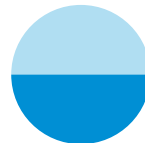


Plastic Clever Schools



Wave goodbye to
single use plastic



Common
Seas

KIDS
against
PLASTIC

Hey !

Welcome to Plastic Clever Schools! We're so pleased you're here because we need your help to make every school Plastic Clever. Plastic pollution is a big problem- you'll find out more about that later- but we know a way you, your school, and all your friends and family can help.

Common Seas and Kids Against Plastic (KAP) have joined forces because we know that young people, like you, have powerful voices and brilliant ideas - we need you on our team!

Your journey to becoming a Plastic Clever School is split into three levels:



Inspire You'll go on a deep dive to learn all about plastic and share that information with your classmates, teachers, parents and community.



Investigate It's time to discover the problem plastics in your school and get ready to do something about it!



Act You'll learn how to create a positive impact by leading an exciting campaign to help your school and community wave goodbye to single-use plastic.

In each stage you'll need to learn, do and share. This workbook will be your guide - you can use it to make sure you stay on track.

Remember to share your progress on the Plastic Clever Schools website to achieve your award! Amy and Ella, along with their brilliant KAP club members and Common Seas' Ocean Superheroes will be sharing lots of helpful tips along the way.

Your journey



Keep notes!

To help with the sharing part in each stage, it might help to keep a note of all the amazing things you are learning and doing along the way!



Level 1 Inspire

- Raise awareness about your mission to become a Plastic Clever School
- Host a litter pick at your school
- Make a video to share why you're excited about becoming a Plastic Clever School



Level 2 Investigate

- Complete the Plastic Clever Schools audit
- Create your action plan



Level 3 Act

- Run your campaign to tackle at least 2 problem plastics in your school
- Share photo evidence
- Create a celebration video

Let's make waves!

These upcycled plastic waves are a great way to show people that you are part of the Plastic Clever Schools community.

1. Find an old bottle or plastic container to upcycle
2. Wash it
3. Using scissors, carefully cut out the shape of the wave (ask an adult for help if you need it).
4. Use a hole punch to create a hole in the top of the wave
5. Loop an old piece of string or ribbon through the hole and tie in a knot
6. Attach your wave to your school bag



Let's get inspired!

For the first stage of your journey we're focusing on inspiration - that means we'll be learning a lot and sharing it with everyone at school so that we can get everyone on board for the challenge ahead!

What to expect

You'll learn about where our plastic products come from, different types of plastic and why it's so important to become Plastic Clever!

You'll do a litter pick to find out how plastic pollution is impacting your local environment, plus you'll create a space to help your whole school get engaged and up to date on your Plastic Clever journey.

You'll share your mission with the Plastic Clever Schools community and find some creative ways to inspire your class mates along the way!



Actions to take

- Raise awareness about our mission to become a Plastic Clever School (for example - host an assembly, send out a newsletter, create a plastic clever schools wall)
- Host a litter pick at our school
- Make a video to share why we're excited about becoming a Plastic Clever School



KAP Club tip

Get the school eco-team involved. If you don't have one- make one! Try to have someone from every class in the team.

Freddie

The life cycle of a plastic bottle

[Click here to learn more about how plastic is made](#)

1 This is an oil rig, where they drill down into the sea bed to find oil.

2 This is where they add chemicals to the oil, and make plastic pellets.

3 They drive them to the manufacturing plant.

4 Here's where they turn the plastic pellets into a plastic bottle.

5 Then they fill the bottles with water, and package them up in more plastic before they send them out to stores.

6 This is where we buy the bottled water. Some people will take their water home in a plastic bag.

7 Did you know that only 30% of plastics get recycled? The rest ends up in landfill or in our streams, rivers and waterways.

8 This is the landfill, where lots of plastic ends up. The toxins from the plastic end up in the soil, which then pollutes our waterways.

9 The rest ends up floating up to sea, where it breaks down into tiny pieces and ends up being eaten by sea life which makes them really sick.

