

# GETTING STARTED WITH ENERGY - SUPPORT PACKAGE



## Sweater Day

Nova Scotian schools need to be heated for much of the school year to keep the staff and students comfortable. This heat comes at a price, not only a cost in dollars but also an environmental cost. Heating and cooling consume a lot of energy which contributes significantly to our ecological footprint. It's important that we don't waste heat. Did you know that many schools are kept warmer than they need to be? This is a very wasteful use of energy. Energy costs are rising, and the impacts of climate change are being felt around the world and at home. Energy issues are more important than ever and school boards in Nova Scotia are looking for energy management strategies to waste less and save money.

World Wildlife Fund Canada (WWF Canada) hosts National Sweater Day annually on the first Thursday of February to create awareness about the importance of energy conservation. Celebrate anytime in your community this winter! People are encouraged to turn down thermostats by two degrees Celsius in schools, homes, and workplaces, and stay warm by wearing a sweater. If every Canadian lowered their thermostat by just two degrees it would reduce greenhouse gas emissions by about four megatons — equivalent to shutting down a 600 megawatt coal-fired power station — and this would help Canadian families save about 13 percent on their power bills. Join the sweater-wearing movement and in the process you will help others learn to #WasteLess!

[http://www.wwf.ca/events/sweater\\_day/](http://www.wwf.ca/events/sweater_day/)

## Action Plan

**Step 1- Learn about the school heating system.** Talk to your school custodian or principal to learn about how the temperature is controlled at your school and whether it's possible to turn down the heat. School boards may have standard temperatures and programmed set points in classrooms. Active areas, like vestibules, foyers, hallways, gymnasiums, locker rooms, and storage rooms and closets may have lower temperature set points. Work with your custodian on the Sweater Day initiative.



**Step 2- Educate students and staff.** Ask each classroom to learn about energy, why and how to save it, and about energy efficiency. Invite your Green Schools NS Engagement Officer for an engagement to get your Sweater Day initiative started. Check out the [Green Schools NS Sweater Day Slideshow](#). You could show some videos or play some energy games (see the Resources section below). After the energy presentation, have a discussion about the classroom temperature. Is the room too warm? Do you ever open the window when the heat is on? Is everyone dressed properly for the season? Check out WWF Canada's [ideas to get students involved](#) and the [Sweater Day School Toolkit](#). Suggestions include adding the theme of ugly sweaters to the day, hosting a clothing swap, selling hot chocolate, or having a Sweater Day Countdown. Ask your Engagement Officer about the Stuff Swap Support Package to get started with a school clothing swap event.



**Step 3- Share temperature facts.** Make posters to put up around the schools to show why turning down the heat is important. School announcements are helpful to prepare and engage with the school in the weeks leading up to the day. Refer to the Sweater Day School Toolkit by WWF Canada for more facts to include in the announcements.

Possible announcement: “[Your school name] is excited to celebrate National Sweater Day! On Thursday, February first [you can choose any day] we will be turning down the heat by two degrees Celsius to save energy and help WWF Canada. We encourage everyone to wear their favourite sweater to stay warm!”

We get accustomed to temperatures and habitually dress a certain way due to ambient temperatures. Students may prefer a warmer classroom if their home is kept very warm or if they always wear short sleeved t-shirts. For example, Green Schools NS Engagement Officer Natalie’s house is usually heated to 18 degrees. Natalie’s kids wear light sweaters at home and when they go to school, where the temperature is usually 20 degrees or higher, the kids wear short sleeved shirts to stay comfortable. Natalie has a friend whose kids go to the same school. The friend’s house is heated closer to 24 degrees so the kids wear t-shirts at home and sweaters at school, and they find the classrooms cool.

**Step 4- Celebrate Sweater Day.** Turn down the heat at your school by two degrees for the whole day and wear your favorite sweaters. See resources below for Coldbrook & District School’s Sweater Day Video, or make your own celebration video!



**Step 4- Follow up.** After Sweater Day, ask each classroom if the change in temperature was noticeable. Ask if they would be willing to wear a sweater every day or even just once a week in order to turn down the heat for those days. If you have an active Green Team, Environmental Club, or a keen class, they may want to do a Heat Survey to find the perfect temperature set points for your school. Ask your Engagement Officer about free Heat System Survey resources. Remember, stay positive and focus on school achievements!

## Resources

[Green Schools NS Heating System Survey Support Package](#)  
[Green Schools NS National Sweater Day Story: Coldbrook & District School](#)  
[Green Schools NS National Sweater Day Story: Berwick and District School](#)  
[Green Schools NS National Sweater Day Story: Shelburne Regional High School](#)  
[Green Schools NS Energy BINGO](#)  
[Green Schools NS Energy Saving Game](#)

[WWF Canada- National Sweater Day](#)  
[WWF Canada: Teacher Resources for National Sweater Day](#)

### **Videos**

[Green School Coldbrook & District School's Sweater Day 2016 Video](#)  
[WWF Canada: National Sweater Day: Granny Call Centre](#)  
[Efficiency Nova Scotia: Let's Make Energy Efficiency Our First Fuel](#)  
[What Is Energy?](#)  
[How To Save Energy](#)  
[Energy, Let's Save It!](#)

### **Books**

[Winston of Churchill, One Bears Battle Against Global Warming - by Jean Davies Okimoto](#)  
[10 Things I Can Do to Help the World - by Melanie Walsh Scholastic curriculum links, Printouts](#)  
[Dr. Seuss - How to Help the Earth - by the Lorax by Tish Rabe](#)  
[I Can Save the Earth! One Little Monster Learns to Reduce, Reuse, and Recycle - by Alison Inches](#)

