

# GETTING STARTED WITH ENERGY - SUPPORT PACKAGE



## Lights Off Monday Campaign

Turning lights off is a simple way to save energy. Lighting in schools is typically controlled by staff and students so it's a great place to begin. Use natural light instead of electric light for a cost-effective way to help the Earth. Turning off lights isn't just a smart Earth-friendly habit, it can be fun! This support package outlines a school-wide initiative that has benefits for the whole community. By starting the week off on the right foot during a Lights Off Monday Campaign the participants will learn to waste less energy all week long! Ultimately, the goal is to create smart energy habits that are part of the school culture. A Lights Off Monday Campaign will encourage students and staff to:

- Open classroom blinds or curtains to let in the natural sunlight
- Only use lights when they're needed
- Turn off the lights when leaving their classrooms

## Action Plan

**Step 1-** Ask each classroom to learn about energy and how to save it. Invite your Green Schools NS Engagement Officer for a virtual or in-person presentation to get the whole school started. Alternatively, check out the resources listed below or ask your Engagement Officer for the Lights Off Monday Slideshow for your group's learning level.

**Step 2-** Each classroom can assess their current energy practices using the [Green Schools NS Energy Navigators Activity](#) which has been adapted to different learning levels. This activity will help the class to create a plan to reduce energy use.

**Step 3-** Students can add reminders to light switches and blinds. They could either make their own, for example, using the [Green Schools NS Light Switch Covers](#). You may have Green Schools NS clings like the picture below. These will be visual cues to prompt everyone to always save energy. An extra reminder would be to post the [Green Schools NS Classroom Energy Checklist](#).



**Step 4-** Let the Lights Off Monday Campaign begin! Start every Monday with a school announcement so everyone can work together to waste less energy. You know your school best, so create an announcement that you think will inspire and energize your school.

Example announcement: "(School name) is excited to start the week off on the right foot with Lights Off Monday! Open the blinds and curtains to let in the sunlight. We challenge you to only use the lights that you need and turn off the lights when you leave the room. Let's save energy and help the Earth!"

**Step 5-** If you have an active Green Team or Environment Committee they may want to track the progress of smart energy habits. Green Schools NS has a Classroom Checks Support Package which encourages a monitoring program to evaluate and celebrate success. Remember to stay positive and focus on achievements.

## Resources

[Green Schools NS Energy Bingo](#)

[Green Schools NS Energy Saving Game](#)

[Fact Sheets about Saving Energy - NL](#)

[Energy Literacy Series - Seeds Foundation - Grades 6-12](#)

[Energy Literacy - Ontario EcoSchools - Grades 1-8](#)

[Energy Audit - Saskatchewan Environmental Society](#)

[Energy Kids - Online Resources from US Energy Information Administration](#)

### **Videos**

[What Is Energy? - Lesson for Kids](#)

[Turn Off the Light - for P-1 students](#)

[What You Can Do Kids - Turn Off the Lights](#)

[CFL Charlie and LED Lucy](#)

[Energy, Let's Save It!](#)

### **Books**

[Why Should I Save Energy? - by Jen Green](#)

[I Can Save the Earth! One Little Monster Learns to Reduce, Reuse, and Recycle - by Alison Inches](#)