Different types of plastic

LEARN

Litter picks are a great way to find out which types of plastic are lurking in your local environment. What different types of plastic do you think you'll find?



PETE
Polyethylene
Terephthalate
Water bottles



HDPE
High-density
Polyethylene
Milk bottles and
shampoo bottles



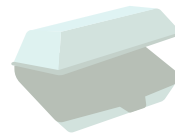
PVC
Polyvinyl Chloride
Cleaning products
and shower curtains



LDPE
Low-density
polyethylene
Bread bags and
plastic films



PP
Polypropylene
Yoghurt cups,
straws and
hangers



PS
Polystyrene
Takeaway, hard
packaging and
toys



OTHER
Polycarbonate
Baby bottles,
nylon and CD's



Easy to
recycle



difficult to
recycle



Can't be
recycled

Want to check
out our guide to
recycling?

Click here to learn more

Guide to litter picking

Click here to view our guide to litter picking



A litter pick is a fun & active way to grab attention for the Plastic Clever School challenge. Who could you invite to join in?



Amy & Ella's Top Tip

A litter pick is the perfect way to get others involved in your Plastic Clever mission. It's also a brilliant way to find out more about problem plastics in your local area, like the litter hotspots, types of plastic and even where they come from. This information will help you engage your school and wider community with the problem, and inspire them to help you do something about it!

Amy & Ella's guide to litter picking

We've done our fair share of litter picks in the past. They're a great way to have an immediate impact on the plastic pollution in your neighbourhood, as it doesn't take long to see a big difference.

However, it's important to be careful when picking up rubbish - sometimes there are items or places it is best to avoid. So, here are our top tips for staying safe while litter picking!

1. Think about your location

There are so many different places you can litter pick. Beaches, woodland paths, city streets... you can find rubbish almost anywhere that humans have been! However, often the places where you find the most litter are the ones that we use the most regularly, like near roads.

We've done litter picks on roadsides and collected more than 1,000 pieces, just as a family!

While you can achieve great results from litter picking along roadsides, they can also be very dangerous. Make sure you stay away from busy highways, and always stick to places with a pavement. Always have a parent or guardian with you, and ensure you wear something bright so you can be easily seen - such as a high-vis jacket.

2. Be hygienic

While litter picking, you often find items that aren't particularly clean. Many times, the rubbish has sat there for so long that it's covered in dirt and bacteria - yuck! That's why it's super important to stay safe and healthy when picking up rubbish. Think about your gear - get hold of a litter picker and some thick gloves - you don't want to be using your bare hands.

Always make sure you have a bottle of hand sanitiser in your pocket for when you're done!

3. Be careful what you collect!

Just imagine, you've finished picking up for the day, you've got a full bag of rubbish that you're taking to the bin and riiiiip! Your bag has split, and dropped everything back onto the floor. This is a nightmare scenario that's happened to us many times! To avoid it happening, don't pick up anything sharp (like shattered glass, or needles). Not only are these items dangerous, they're also far more likely to rip your bag open than an item like a plastic bottle.

If something looks too gross (and trust me, you will find many strange things when picking up), then just leave it. It's better to be safe than sorry!

4. Work together

Try to keep an eye out for organised litter picks in your area. We've been on group litter picks before where we've collected over 2,000 pieces in just one hour - such as one we did on a beach in Cardiff, Wales. You can pick up incredible amounts when working together!

KAP app here to log litter data (QR code)



SCAN ME

plasticcleverschools.co.uk

Kids Against Plastic and Common Seas

Design your Plastic Clever Schools wall

Becoming a Plastic Clever School is much easier if everyone at your school knows about it.

One way to do that is to create a Plastic Clever School wall. Think of it like a giant display that everyone can see and that can be updated as you progress along your journey.



Your step by step guide to creating your Plastic Clever School wall

1. Ask your teachers if they can help identify a good spot for your display. Make sure its somewhere central in the school and big enough for you to fill with lots of pictures and information.

