

[princi_elem] fyi-Earth week info

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Hello 4J Principals, Secretaries and Teachers,

Earth Day is next week! 🌍🌍🌍

4J communications will be promoting Earth Action week on social media beginning Sunday. There are themes for each day put together by 4J Climate Justice students, an [Art-a-bration](#) submission for K-12 students and an [Earth Day Shift pledge](#). I wanted to make you aware of this information in case families have questions; and on the off chance you may like to include this info in student/family/staff communications. **Note: This is completely optional.**

[This Drive](#) has square png's for each day and for the Art-a-braton, the attached flyers and a doc with daily blurbs (listed below) on the flyers.

Here's a link to [the flyer](#) if you'd like to share electronically.

Enjoy your week-end...and remember, small shifts, make big impacts for our planet.

~Tana aka Eco Chick

🌍🌍🌍 And, in case you'd rather not access the drive...read on...

Note: The massive amount of info below is all available in the drive as *Earth Action Week details* doc.

Introduction to Earth Action Week:

Every year April 22nd marks [Earth Day](#); the anniversary of the birth of the modern environmental movement; a day set aside to honor, celebrate and take action for our one precious Earth. The 4J Climate Action team has put together a week of Shifts and a small collection of resources for teachers to use with students to bring awareness to Earth Day and small shifts we can all take to make a big impact for our planet.

In partnership with the [City of Eugene](#), 4J Climate Justice Students invite people like you and me to make small shifts for big impacts to help Planet Earth. Shift to a new green habit!

There are many ways to reduce our carbon footprint-meatless meals, rethinking waste, conserving water, reducing and reusing items, getting outside and more! All living things are connected and we all share Earth as our home. When we make shifts to greener habits, it makes the world a healthier place to live. Stay tuned this week for daily actions to help our Earth. Visit the 4J [Earth Week Actions](#) to learn more.

Take the pledge and commit to reducing waste! [Take the pledge!](#) [Let's Shift!](#)

Monday's Shift: Small shifts, big impacts.

[Meatless Monday](#)-Save Water and Land by planning a meatless meal, eating at least one meatless meal a week, figure out your food footprint with the [impact calculator](#), read more about Meatless Mondays. [Take the pledge!](#)

For every burger skipped, you can save enough water to drink for the next three years. Meatless meals are nutritious and delicious...Give it a try!

Tuesday's Shift: Small shifts, big impacts.

[Trashy Tuesday](#)-Reduce your waste by reducing what you need, choose reusable over single use items, [Love Food Not Waste](#)-start curbside composting, [Eat Smart](#), [Waste Less](#), [Recycle Right](#)
[Take the pledge!](#)

Trash: noun, discarded matter; waste. As humans we live in a world of convenience and disposability. Many of us don't think about what we will do with items we buy and use at their end-of-use-life and where these items will end up when we throw them "away". Where in the world is away? Most items, unless we plan for them, that place called "away" is usually the land fill. We can make choices about the items we purchase, accept and how to dispose of them in more environmentally friendly ways.

Wednesday's Shift: Small shifts, big impacts.

[Water Wednesday](#)-Conserve and protect water by always using cold water unless you need hot, don't leave the tap running, take shorter showers, run full loads of clothes/dishes, water outdoors only when needed, always use a reusable water bottle, pick up litter to keep waterways clean
[Take the pledge!](#)

Did you know 70% of Earth is water and only 2.5 % is fresh water? All the water we have is all the water we will ever have. In our area, we rely on the McKenzie river for our drinking water. Water is a precious natural resource that all living things need to survive. It is a first food. Water is life.

(two posts for Thursday)

1.) **Thursday's Shift:** Small shifts, big impacts.

Thrifty Thursday-Save money and the planet by buying second hand items, hang clothes to dry, choose reusable items, repair instead of replace, eat your leftovers, shower less, say no to things you don't need, shop local
Take the pledge!

Thrifty: adjective, (of a person or their behavior) using money and other resources carefully and not wastefully. When we have a thrifty mindset, it not only keeps money in our wallets, it helps us reduce, reuse, repair, rethink our consumer choices.

2.) **Earth Day Art-a-bration**

4J Earth Day Art-a-bration- SHIFT! Small Shifts, Big Impact

4J Dia de la tierra – Celebración de arte – CAMBIO! Pequeños cambios, grandes impactos

4J Climate Justice Students invite people like you and me to make small shifts to make a big impact to help Planet Earth. Shift to a new green habit!

