

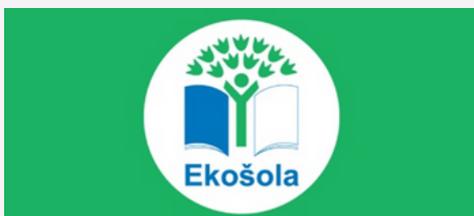
# WE "R" GREEN

*Eco newspaper*



## ECO CRUMBS

We, the students of Rogatec primary school, care a lot about our nature and the environment. Here are some activities we regularly do at our school.



## DID YOU KNOW ... WASTE

- 33 TONS OF HOUSEHOLD WASTE ARE GENERATED BY THE AVERAGE PERSON IN THEIR LIFETIME.
- 2/3 OF ALL WASTE CAN BE RECOVERED OR REUSED.
- 36% OF WASTE IN SLOVENIA IS COLLECTED SEPARATELY.
- SLOVENIA HAS 12,109 ECO-ISLANDS. 167 PEOPLE USE ONE.
- 7,000 MOBILE PHONES CONTAIN ENOUGH GOLD TO MAKE A GOLD RING.



# PICKING UP THE TRASH

Every week an assigned class goes around the school and picks up any garbage laying around.

We also sort the trash in three different recycling bins – one for plastic, one for paper and one for organic waste. That is why we also prepared different labels/paintings for the corresponding garbage bins.

Our ECO CORNER (recycled paper, bottle caps and toners):



## DID YOU KNOW ... PLASTIC PACKAGING

- IT TAKES 450 YEARS FOR A PLASTIC BOTTLE TO BREAK DOWN. THAT'S 7 TIMES AS LONG AS THE AVERAGE PERSON LIVES.
- 4% OF THE WORLD'S TOTAL OIL CONSUMPTION IS USED TO PRODUCE PLASTIC.
- IT TAKES 20 YEARS FOR A PLASTIC BOTTLE TO DECOMPOSE IN A LANDFILL, AND 5 YEARS FOR A PLASTIC BAG.
- RECYCLING 1 KG OF PLASTIC PACKAGING SAVES 2 KG OF OIL AND 1.5 KG OF CO<sub>2</sub> EMISSIONS.
- THE AVERAGE SLOVENIAN USES BETWEEN 150 AND 300 PLASTIC BAGS A YEAR.
- AROUND 100 BILLION BEVERAGE CANS ARE IN CIRCULATION EVERY YEAR. MOST OF THEM ARE ALUMINIUM.



# HIKING CLUB

We collaborate with the local hiking club that encourages a healthy style of living and emphasizes the importance of exercising.



## DID YOU KNOW ... BIOLOGICAL WASTE

- 30% OF ALL WASTE IS BIODEGRADABLE.
- EUROPEANS THROW AWAY 16 OLYMPIC SWIMMING POOLS OF FOOD EVERY DAY.
- PEELINGS, SNACKS, PAPER TISSUES TAKE HALF A YEAR TO DECOMPOSE IN NATURE.



# RAISING AWARENESS

As part of the We”R”theworld project, our pupils made informational notices about energy and water. Later, they decorated switches, sockets and taps at school with eco-signs. The activity was done to encourage other pupils to be more economical and reduce their needs.



## DID YOU KNOW ... WASTEPAPER

- THE MAIN COMPONENT OF PAPER IS CELLULOSE, WHICH IS EXTRACTED FROM WOOD.
- 1 TON OF RECYCLED PAPER SAVES 17 SMALL OR 2 LARGE TREES.
- THE PRODUCTION OF RECYCLED PAPER REDUCES AIR POLLUTION BY UP TO 95%.
- RECYCLING 1 KG OF PAPER PACKAGING SAVES 1/5 OF A TREE AND 40 LITRES OF CLEAN WATER.
- THE AVERAGE WEB USER PRINTS 28 PAGES A DAY.
- SOME TYPES OF PAPER CAN BE RECYCLED UP TO SEVEN TIMES.



# ECO TOPICS ON SCHOOL RADIO

As part of the school's extra-curricular activities, the school also runs a school radio, where pupils report on what's happening inside and outside of the school: pupils' activities and successes, sports, trivia and news. As we are interested in everything related to the media, we are familiarizing ourselves with the work of journalists and the genres of journalism.

We produce programs for the school radio, covering topics of interest to us, as well as reports, news, features, interviews and commentaries.

