

# EcoBuzz

EcoBuzz Edition 71

Term 3 2018

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- Waste minimisation
- Tasman Bay Guardians
- Bug Hotels



*Nelsust - Lifecycle event 2018 - Nelson Intermediate school*

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Kia ora tatou,

What an amazing range of active transport information, examples, actions and opportunities there is in this issue of EcoBuzz. Spring is in the air and I think the message is loud and clear – get on ya bikes! It's a positive choice every which way you look at it.

Another theme in this issue and well worth bringing to the classroom is waste minimisation. New Zealand has been sending 15 million kg of recyclable materials to China for reuse and recycling every year. But China recently announced restrictions on the import of mixed plastic and other recyclables, creating major challenges for local councils, and waste management and recycling businesses. The communities have responded in a really positive way: Many have supported 'out with plastic straws, plastic utensils and in with boomerang bags and keep cups'.

What's happening in your classroom and school that supports active transport and waste minimisation? Congratulations on all you and your students do already. What is next though? How can you deepen their understanding of why every action does indeed count?

Part of empowering students is supporting them having a voice – in this case partaking in the Tasman District Council survey on active transport – let them speak for themselves about what they want more of cycle ways or cars.

Thanks Nichola, Heather, Joanna and Claire

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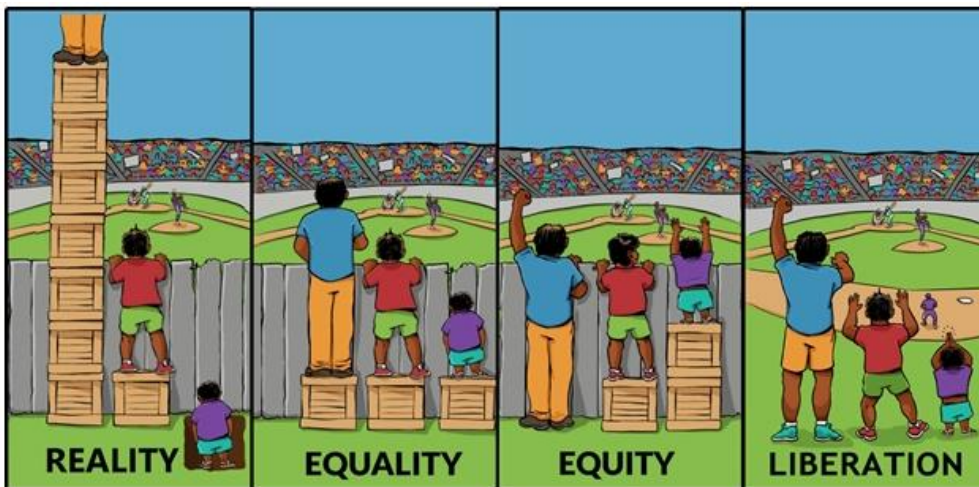
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“Ehara taku toa i te toa takitahi,  
engari, he toa takitini –

– Success is not the work of one,  
but the work of many”.



# Regional News

Kia ora koutou

My name is Nichola Brydon and I am your new Tasman Enviroschools Facilitator (and Partnerships and Education Officer at Tasman District Council)

I have worked for eight years in local and state government programmes in Perth, including co-ordinating community engagement strategies and behaviour change initiatives such as sustainable and active transport programmes in schools.

I am a positive and bubbly person who likes to foster engagement and motivation in others. I enjoy working with students and teachers on sustainable actions and solutions in their school community.

I am very excited to be back home in Nelson and working with our local schools on such a fantastic programme. One of the main reasons for my family moving back from Perth, was to access Nelson's holistic lifestyle. We have a huge appreciation for nature, the great outdoors and a close knit community, which reflects the ethos of the Enviroschools programme beautifully.

