plants** being constructed and save billions in energy savings.

Bonus: Help a neighbor change all of their bulbs, too!



ACTION 8: LOVE THE REUSABLES

(Use your reusable water and coffee containers every day this week! Bring them with you everywhere!)

Why?

- *If you buy your daily cup of coffee/tea in a reusable cup, you alone will save 23 lbs of disposable cup waste in one year!
- *Most coffee cups cannot be recycled because their inner lining is a petroleum-based plastic.
- *Americans throw out enough plastic water bottles every 24 hours that if lined up would circle the globe.
- *Every year 1.5 million barrels of oil are used to make disposable plastic bottles in the U.S. alone.
- *By 2050, it is projected that there will be more plastic in the ocean than fish per pound.

Bonus: Buy a Soma water filter pitcher, and permanently rid your home of plastic water bottles altogether! Buy a Klean Kanteen or any stainless steel container for your coffee.



ACTION 9: COMPOST HAPPENS

(Sign-up with Bootstrap Compost; mention Advent, and get the first 2 deliveries for free!)

Why?

- *Food scraps are powerful contributors to greenhouse gas emissions when thrown into the landfill, and we throw away 40% of our food here in the US.
- *When food breaks down in the landfill, it decomposes anaerobically (without oxygen) and produces methane gas--a gas that is 21x more potent than CO₂ as a greenhouse gas (GHG).
- *When food decomposes in a compost pile, it does so aerobically (with oxygen) and provides numerous benefits for the environment and us!

Bonus: Get your friend to sign-up too!

