











PARENT/CARER UPDATE



Dear Parent/Carer

At school your children are currently learning about how we must all try and use electricity, energy and water more efficiently by trying not to waste it. After all, the most environmentally friendly energy is the energy we don't use.

We would like your help to reinforce the messages at home too. Here are 10 simple ways to save energy, money, and help prevent climate change.

	<p>DON'T LEAVE THE TV OR OTHER APPLIANCES ON STANDBY</p> <p>As a nation, we could save millions of pounds on our electricity bills if we stop leaving appliances on standby or plugged in when they're not being used.</p>
	<p>FIX LEAKING TAPS AND MAKE SURE THEY'RE FULLY TURNED OFF</p> <p>A dripping hot water tap wastes energy and in one week wastes enough water to fill half a bath.*</p>
	<p>DON'T USE THE TUMBLE DRYER ON A SUNNY DAY</p> <p>If it's nice weather and you have a washing line outside, it saves money and energy to use it.</p>
	<p>ALWAYS TURN THE LIGHTS OFF WHEN YOU LEAVE A ROOM</p> <p>The last person to leave the room should remember to turn the lights off.</p>
	<p>DON'T LEAVE A MOBILE PHONE CHARGER PLUGGED IN</p> <p>A survey found that the average household wastes energy by leaving up to 12 gadgets or appliances on standby or charging at any one time.*</p>
	<p>PUT COOL FOOD IN THE FRIDGE OR FREEZER</p> <p>If it's hot, more energy will have to be used to cool the food down.</p>
	<p>USE ENERGY SAVING LIGHT BULBS</p> <p>Just one can save you £100 over the lifetime of the bulb – and they last up to 12 times longer than ordinary light bulbs. If every house fitted three energy saving light bulbs, it would save enough energy to run the country's street lights for a year.*</p>
	<p>TURN YOUR THERMOSTAT DOWN VERY SLIGHTLY</p> <p>Reducing your room temperature by just 1°C, could cut your heating bills by up to 10%.*</p>
	<p>DRAUGHT-PROOF YOUR HOME</p> <p>Insulating the walls, roof, floors, doors, draughts and double glazing the windows will stop the heat from escaping.</p>
	<p>BUY ENERGY SAVING APPLIANCES</p> <p>If you're shopping for new appliances like fridges, dishwashers and washing machines, always look out for the Energy Saving Recommended logo. These products will cost less to run and also help reduce climate change.</p>

For additional information on energy efficiency measures, contact the npower Energy Efficiency Helpline on 0800 02 22 20†

* Source: Energy Saving Trust † Calls may be monitored and recorded for training and security purposes