2. Start designing your wall on a piece of paper, so you can figure out what you'd like to display. You'll want to include the three different levels, a checklist to tick off, a space for photos, drawings or posters, and somewhere to create a map of your school.

3. Remember that you will keep adding to your wall as you work through the three levels, so don't fill it up too soon!

4. Let everyone know what they can create for the wall – drawings, posters, sticky notes with ideas for your school.

5. Make sure you take photos and send them to us so we can see your amazing Plastic Clever School wall and share it on our website.



- Completed Clever School
- Created a Plastic Clever School
- Ran a plastic free school



Your Journey



Level 1 Inspire

- Raise awareness about your mission to become a Plastic Clever School
- Host a litter pick at your school
- Make a video to share why you're excited about becoming a Plastic Clever School



Level 2 Investigate

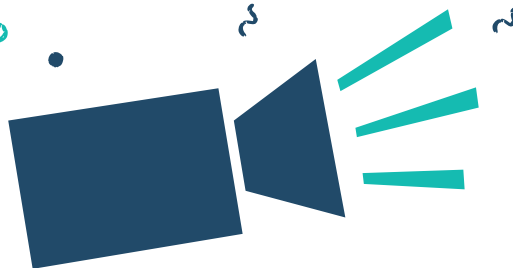
- Complete the Plastic Clever Schools audit
- Create your action plan



Level 3 Act

- Run your campaign to tackle at least 2 problem plastics in your school
- Share photo evidence
- Create a collaboration video

Share your journey



We want to hear all your news!
Make a video and see if you can
include the following -

Tell us why you want to be a Plastic Clever School

What sparked the idea to sign up? Is plastic
pollution a real problem in your local community?

Share how you are inspiring others to get involved

We'd love to hear about all the creative ways you
are getting people on board.

Ready to tell everyone about your mission?

Hosting an assembly is the perfect way to let the
whole school know about your plans to become a
Plastic Clever School. It will also help you introduce
everyone to the awe and wonder of our amazing
ocean, so they feel inspired to protect it!

Need help?

We've made a presentation that you can use as part
of your assembly! Make it fun by asking your friends
to help you!

[Click here to learn more](#)

Describe the most surprising/ inspiring/enjoyable part of your Plastic Clever journey so far

Have you learned something new that you think
will help you wave goodbye to single use plastic?

Some other ideas...

Set up newsletter, design posters,
update your Plastic Clever wall...
What else can you think of?

Ready to submit your evidence?

Click the button on the next page to
upload it to the Plastic Clever Schools
website!

Inspire Checklist



○ Raised awareness about our mission to become a Plastic Clever School (for example - hosted an assembly, sent out a newsletter)

○ Hosted a litter pick at our school

○ Made a video to share why we're excited about becoming a Plastic Clever School

[Click here to share your evidence](#)



KAP Club tip

The more people on your team the easier it'll be to make a difference. Get creative to encourage your whole school to reduce single use plastic and protect our amazing ocean.

Inaaya

It's time to investigate!

Congratulations! You've inspired your school to become Plastic Clever. Welcome to level two - Investigate!

What to expect

You'll learn about how plastic gets into the ocean, and the impact that plastic pollution has on us, our communities and our natural environment. You'll also learn about the 6Rs to help you think of ways to cut down your problem plastics.

You'll do some investigating to identify the problem plastics in your school so you can pick the top two to tackle, then create an action plan to decide how you'll do it!

You'll share what you found out and what you want to do about it.

Actions to take

- Complete the Plastic Clever Schools audit
- Create our action plan

KAP Club tip

Campaigning is really easy when you're taking action on something you care about. An assembly will help you inspire everyone else to care too.

Skye

How does plastic end up in the ocean?

Where does all the plastic come from? And how does it end up in the sea? Did you know that approximately 80% of plastic flows from land-based sources? The other 20% is plastic littered at sea, from fishing and shipping.

Even if you live hundreds of miles from the coast, the plastic you throw away could make its way into the sea.

LEARN

How does plastic pollution impact marine life?

