

# GETTING STARTED WITH ENERGY - SUPPORT PACKAGE



## Earth Hour

Earth Hour is World Wildlife Fund's global grassroots movement to shine a light on climate change, the biggest environmental threat to our planet. Started in 2007 as a lights-out campaign in Australia, annual Earth Hour events have now spread across the planet. In 2016 more than 7000 cities in 170 countries worldwide participated. Earth Hour is celebrated globally in the last Saturday of March at 8:30 pm local time, but schools are encouraged to celebrate anytime, especially at the end of March or in Earth Month which is April.

School lighting is typically controlled by students and staff so this energy consumption can easily be reduced. Turning off unnecessary lights and using natural light is a cost-effective way to waste less energy and reduce greenhouse gas emissions. It can be energizing for the students and staff to be part of a global movement such as Earth Hour. Ultimately, the goal is to encourage students and staff open the blinds and waste less energy every day.



<https://www.earthhour.org/>

## Action Plan

**Plan.** Ask school administration if you can hold an Earth Hour event at your school. Pick the date and time your school is going to celebrate Earth Hour. Get the teachers excited by sharing this support package or some of the resources below. How your school is going to celebrate? Are you turning off lights for an hour or a full day? There are lots of fun ways to celebrate Earth Hour at school. You could host a climate change forum or an upcycling event. New Glasgow Academy held a candlelit spaghetti dinner fundraiser for their school garden!

**Join.** Register at the [Earth Hour website](https://www.earthhour.org/) to have your event counted with the thousands of events happening worldwide. You can get support and ideas by joining the online community. There is also an annual student-driven initiative in Canadian schools called Lights Out Canada on Earth Day, April 22nd.

**Learn.** Invite your Green Schools NS Engagement Officer to give a virtual or in-person presentation to get your school started with energy awareness. If you want to try another approach, try peer education. Check out free resources listed below like the slideshows and support packages. Explore and share some of the fun videos below!



**Engage.** Students can make posters about why it is important to turn off the lights and shine a light on climate change. They could also add Green Schools NS “Turn Off The Lights” clings to your school’s light switches. These signs and clings will be visual prompts to remind everyone to #WasteLess energy. Daily announcements can be cues to change behaviour too. Create an announcement that you think will inspire and energize your school!



School Announcement:

“(School name) is excited to be part of the global Earth Hour movement! We are joining millions of people around the world by turning off the lights to shine a light on climate change. Human-caused climate change is the biggest threat to our planet today and we can take action. We are going to do our part by opening the blinds to let in sunlight and turn off the lights!”

**Celebrate.** Let your school’s Earth Hour begin! Remember to thank everyone for being part of the global movement to slow climate change by turning off the lights. Remind them to celebrate at home on March 24th at 8:30pm by powering down their lights and electronics. They can then light some candles and play a board game, read a book, put on a shadow puppet play, tell scary stories, go for a walk, or head outside to stargaze.

**Follow up.** If you have an active Green Team or Environment Club, they may be interested in the [Lights Off Monday](#) initiative or the [Classroom Checks Support Package](#), so ‘lights off’ can become a habit every day at your school.

## Resources

[Green Schools NS Classroom Energy Checklist](#)  
[Green Schools NS Light Switch Covers](#)  
[Green Schools NS Earth Hour Slideshow](#)  
[Green Schools NS Earth Hour Pinterest Board](#)

[World Wildlife Fund Canada - Earth Hour](#)  
[Lights Out Canada - Earth Day Initiative](#)

### **Videos**

[2015 Earth Hour Video](#)  
[2016 Earth Hour Video](#)  
[2018 Earth Hour Video](#)  
[Earth Hour Story Video](#)  
[Turn Off the Light](#)  
[What You Can Do Kids - Turn Off the Lights](#)  
[What Is Energy - Lesson for Kids](#)  
[How To Save Energy](#)  
[Energy, Let's Save It!](#)  
[CFL Charlie and LED Lucy](#)