One highlight in the role so far has been participating and promoting Plastic Free July. I am also proud of the changes I have made in my home to date:

- Purchased Beeswax wraps and a stainless steel lunch box
- Purchased skincare bars instead of plastic packaged skincare
- Purchased soap nuts for my laundry (compostable)
- Been consistent with my fabric shopping bags EVERY WEEK and carrying a Zen bag in my hand bag for any other random purchases such as clothes and fruit/veges
- Ditching sponges in kitchen for washable cotton cloths
- Refilling milk at Oakland's.

Note: I was already using a keep cup for my coffee and making my own cleaning products. With white vinegar and essential oils.

I would still like to....

- Consider bamboo toothbrushes and biodegradable silk floss
- Buy more bulk foods and refill them in glass jars

I have some great ideas already for working with the local schools, and I look forward to meeting you all soon!

Nichola 😊





## School Planting

Awesome effort from the Whakātu kura - we thank you!!



Manaaki whenua,  
manaaki tangata,  
haere whakamua

Care for the land,  
care for people,  
go forward.

Maori Store

Every year, Nelson City Council coordinates a huge school planting programme that sees students from around the region out in our parks and reserves, helping with restoration projects and riparian planting. This project has been ongoing for 20 years, with sites across the region. By the end of August over 1700 students from schools across Nelson will have participated in this year's efforts.

The 2018 programme was largely based out at Tahunanui Beach, with students planting to help restore the dune environment, that took such a beating in the storms earlier in the year.

**A few things these planting efforts help across the region:**

Saving the Back Beach Beetle: Check out the Nelson Nature video section to watch a great local snippet



<http://www.nelson.govt.nz/environment/biodiversity-2/nelson-nature/nelson-nature-videos/saving-the-back-beach-beetle/>

The coastal cress is one of New Zealand's lesser-known endangered species, but there is considerable concern about the decline of this plant.

One sub-species is even part of conservation folklore. *Lepidium oleraceum* was known to be abundant during the voyages of James Cook in the eighteenth century, when it was ingested to prevent scurvy. While Cook was able to collect large quantities of the plant, few botanists have had the good fortune to discover this species in recent years.

<http://www.janszoon.org/the-park/our-birds/banded-rail-pereru/>



<http://www.nzbirdsonline.org.nz/species/banded-rail>

From NZbirdsonline - There are probably 200 birds in Nelson/Marlborough. Their home range is estimated to be 1.5ha/pair in Nelson saltmarshes so these birds need lots of habitat!

## Active Transport – Great for Health and the Environment

The Tasman District Council has just released its Town Centre Parking Strategy.

The new strategy encourages walking and cycling by limiting new parking spaces created and using parking funds to facilitate active transport and public transport.

In support of this, the Council has just started on revising their Active Transport Strategy. This first step to this is information gathering and research.

To get involved and have your say on the direction of walking and cycling on our Tasman district please take the time to fill out this survey which will help inform the strategy.

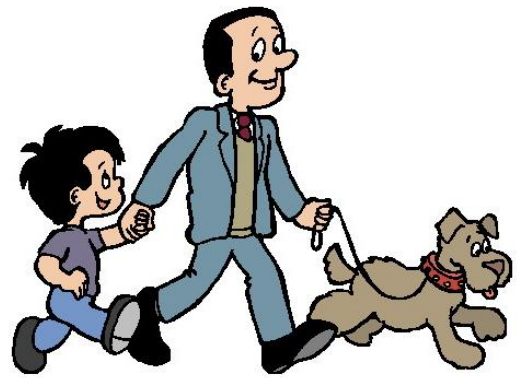
<https://www.surveymonkey.com/r/YQCDQ65>

**Have students take this survey!**

Here are some safety tips when getting children out walking and cycling.

### Walking smart

An important part of teaching your children road safety is to model safe behaviour yourself and talk to your children about what you are doing and why.



### Bike Safety

Teach your children good habits by biking with them.

- Under 10s should always bike with an adult.
- Your child must wear an approved cycle helmet correctly.
- Make sure bikes have working brakes.
- Make sure bikes have reflectors and lights if cycling at night or in poor visibility conditions.
- Wearing a high visibility vest or jacket is a good idea.
- Remember, your children will copy the way they see you riding your bike.

