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| <p><u>Growing exploring</u></p> <p>You may have tried growing cress and eating it.</p> <p>Have a look in your kitchen to see what else you can try germinating. Try some of these:</p> <p>fennel seeds, cumin seeds, coriander, mustard, avocado, citrus seeds, those dried beans... They have to be seeds, not ground.</p> <p>Soak the seeds in warm water overnight ( try putting the seeds and water in a vacuum flask). Sow them on a kitchen towel or similar and keep warm and damp. Taste the green shoots, (like eating cress), they'll all be different. Yum!</p> | <p><u>Waste reduction</u></p> <p>One school target for our green flag is to reduce waste. We were doing quite well with our waste free days and reducing photocopying.</p> <p>Everybody is trying to stay home and not shop so we are getting creative about using up stuff in the back of the cupboard!</p> <p>Can you take a photo of your best tasting, using up stuff meal? The idea is that you never need that food bin! Send your photo into school, fao Ms Vass, with a great title for your dish.</p> | <p><u>Eco schools webpage</u></p> <p>Keep Scotland beautiful , who run the Green flag scheme, are updating their website.They have an eco at home section:</p> <p><a href="https://www.keepsotlandbeautiful.org/sustainable-development-education/eco-schools/eco-schools-at-home/">https://www.keepsotlandbeautiful.org/sustainable-development-education/eco-schools/eco-schools-at-home/</a></p> <p>or search eco schools Scotland and then look down the side for Eco at home.</p>    |
| <p><u>Egg timer</u></p> <p>Eggs taste good, boiled, poached, scrambled... but everybody likes their eggs the way they like them so how do you time it correctly?</p> <p>Can you make an egg timer out of two empty plastic bottles, something like semolina/rice/lentils and some tape.</p> <p>It will take a bit of experimentation to get the number of lentils right.</p>   | <p style="text-align: center;"><b>Cambusbarron PS</b></p> <p style="text-align: center;"><b>Greenbeans</b></p> <p style="text-align: center;"><b>Grid 1</b></p>  <p style="text-align: center;"><i>These are suggested activities and ideas for anyone in school who wants to be green :)</i></p>  | <p style="text-align: center;"><u>Root a cutting</u></p> <p>Spring is a great time of year to propagate (make more of) plants. It's time to take basal cuttings.</p> <p>This means you get an adult to help you cut a stem of plant from really close to the root and pot it up in damp gritty compost. (Gardeners world showed how last week)</p> <p>The same idea works with house plants like tradescantia, geranium, or if you would get some anyway, try things like lemon grass</p> |

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|  |   | <p>herb. If it looks like a plant shoot you could root, try it!</p>  |
| <p style="text-align: center;"><u>Upcycling</u></p> <p>Paper mache: you can make paper mache at home using cold water paste (wallpaper paste needs rubber gloves on as it contains fungicide) You need one teaspoon of cold water powder paste in a jam jar of water. Stir the water, sprinkle in the paste, keep stirring a bit, leave it 15 mins. Or if you can get flour (!), look for a flour paste recipe online. This works well but you need an adult to help you cook it.</p> <p>Get a plastic tub like the ones hummus comes in or an empty margarine tub.</p> <p>Using adult thumb sized bits of paper that was going in the paper bin, paste them all over. You can use small strips to bandage on squished bits like bead shapes or noses. If you get the hang of it, you can make strip handles and use more thin strips to attach them for lids. How about making decorated pots for keeping earrings in, make a troll tub, fix up a flower pot. Smooth it down, cover gaps, let it dry, add another layer.</p> <p>It helps if you let it dry on pins, e.g. drawing pins, then decorate.</p> | <p style="text-align: center;"><u>Book ideas</u></p> <p>There are lots of fun books published about being green, the planet eco systems, reducing plastic, reducing waste for all primary age levels.</p> <p>Which ones have you got, have you read and like?</p> <p>Make a short book review, with your name, maybe a cover photo and one activity you have tried out from the book and found it worked.</p> <p>It would be good to share which ones we like and think are worthwhile. Some people in school have shown me some brilliant ones we don't have, so let's get those great ideas in.</p> | <p style="text-align: center;"><u>Knitting</u></p> <p><u>You absolutely must check this one with your parents first!</u> You need a pair of knitting needles, whatever size.</p> <p>Is there an old woolly jumper or scarf lying around that is going out? Unravell it and wind the wool around your hand loosely and make a ball(s) of wool.</p> <p>Now what can you knit? A bookmark? A scarf for your teddy? A bracelet? Can you ask a grandparent to help make something trickier?</p> <p>Can't knit? Time to try, get someone to cast on for you and try just knit stitches. Loads on you tube or maybe video call a grandparent?</p> |