Plastic pollution is bad news for the natural world. Did you know that plastic in the ocean impacts all species, big and small – from marine mammals like whales and dolphins to the smallest fish and plankton.

[Click here to learn more](#)

How does plastic travel

Wind blows plastic and plastic litter into the environment.

Rain sweeps plastic into the waste and stormwater system or directly into rivers and streams.

People might **dump plastic waste** near to or directly into rivers and streams.

Waste and stormwater systems can **overflow** during storms and high tides.

Plastic pollution

What do you picture when you think about plastic pollution? Close your eyes and take a moment to think about it.

Whatever you imagined, we're sure it wasn't pretty. Plastic pollution is a big deal and causes a lot of problems in our local environment and across the planet – especially in our ocean.

Now close your eyes and imagine what this environment could look like if it was free from plastic waste – this is the difference you can make!

[Click here to learn some surprising facts about plastic...](#)

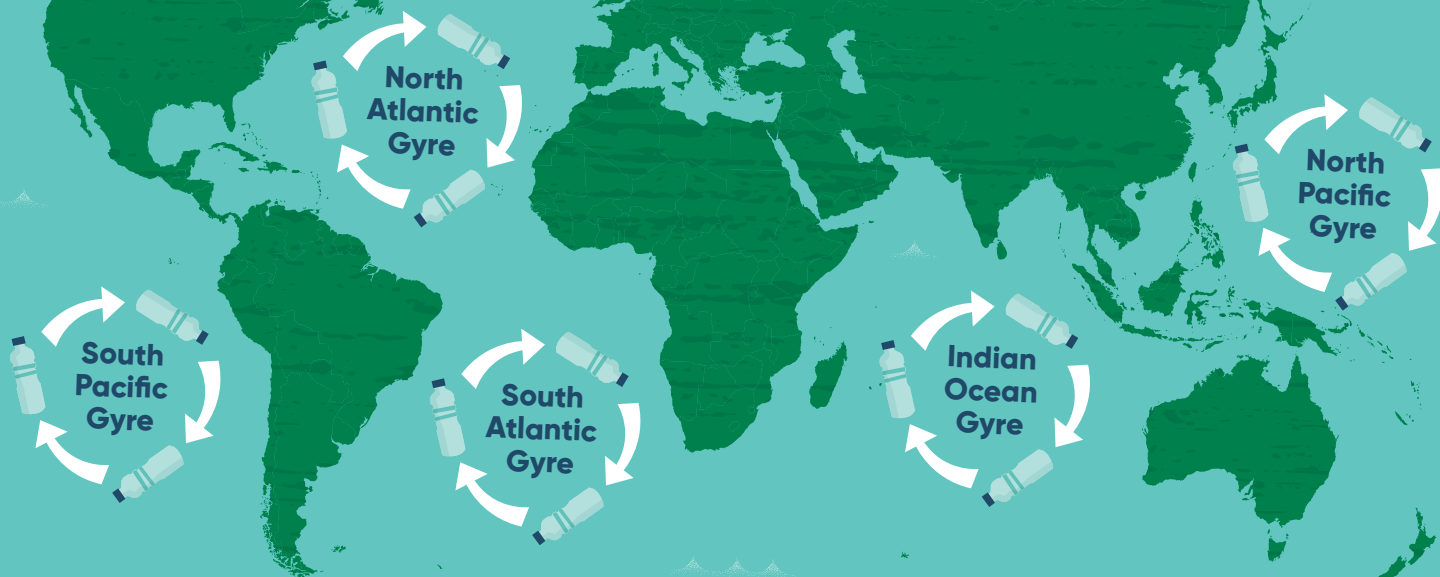
The 5 gyres

LEARN

When ocean water moves together it forms a current. Wind patterns and the forces from the Earth's rotation can make these currents move in circles (like slow moving whirlpools) known as 'gyres'.

There are five main gyres.... the North Atlantic Gyre, the South Atlantic Gyre, the South Pacific Gyre, The North Pacific Gyre and the Indian Ocean Gyre. They act a bit like conveyor belts and a lot of the plastic in our ocean ends up in one of the five gyres.

