



EWWR GOOD PRACTICES AND CASE STUDIES

(SUSTAINABLE DEVELOPMENT BEGINS WITH EDUCATION)

1. Details of Action:

EWWR Coordinator: COGERSA
Name of Action Developer: IES Valle de Aller
Name of action: "Sustainable development begins with education"
Nominee **category**: Educational Establishment
European Special Prize: Yes No
Dates of action: Monday 20, Tuesday 21, Wednesday 22, Thursday 23 and Friday 24 of November 2017
Website: <http://blog.educastur.es/iesdealler/>

Location of action

Place of implementation: IES Valle de Aller
City: Moreda de Aller
Region: Asturias
Country: Spain

2. Action's theme:

- Reduce – Strict avoidance and reduction at source
- Reuse – Reuse and preparing for reuse
- Recycle – Waste sorting and Recycling
- Clean-up activities
- Thematic Focus 2017: Reuse & Repair – Give it a new life!

3. Description of the nominated action

This action has 10 actividades

1. COMPETITION OF POSTERS under the title "WASTE FROM OUR DINING ROOM" (Training Cycles of Medium Degree of services and kitchen and Healthy Lifestyle of 1º of ESO). After sensitizing the students about waste and giving them ideas and motivations, they were asked to draw up a poster with a slogan that would encourage people to reduce waste, reuse it and / or recycle it. On Thursday, November 23 during recess, the educational community voted for the best poster reusing urns from previous events and used paper.
2. ANALYSIS OF SUSTAINABLE RESTAURANTS IN SPAIN AND ZERO WASTE RESTAURANTS (Higher Level Training Cycle in kitchen). The zero waste restaurants face two of the most worrisome and growing environmental impacts: the generation of urban garbage and the waste of food. For this, they assume several strategies, which we study, with which they not only avoid the production of garbage, but also save money and reduce their environmental impact. It culminated with the elaboration of a work with this analysis.
3. TRADITIONAL-ECOLOGICAL MENU (days 21, 22 and 23). In a social context increasingly aware of the importance of good nutrition, as well as more concerned about sustainability, the environment and the environment, OUR RESTAURANT ("Restaurante la Carisa") launched this menu: "Autumn menu and proximity: nearby foods for a more ecological and sustainable menu":
4. TABLE RESTAURANT KM 0. It tried to convey the Slow Food philosophy, because his chefs



understand that gastronomic pleasure can't be separated from responsibility with the producers, without which there would be no successful cuisine. We wanted to encourage our students in the Hospitality cycles to get to know them. A good option for the future.

5. HEALTHY AND SUSTAINABLE BREAKFAST (1º ESO): A healthy breakfast should be something that parents strive continually when it comes to food, and yet the news continually informs us that children usually do not eat breakfast well. That is why we have been doing this activity, in the "Restaurante la Carisa" of the IES Valle de Aller, with the students of 1º ESO for several years now. But this course, the activity has been more globalized and, in addition to making a breakfast that must contain a dairy, a fruit and a carbohydrate.

6. SCHEDULED OBSOLESCENCE PROJECTION (1st ESO "Healthy Lifestyle", 2nd - 3rd

PMAR and IES screens). View and analysis of the documentary "Buy, throw, buy" to analyze our economy of waste (with its devastating environmental consequences), as well as the existence of huge landfills in Africa full of waste of the First World that come under the deceptive label "material secondhand".

7. Elaboration by the Health Project and subsequent projection in November, on the screens of the hall and faculty room and in the classrooms, information on the REPERCUSSION IN THE ENVIRONMENT OF RECYCLING paper, cardboard, containers, plastics, glass, oil, batteries, plugs, mobiles, tablets, toner and ink cartridges. We want to get an Aller and an Asturias without waste, an authentic Natural Paradise.

8. Campaign to promote RECYCLING and REDUCTION (1st ESO "Healthy Lifestyle" and 3rd ESO PMAR) of: Batteries, mobiles, cooking oil and plastic bottles.

9. ALL OUR ROLE TO TWO SIDES (all the center). All the remaining paper in classrooms, offices and photocopier will be distributed by classes and offices, etc. to be able to use it. We will have this idea throughout the year but we try to push it even further that week with positive messages.

10 SOLIDARITY COLLECTION OF TOYS, CLOTHING AND CLOTHING for the EMAUS association.

4. Reasons why the action has been selected for the EWWR 2017 Awards:

a) Visibility and communication: How did this action reach people?

The Coordinator of the Health Project disseminated it among the different Coordinators of the center's projects, the Management Team and the Guidance Department. The students of the 1st ESO of Healthy Lifestyle helped to spread the word in the council informing acquaintances, relatives, neighbors, etc. The screens of the center spread it among the educational community. Posters were placed in the center. A panel with the posters of the contest was placed in the hall of the IES. Another panel was placed in another place in the IES hall with the information of the solidarity collection. Social networks were used for wider dissemination: facebook of the IES, Twitter of the IES, blog of the IES, website of the IES, teachers' blogs.



b) Originality and exemplarity: What makes the action original or innovative?

They are activities that are done in very few secondary schools, and they are also very numerous, very diverse and useful for our daily life. And they do not need great technological or other knowledge, nor elaborate cumbersome projects that always scare students and teachers.

The greatest weight of the work has been taken by the youngest pupils (1st of ESO) and the older pupils (Training Cycles) together with their ESO and Training Cycles teachers.

Solidarity is not forgotten (stoppers for Samira, solidary collection of household goods, textiles, toys, solidarity collection of mobile phones, etc.)

c) Lasting impact and follow-up: How will this action have a lasting impact and how will they follow-up on it?

The posters of the contest will be used to sensitize the students of the center in future years and will be exposed in the social networks of the IES to involve the rest of the world from this moment.

In the Carisa Restaurant of the IES Valle de Aller, ideas of sustainability, waste, ecological menus, sustainable breakfasts will be introduced little by little ...

Being activities that one can perform in their daily lives can be incorporated into the habits of the person and thus achieve the impact is very durable in time (permanent).

Materials were developed on the importance of recycling paper, cardboard, containers, plastics, glass, oil, batteries, caps, mobiles, tablets, toner and ink cartridges, which can be used at the center for many years to raise awareness among students and faculty. In addition, they will be posted on social networks so that everyone has access to them for a long time.

The use of double-sided paper in the center will progressively increase over time.

d) Quality of content: What makes this action the best?

There are many activities that have been carried out in the institutes during a week. We have sought maximum quality in all activities seeking the participation of students and looking for teachers' collaborators.

5. Find out more:

Website: <https://sites.google.com/site/iesmoredadealler/>

Social media:

<https://twitter.com/iesvalledealler>

<https://www.facebook.com/profile.php?id=100008315321976>

<https://youtu.be/HERkWIbEcMA>

Blog:

<http://blog.educastur.es/saludmoreda/>

<https://reriesvalledealler.blogspot.com.es/>

<http://blog.educastur.es/iesdealler/>