Our program also manages eco-topics, especially pollution. We have focused on sound and light pollution, waste, water and energy conservation. At the end of the programs we have short quizzes where classes compete against each other to test their eco-knowledge.

We publish photo stories on our website and occasionally in other local media. We also contribute articles to the school's online newspaper, Iskrice (Sparks), which is published twice a year.



An important part of the school radio program are different eco-topics.

# THE ECOQUIZ COMPETITION

The EcoQuiz competition for primary schools aims to give pupils a different perspective on environmental change, to present possible causes and to encourage pupils to take an interest in the environment and to work together to solve environmental problems.

The Eco-Quiz was attended by five 6th and 7th grade pupils who studied the topics Biodiversity and Climate Change, Forest and Forestry in Slovenia and Ecosystems and answered questions online in January.

Jan Gobec from grade 6 and Marija Fric from grade 7 took part in the national competition on March 11th, 2022.



Jan Gobec and Marija Fric took part in the national EcoQuiz competition.

# ENVIRONMENT IS ...

Earthy  
Natural  
Valuable  
Infinite  
Reserved  
Odd  
Nice  
Magical  
Educational  
Nice  
Tropical



Hana S.r

# ALTERMED

Throughout the whole school year, various activities that are based on a health focus are carried out in our kindergarten and in school. We do our best to raise awareness of the importance of health among children, pupils and students through a variety of activities. At the fair Altermed we share our activities and examples of good practice with others to exchange ideas and gain new knowledge for our work.

Our children and pupils learn that health is based on a healthy and balanced diet, physical activity, healthy eating and healthy relationships. We want a safe environment for the children.



# YOUNG REPORTERS FOR THE ENVIRONMENT

## OUR INDISPENSABLE COMPANIONS

**IN THESE TIMES OF DISEASE AND STRESS, WE NEED TO MAKE SURE THAT WE ARE AS RESILIENT AS POSSIBLE. WE CAN HELP TO AVOID THIS BY KNOWING HOW TO USE HERBS. SIMONA ARZENŠEK, WHO IS RESPONSIBLE FOR THE ECO-HERB GARDEN AT THE PUBLIC INSTITUTE FOR CULTURE, TOURISM AND DEVELOPMENT IN ROGATEC, TOLD US MORE ABOUT THIS TOPIC.**

### **How long have you been working with herbs?**

I remember picking herbs at home from my childhood, so my love for herbs grew from a very young age. I also used to get headaches a lot in the past, but with regular herbal teas, I have fewer headaches. We planted an eco-garden here in 2014. I make sure that the gardens are tended so that visitors like to walk among them, and I develop the products that we sell in the shop.

### **How do you see herbalism developing?**

I definitely see a great opportunity in herbalism today, as growing herbs does not require a lot of land. It think that in the future people will be more and more inclined to provide their own food and to make it healthy, because we know that sprayed food makes us more susceptible to various diseases.

### **What do you use herbs for and what do you make from them?**

Herbs are most commonly used in teas and tea blends. More of these are sold than individual herbs. Fragrance herbs (oregano, basil, rosemary, marjoram) are often used in cooking, then there are hydrolates, flower waters, herbal juices, herbal oils, various tinctures. Herbs are also used for natural cosmetics: natural soaps, ointments, bio repellents, lip balms. We also make various decorative bouquets, lavender pouches, toys, linen sleeping bags, etc. In short, you can see that herbs are widely used.



### **Which types of tea do people ask for most often?**

American strawflower, which boosts immunity, sells very well and is sold out very quickly. Garden thyme, motherwort, lemon balm are the four herbs that sell fast. Common nettle has always been mostly medicinal herb.

### **Which herbs are most used as spices?**

Basil is used a lot in cooking, followed by oregano, savoy, marjoram, rosemary, chives, chives, garlic. These are the herbs without which there is no cuisine.

### **Can herbs also cause harm?**

Overdoing things is never good. Linden, for example, can be drunk for ten days. After that, it is necessary to take a break, because the organism gets used to the effects of the herb and it no longer works well. An allergy may develop.

### **What do we need to look out for in herbs?**

We need to be careful to know them, otherwise we can be poisoned. Elderberries and black-eyed Susans, which are poisonous, are similar as hellebores and milk thistle. When cutting herbs, we must be careful because some herbs are undesirable and some are very poisonous. Essential oils must be kept away from children, so that they do not ingest them. Just a few drops can cause severe pain, even poisoning and can be fatal. The first sign of poisoning is vomiting.