Estudiantes de justicia climática/ambiental de 4J, inviten a personas como nosotrxs a tomar pequeñas acciones para hacer grandes diferencias y ayudar al planeta tierra. ¡Cambiemos a nuevos hábitos verdes!

There are many ways to reduce our carbon footprint-meatless meals, rethinking waste, conserving water, reducing and reusing items, getting outside and more! All living things are connected and we all share Earth as our home. When we make shifts to greener habits, it makes the world a healthier place to live. Take the pledge and commit to reducing waste! Read more at: <http://bit.ly/earthweekactions>

Hay muchas maneras de reducir nuestra huella de carbono - comidas sin carne, reconsideración de basura, la conservación de agua, reutilización y reciclaje, actividades afuera y mucho más. Todos los seres vivos son conectados y todxs compartimos la tierra como nuestro hogar. Cuando hacemos cambios hacia hábitos verdes, ayuda que el mundo sea un lugar mas sano y saludable para vivir. ¡Hagamos el compromiso a cuidar nuestro hogar y reducir nuestra basura! Más información al: <http://bit.ly/earthweekactions>

K-12 students are invited to submit art for the 4J Earth Day Art-a-bration.

Invitamos a los estudiantes de K-12 a presentar una obra de arte para la celebración de arte del día de la tierra de 4J.

Shift-Act-Create-Share / Cambiar-Actuar-Crear-Compartir

-Shift- Choose a Shift. Small shifts, make a big impact.

- Cambiar – escoger un cambio. Pequeños cambios pueden tener grandes impactos.

-Act- Take action-shift a habit to make a change. Spend at least two weeks making your shift into a new habit

- Actuar – tomar acción, cambiar algún hábito. Pasar al menos dos semanas generando cambios hacia nuevos hábitos.

-Create-Draw, paint, collage, sculpture, public service announcement, poetry, spoken word, a song, a dance move, an invention-You.do.you. Be creative. Note: Audio/video 30 seconds or less.

- Crear – Dibujar, pintar, collage, escultura, anuncios de servicio público, poesía, discurso, canción, baile, una invención. ¡Haz lo que tu quieras de la manera mas creativa! Ojo: audio/video debe durar menos

de 30 segundos.

-Share-submit your creation via photo, video or mp4 and a short paragraph about the habit you shifted and how your art represents your shift and a wish for the planet.

- Compartir – presentar tu creación vía foto, video, audio con un corto párrafo sobre el hábito que cambiaste y como el arte representa ese cambio y tu deseo para el planeta.

All submissions will become part of a Virtual Gallery. All entrants will be entered into a drawing for prizes donated by local businesses.

Todas las presentaciones serán parte de la galería virtual y una rifa con premios donados por negocios locales.

Earth Day Art-a-bration submission form

Friday's Shift: Small shifts, make big impact.

Forest Friday-Get outside and love our planet by walking instead of driving, go plogging, make a tree friend, take a hike, smell the flowers, sit by a river, climb a butte, ride a bike, plant a tree, watch an insect, listen to the birds sing.

Take the pledge!

In Eugene we are lucky to have multiple areas to wander and be outside in natural spaces. Whether it's right in your neighborhood or a trail nearby, take a moment to get outside and get to know a tree. Is there a tree in your yard or on your street that you love? A tree you always notice on a hike? A tree you've read about, but haven't visited? Get to know that tree. Lean against its trunk, feel its bark, follow its roots with your eyes, look high into its branches and inhale its gift of oxygen...thank a tree today.

FYI: Climate Justice Team "bio" written by high school students and teachers:

The Eugene 4J Climate Justice Team is comprised of high school students, K-12 teachers and support staff across Eugene School District 4J. We are working together for a better future in climate education, to address the issue of climate change for long term impact. This group is dedicated to formalizing climate change education (CCE) across all subject areas and age groups in Eugene 4J and beyond. The team was formed in January 2019 at the first ever 4J Climate Education Summit as a response to the call for action by 4J students and the 4J School Board Climate Resolution of May 2019. Team membership is voluntary and all 4J folx are invited to join and take part in this work.

Note: We are striving to make our materials more accessible for all in the future.

Again, enjoy your week-end!

 ~Tana

Kind regards,

...

Tana Shepard

she/her/hers

TOSA Climate, Energy & Conservation

4J/EWEB Education Partnership Grant Coordinator | Love Food Not Waste Grant Coordinator

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Earth Week flyer Spanish.png

522 KB



Earth Week flyer English.png

501 KB