[Click here to learn more](#)



Plastic Clever Schools Audit

As a Plastic Clever School, you need to take steps to cut down on single use plastic waste and help keep our ocean and natural world healthy.

An audit is a series of questions that help you understand more about something, like plastic waste. It will help you know the types of plastic being wasted – and how much – so you can know where to start on your mission to wave goodbye to single use plastics.

To investigate problem plastics at school you'll need help! Ask your friends and a teacher to

help answer the audit questions, fill in the form and figure out what it means for your school.

Gathering data is a really important skill that scientists and explorers use to help find out about new things and solve problems!

[Click here to get started](#)

The Big Four - How many are your school throwing away each day?



Now you know more about plastic waste at school, use your audit results to help you plan what to do next!



Have you ever heard of the 6 R's ?



rethink



refuse



reduce



replace



recycle



repair

- Challenge + Can you think of an example to tackle plastic waste for each of the Rs?



Some of the R's are better than others!

Check out our fact sheet to help you decide which ones you want to focus on and think about the different solutions you can come up with in your school.

[Click here to learn more](#)

KAP Club tip

It's really easy to refill your water bottle at school. If you don't have special water fountains, you can just make posters to let everyone know which taps they can use.

Charlotte



Write a plan to reduce at least two of the problem plastics at your school. An action plan is a simple way to get really clear on your next steps. Below are some useful questions and example answers to get you started...

Make your action plan!



What problem plastic(s) are you going to tackle?

Single use bottles and cups

What can you do to reduce it?

Run a campaign to get everyone to use a reusable bottle instead

How will you know you've been successful?

Everyone has a reusable bottle and the school has stopped ordering the cups.

What help will you need?

We will spread the message to our friends, pupils, staff and parents. We'll also find out who orders the school's single use cups and speak to them too

Now that you have made your action plan in the next stage you'll really get to grips with how to make these actions happen!

Download your worksheet and start writing your action plan!



Are you ready to survey your school?

It can be really useful to understand how everyone at school feels about the plastic pollution issue. It's important to see things from lots of different perspectives - it can help us find solutions quicker!

Check out the survey

Survey

Are you a

☐ Teacher ☐ Pupil ☐ Parent ☐ Community Member

How much do you know about plastic pollution?
Tick one of the boxes below. I being nothing at all and 10 being I'm an expert

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

How well do you think your school is tackling the issue?

☐ I don't know ☐ We're not doing enough ☐ OK, but I think we could do a lot more ☐ We're doing really well

What concerns you the most when you think about plastic pollution?

☐ The impact it has on our health ☐ The impact it has on our local community ☐ The impact it has on the ocean

Who do you think is responsible for reducing plastic waste at school?

☐ Government ☐ Businesses ☐ Individuals ☐ People who make plastic products ☐ All of these

What's one thing you think our school could do this month to become Plastic Clever?

Share your journey

Let everyone know how your investigation has gone!

Update your Plastic Clever Schools wall

Put pictures up of your problem plastics and which ones you plan to take on.

Share the results of your survey and audit

This will help pupils and teachers join your mission – Make sure the information is easy for everyone to understand.

Don't forget to talk about your action plan

Once you've completed your action plan, add it to your Plastic Clever Schools wall and think about other ways you can share it – maybe ask your teacher to remind everyone in assembly to go have a look!



KAP Club tip

Think like a detective! Ask lots of questions and explore all sorts of solutions. There isn't one 'perfect' way to be Plastic Clever.

Thomas

Investigation Checklist



- Completed the Plastic Clever Schools audit

- Created our action plan

[Click here to share your evidence](#)



KAP Club tip

We should all be learning about plastics, the harm they can do to the environment, and what we can do about it. Ask your teachers to do a topic on it. Ocean Plastics Academy can help!

Kai

[Click here to learn more](#)

Are you ready to act?

The final stage of your journey is all about action! You'll kick off your campaign, start to wave goodbye to single use plastics in your school and share your progress with everyone along the way.