### **Do herbs have a limited period of use?**

Herbs can be used up to two years. As herbs age, they lose their potency, their aroma and their colour, so we make sure to take herbs as fresh as possible. If we have tea left over, add sea salt in it and we have a good foot bath.

### **What do you take with you when you go collecting herbs?**

A basket and a pair of scissors. Certain herbs have roots and need to be cut. If you pull them, you pull out the roots and those plants are gone. All the herbs we collect have to be washed because the environment is polluted. Then, they are dried in ovens. We make sure that they are properly packaged and sold. We always pick the herbs separately and mix them when they are dry.

### **How difficult is it to grow herbs?**

Herb growing is not that difficult. Anyone can learn how to grow herbs for their own use. However, if anyone wants more information, they can visit us at any herbal workshop.

### **Which herb do you prefer?**

I drink different teas such as elderberry, linden and American strawberry tea. I also make different kinds of jams, like elderberry and chokeberry jam. I like basil, which can be put in omelettes, muffins, sauces, roasts, then oregano, savory ... I'm sure every housewife can use up to 20 herbs in her kitchen.

### **Summer is upon us. Which herbs are typical for this time of year?**

For summer, I would recommend everyone to make a refreshing mint and lemonade drink. St John's-wort, chamomile, which has always been used by mothers for children for all ailments, lemon balm, garden thyme and sage also flourishes. Sage has always been very expensive and during the Roman Empire only the richest people could buy it. A concentrated tea was brewed and the room was disinfected. It is disinfectant and reduces mental fatigue.

### **Which herbs should not be missing from your home garden or balcony?**

I recommend that everyone has herbs she or he uses every day in a pot on the windowsill; for example garden thyme, oregano, basil, mint, rosemary. One can also have lavender on the balcony to repel flies and insects.

### **Do you think that people's use of herbs is increasing or decreasing over the years?**

The number of herb growers and processors in Slovenia is increasing. People's awareness of using herbs has also increased over the years. For this purpose, we have herbal workshops throughout the season.



## Do you have any final thoughts for our readers?

Let's put the emphasis on herbs to reduce disease. If we know how to use herbs, we are healthier and stronger. We are more resilient and when viruses are rampant, they do not get to us. We also feel better. Everyone needs to take care of their own health and well-being, and with herbs we can certainly do that.



The interview was prepared by:  
Marija Fric in Zoja Prevolšek

# STOP PLASTIC POLLUTION



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# ECO POETRY

Some of our students participated in a literary competition. They had to write a poem based on the theme of water and its importance.

## ECO HERO

There's no green without blue,  
Without water there's no you.

We all think we have it enough,  
But life without it is very tough.

Save the water to be a hero,  
Since without it you are zero.

If you take it seriously,  
Everybody will look at you curiously.

If everybody is satisfied,  
You will be dignified.

Start as soon as possible  
And become responsible.

Marija Fric



## HOPE(LESS) VOICE

Look at our planet from outer space  
and you will see its beautiful blue face.

If there is no water,  
this will cause a nature slaughter.

If we don't keep it clean,  
we will lose all the green.

Everything will fall to pieces,  
if our selfishness increases.

Even though it seems a hopeless voice,  
let it be our only choice.

Daša Zalezina



# ECO READING BADGE

Every year lots of students read eco books and participate in the so called ECO READING BADGE. Participation in the project is voluntary. With the help of ecological literature students develop individual creative thinking, develop a longer tradition of mental ecological engagement, exchange experiences and carry out activities with ecological content.

**WE READ ECO ...**



**WE THINK ECO ...**



**WE ACT ECO!**

# ECO BOOKS OUR STUDENTS RECOMMEND



The book “The Rainbow Fish” is about a fish with very beautiful scales. Because the scales are very precious to her, she doesn’t want to share them. And because of that no fish wants to hang out with her. The fish then goes to the octopus for some advice. The octopus tells her that she has to share the scales. And so she does. When she has only one beautiful scale left, all the fish became her friends. What I like best about the book is how she shares almost all the rainbow scales. I would recommend this book to young readers because it is about friendship.

Melania



The book “The Caterpillar Gets Wings” is about a caterpillar named Osatarka who is hungry. It is too far to the pond for her to go and get some thistle. Then she tries to fly to get to the pond faster. She can’t. She goes to bed tired. The next morning she wakes up and she is a butterfly. I recommend this book to all young readers, because it is interesting and it is about the fact that anything is possible. When I was a younger reader, I liked it very much.

