



# CREATE A HOW TO REDUCE PAPER DEMONSTRATION



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Learn how to create and deliver a demonstration that your environment club can use to teach students, teachers and staff about how to reduce their paper use.

**Suggested Time:** 10-15 minutes

- Suggested Materials:**
- A notebook with both sides of the page used
  - A stack of single-sided assignments
  - A stack of double-sided assignments
  - A notebook made from reused paper (*paper that was only printed on one side*)
  - A present wrapped in newspaper
  - A card or gift tag made from a used card

## ABOUT REDUCING PAPER:

- To make paper, we need to take one of our most important natural resources – trees.
- Trees are important to people for many reasons. Trees:
  - Help clean the air we breathe by absorbing greenhouse gasses.
  - Help us breathe by recycling carbon dioxide into oxygen.
  - Are beautiful to look at and fun to play around.
  - Give us shade and protect us from the wind and rain.
  - Provide shelter and habitat for the animals we enjoy.
  - Give us materials to make the things we need (like our homes).
- 37% of the waste we throw away every day in Newfoundland and Labrador is paper.
- Reduce is the first of the 3Rs because it's the most important. The best thing that we can do for the environment is reduce first, then reuse and then recycle.
- When we reduce the amount of paper we use, we help protect our environment by saving trees.

## IT'S EASY TO REDUCE THE AMOUNT OF PAPER WE USE AT SCHOOL:

- Only print what is necessary.
- Bookmark webpages instead of printing.
- Save files to your computer instead of printing.
- Edit assignments on screen and only print your final copy.
- Use both sides of the page in your notebooks.
- If you make a mistake, use your eraser instead of getting a new sheet.
- Always print double-sided.
- Encourage your teachers to print assignments and tests double-sided.
- Encourage your teachers to use the whiteboard or SMART board instead of paper.
- Keep a bin in your classroom for collecting scrap paper.
- Use scrap paper for things like rough drafts and math calculations.
- Collect paper from the copy room that's only printed on one side to make notebooks.
- During the holidays, make cards, gift tags and decorations from used cards.
- Wrap presents in old newspapers or comics.



## GET TO HALF AT SCHOOL

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## PROCEDURE:

### Step 1

Find volunteers from your environment club to create and deliver a *How to Reduce Paper* demonstration. Volunteers can work in groups of two to deliver the demonstration to the whole school.

### Step 2

Get permission to have time set aside at the beginning of class or during homeroom period to deliver the demonstration to classes throughout the school. Try to visit as many classes as possible.

### Step 3

Using the information provided, deliver the demonstration. Include some interesting facts about the importance of reducing paper and how it can help us protect our environment. Use props to demonstrate how students and teachers can reduce paper use at school (e.g. compare a stack of double-sided assignments to a stack of single-sided assignments, to show how much paper can be reduced).



**TIP:** Be creative! Come up with a fun way to deliver the information. You can do a demonstration, do a skit, get the audience to participate, quiz the audience, or even make up your own song or infomercial. You may decide to use MMSB's sample PowerPoint slides to go along with your demonstration, or you may ask your principal to put them on your hallway monitors to help educate the school.

### Step 4

Keep a record of the classes that see your demonstration and the date. This will help you measure the success of your education efforts. You may notice that the classes you visited are using less paper than the classes that you didn't visit.

### Step 5

Share your positive results with the rest of the school.



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