What to expect

You'll find out how to make a difference, taking inspiration from some incredible organisations around the world.

You'll use your action plan to tackle at least two of the problem plastics in your school, then get your friends and teachers to help you put it into action!

You'll share what you've found out through this journey by creating a Plastic Clever Schools map of your school and local area and keep everyone informed on your progress!



Actions to take

- Run a campaign to tackle at least 2 problem plastics in your school
- Share photo evidence
- Create a celebration video



KAP Club tip

Make sure you give everyone an opportunity to get involved in your campaign. You'll need lots of people with different skills to help you.

Matilda

How to make a difference



Learn

Research as much as you can so that you understand the issue and can speak confidently about it. Look online, speak to teachers, parents and people in your community.

Connect

Remember that there are lots of amazing people around the world working on this issue. Find ways to connect with other activists, organisations and community groups.

Find your superpower

Think about the skills that you have that you can bring to this cause. Everyone has something they can use to help.

Start small

Look for things you can do at home, in your school and in your local community first.

Fight for not against

Rather than focusing on all the bad things that plastic pollution does, why not focus on why our ocean is so important and how amazing all the marine creatures are.

Speak up

Don't be afraid to use your voice and find ways to share your message.

Practice what you preach

Try and be a Plastic Clever role model so others can learn from you.



Sometimes learning about plastic pollution across the world can feel a bit overwhelming - it's easy to think that one person can't really make a difference.

But all you have to do is think about someone like Greta Thunberg, the environmental activist.

Did you know that when Greta was 15 she started the Climate Strikes movement by sitting outside the Swedish Parliament to call for stronger action on climate change.

Her small action has inspired millions of students around the world to protest and she now speaks to world leaders, politicians and activists to address the climate crisis.

Need a spark of inspiration?

We've made a list of some of our favourite plastic pollution activists....

[Click here to learn more](#)

Guide to building effective campaigns

Click here to view
our guide to building
effective campaigns



Remember to use your action plan as the starting point for your campaign!



Act

Plastic
Clever
Schools

Building effective campaigns

Building an effective campaign can feel like a big task. There are four things we need to remember when we are trying to make change.

Give me a reason to do it

Sometimes the changes we need to make will require hard work and so it's important (and really useful) to know why you should take action.

Example

Help your community fall in love with the ocean by showing a documentary about all the amazing creatures in the sea.

Show me how to do it

If we need to shift our behaviour then we need to know how. Sharing simple steps makes things feel much more achievable and we're more likely to start a new habit if we've got a good idea of how we can get started.

Example

Make a 'How-to' poster to help people reduce the amount of single-use plastic they use.

Show me others doing it

It can really help to see other people taking action too – not only does it show us that change is possible, but it can inspire us to join the movement.

Example

Share the stories of your favourite environmental activists around the world.

Make it easy for everyone to do

If we want our whole community to make change, then we need to ensure it's easy to do

Example

Create a petition to ask your local council to set up curb-side recycling so it's easy for everyone to do.

look on the next page
for some fun ideas

Take action!



Ready to wave goodbye to plastic waste? Here are a few ideas to get you started.

Send a tweet! Ask a teacher or an adult at home to help with this.

Create posters to put up in plastic hotspots

Give a presentation to your school leaders

Plan an event

Need money to make some of your ideas possible? Come up with a fun way to fundraise!

Get creative and write a letter!

There are so many different ways to help your school become Plastic Clever. Why not write a letter to encourage positive change.

[Click here to learn more](#)

How to write an advocacy letter

Letters are a great way to communicate your opinions with others to encourage positive change. There are several questions that you should ask before writing your letter such as what, who, and why?

What?

What is it that you want to change? Do you want to learn more about plastics in your school curriculum? Or perhaps you wish these were fewer plastic items in the canteen. Focus on one or two key points that you would like to communicate.

Who?

Once you have decided what you want you can then think about who the best person would be to contact. Contact your school leadership team the very best place to start. You might need to contact your headteacher, parents or the team who run your canteen.