Aisha



I really like the book "Horse Miško at the Dentist's". It's an interesting children's book about a horse who has very dirty teeth and therefore goes to the dentist. He gets braces and later marries a mare called Filipa. I liked the book as a young reader because it is interesting and it is about dental hygiene. I recommend it to all young readers.

Živa



The book "Pikica and Tonček" is about friendship and courage. Pikica comes from a rich and Tonček from a poor family. Tonček's mother falls ill, so he has to do the cooking and cleaning himself. Berta and Krunica take care of Pikica. It is great fun for Pikica to pretend to be a poor girl on the bridge, but she does not understand the danger she is putting Krunica in. In the end, everything is all right and Tonček gets a new babysitter. It is a very funny and touching book. I recommend the book to young readers because it is written in comic book form.

Anja



I loved the book "The Confusion because of the Little Bear" when I was younger. It features a bear who sneezes one day and when one of his friends hears it, he tells the others. They all think he is sick, but he really isn't. I recommend this book to students. I think it is suitable for both younger and slightly older students.

Maja



The book "Gangsta Granny" is very interesting and entertaining. It is about a boy called Ben who doesn't like to go to his grandmother's house because he is always bored there. One evening, he tries to get something to eat. When he bends down and opens the box of biscuits, he doesn't find a sweet snack, but... diamonds!

I recommend this book to everyone because it is interesting and it is about family.

Eva

# WE "R" THE WORLD SCIENCE DAY

Now, we're giving you a closer look at just one part of a science day, which was carried out by pupils from grades 5 to 9 in the ecology-focused We "R" the World project, which we are implementing together with the Technological Institute of Spain and primary schools from Spain, Portugal and Italy.

## "ECO-FEET"

For one day, fifth-graders called "Eco-Feet", explored the impact of traffic on pollution. They reflected on their travel habits, explored green and safe routes to school and learnt about more environmentally friendly modes of transport. At the Open Air Museum they looked at how people used to travel.



# "PLAYFUL URŠULA"

Sixth-graders made an eco playground for the school with the "Playful Uršula" workshop. They created their very own memory game, drew a playmat in the ground for a game of hopscotch, wove baskets for "eco basketball" and drew a playground for games such as "Ursula, what time is it?" and "The Jumping Ursula". Under the guidance of the Open Air Museum, they tasted their heritage with games played by our ancestors.



# "HONEYMOON TRAILS"

"Honeymoon Trails" was the workshop of the seventh graders who took care of the plants and animals. After a visit to the honey plants in the Open Air Museum and a beekeeping workshop to learn about the life of bees, they planted "honey" plants around the school beehive.



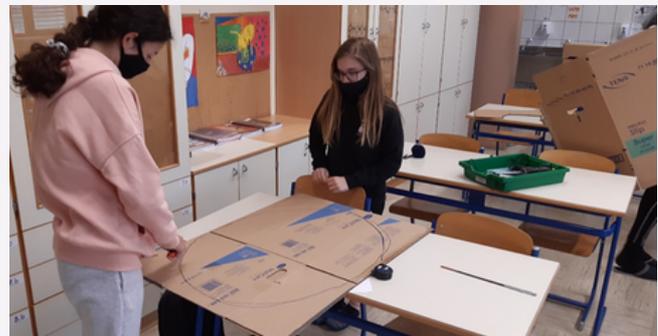
# "GREEN STREET"

Eighth-graders thought about self-sufficiency, home-grown and healthy food production. As a part of the creation of the "Green Street", they prepared natural materials to fill a high bed and two raised beds, then planted lettuce, strawberry and leek seedlings. They also visited the garden of the Open Air Museum.



# "CREATIVE ECOLOGISTS"

Ninth-graders reflected on raising awareness on ecological issues and the correct recycling and disposal of waste. They made and designed leaflets, attractions and warnings by computer, highlighted waste separation topics by painting and made furniture and mobiles out of cardboard.



# TUNCOVEC RE-USE CENTRE

As part of their home economics lessons, Year 6 students visited the Tuncovec Collection Centre. They were given an overview of the centre's activities: separate waste collection, recovery and reuse. They also visited the Re-use Centre, where they saw many discarded and re-usable old items.





FIND THE FISH

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Erasmus+