Contact local government

Your local government is responsible for all the services in your area. This includes transport, health, the environment and much more. You can find out who to contact through the website: www.bristol.gov.uk

Contact a local business

Local businesses can produce a lot of waste. Generally, they want happy customers, so getting in contact to share your opinion on a product or service they do or don't deliver can be very helpful. Local businesses can also help reduce waste! For example, you could find out if any businesses will let you refill your water bottle when you're out and about.

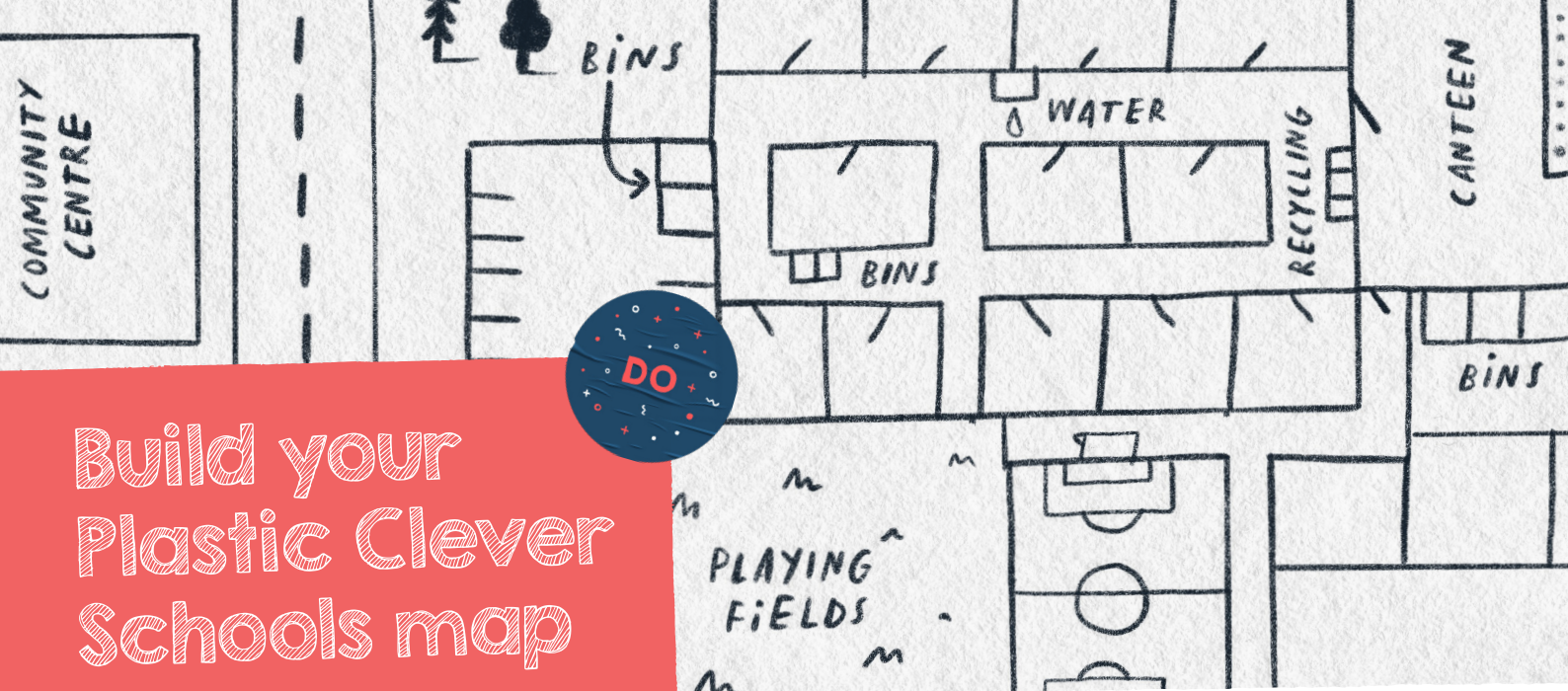
Why?

After outlining what you want and who you will write to, you will have to be persuasive so you will need to consider why it is important to you and why it is important to the person you are writing to.

Some ideas for writing your letter...

Introduction: State why you are writing

Paragraph 1: Outline the problem. For example: 'We've done a waste audit and found that 70% of our plastic waste is coming



Build your Plastic Clever Schools map

Creating a map of your school and your local community is a really good way to learn more about your schools' plastic footprint and share important information to help reduce it.

1. Start by drawing a birds eye view of your school. Make sure you include all the outside spaces too, like playgrounds, sports fields, car parks etc. Do it on a big piece of paper so you have lots of room to add information.

2. Add in your recycling bins, water refill stations or drinking water taps and any Plastic Clever projects (e.g. maybe you have litter pickers that people can use stored somewhere).

3. Great - now add your plastic hotspots to the map - the places where you most often see plastic pollution. For many schools this is the playground, car park, lunchroom or the area around bins.

4. Good work! Next up you can add some important people to the map. This should be the people who make decisions about your waste management, the person who runs your canteen or

lunchroom, plus anyone else who plays an important role in your Plastic Clever School journey (e.g. your Eco Club or school council if you have one).

5. Keep building - The idea of your Plastic Clever Schools map is for it to grow :) Once you've created the map of your school, see if you can extend it to show your local community. Add in local recycling centres, plastic hotspots, water refill stations, parks and green spaces etc.

6. Don't forget to display your map on your Plastic Clever Schools wall!

Share your journey

Yay! It's time to celebrate all your hard work and share it with the rest of the Plastic Clever Schools community.

Give us a video tour

Show us your Plastic Clever Schools wall and take us to see some of your work in action. Maybe show an area that used to be a plastic hotspot, or pupils using their reusable bottles. You could even introduce some of the brilliant pupils and teachers who helped along the way!

Show us the fun bits

Tell us about the funnest parts. Have there been any interesting discoveries or big a-ha! moments?

Get help

Why not ask your teacher to help you share your video on the schools website, or with a local newspaper to really capture the attention of your whole community and celebrate your amazing work!

Be Proud

Tell us why you're proud to be a Plastic Clever School and share what's next for you - has your school been inspired to do even more? Which plastic items will you take on next?

Say thanks

Thank all the people who have helped. What if you shared the video with your whole school in an assembly?



Take pictures of some of the swaps or changes you've made at school reduce single use plastic. We can't wait to see what you've been up to!

Act

Checklist



☐ Ran your campaign to tackle at least two problem plastics in your school

☐ Shared photo evidence

☐ Created a celebration video

[Click here to share your evidence](#)



KAP Club tip

If you're not sure where to start, choose one of the 'big 4'! Single use plastic bottles, cups, bags and straws are some of the biggest plastic polluters and some of the easiest to cut out!

Archie

Congratulations!

Wow! How does it feel to be waving goodbye to single use plastics?

If you've ticked off everything on your checklists, then you are really really close to becoming an official Plastic Clever School.

[Click here to submit your evidence](#)

To stay plastic clever, you'll need to keep on learning, doing and sharing to help your whole school and your community wave goodbye to single use plastic for good!

The work you have done to get this far is amazing and we are so excited to see where you go next!

Welcome to the Plastic Clever Schools community!
We're so happy to have you on board.

Amy & Ella at Kids Against Plastic

Kids Against Plastic was founded by teenagers Amy and Ella Meek. When they found out about the harm caused by plastic pollution they needed to do something about it. They created KAP - a charity by kids, for kids - to inspire and motivate others to take action too.

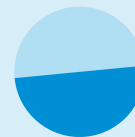
KIDS
against
PLASTIC



Massive congratulations!

Jo & Sarah at Common Seas

Common Seas was founded by Ocean Explorer Jo Royle. We're a team of sea champions on a mission to quickly and significantly reduce the amount of plastic produced and stop it polluting our rivers and seas. We created Ocean Plastics Academy to empower the next generation of ocean superheroes to join our crew!



**Common
Seas**