For more information the New Zealand Transport Agency has a great guide: [Hike it, bike it, scoot it, skate it.](#)





## Active Transport - Why should we promote more active/sustainable transport opportunities and awareness in our school community?

### Benefits for students and the school community.....

- Fewer cars on the roads reducing carbon emissions
- Developing students' street and road sense
- Active, healthier and more productive students

### Barriers - Feedback from teachers in the Tasman district.....

- Rural roads mean limited or no safe routes to school
- Parents' work schedules require them to drive and drop off their children on the way to work
- Two to five year old children are potentially too young to cycle/walk from home

### Thoughts/solutions to increase Active Transport in schools:

Initiatives for Kindergartens and Early Childhood Centres – “Build confidence and familiarity”

- Wheels day - confidence, skills
- Increase walking distances on excursion days



Initiatives for Primary and Intermediates – “Create a buzz”

- Hands up surveys to find out current situation (see 2 page example from Your Move)
- Safe routes to school audit and map
- Walk to school day
- Cycle/scooter to school day (decorate your bike day)
- Wheels days or internal walking challenges
- Walking school bus
- Parent pledge and incentives
- Points, prizes – passport system (leaders stamp trips)
- Bike skills programmes

Initiatives for Colleges – “Create behaviour change” (build positive lifelong habits)

- Hands up surveys
- Safe routes to school audit and map
- Introduce sustainable transport such as using the bus on excursions
- Points systems for walking and cycling to school
- Bike skills workshops
- Pimp my Bike

For more information:

Check out the Bike Ready resources (NZTA/ACC) <http://www.bikeready.govt.nz/schools/curriculum-resources/>

For more inspiration and ideas: <https://yourmove.org.au/st-augustine-primary-school/>

SEE ATTACHMENT WITH HANDS UP SURVEY as a place to begin in your school!

Or contact Nichola Brydon [nichola.brydon@tasman.govt.nz](mailto:nichola.brydon@tasman.govt.nz)

## Active travel meets living landscapes

Nelson Intermediate School has undertaken many environmental projects so far this year and now thanks to the Bikes in Schools programme, Nelson City Council and the Nelson Marlborough District Health Board, our latest project currently under construction is a new mountain bike track. The track extends for 500 metres around the playing field and adds to our school's established passion for bikes, insuring all students will be able to develop skills and benefit from the many social and health impacts that result from biking regularly.

But this project is not just for our school and its whanau, it is also for the wider community to enjoy and benefit from it

The envirogroup are using this opportunity to landscape the area around the bike track to create a community space that is accessible to all members of the public and it is our hope that it will invite the community into our school. The area will also provide outdoor learning opportunities and reflect our school's 'Whaia te Aratika' values, and create a nature corridor and habitat for our wildlife that connects with other areas including Brook Sanctuary and The Grampians.

**Nelson Intermediate School Envirogroup planting project team.**

<https://bikeon.org.nz/bikes-in-schools/>



*Students enjoy a bike blender smoothie on the launch day of the bike track initiative*



*Envirogroup students pick up plants for the bike track*

*Envirogroup on planting day*

*New bike fleet delivery – biked to school by NIS*





## Parihaka

Nelson Enviroschools recently hosted a professional development hui around the historic event of Parihaka. The following is a brief description of this event from <https://nzhistory.govt.nz> followed by some links to other resources.

Please get in touch if you would like to join the learning and remembrance around this and we will add you to our mailing list.

## Invasion of pacifist settlement at Parihaka

Founded in the mid-1860s, Parihaka was soon attracting dispossessed and disillusioned Māori from around the country. Its main leaders were Te Whiti-o-Rongomai and Tohu Kākahi, both of the Taranaki and Te Ātiawa iwi.

When in May 1879 the colonial government moved to occupy fertile land in the Waimate Plains that had in theory been confiscated in the 1860s, Te Whiti and Tohu developed tactics of non-violent resistance. Ploughmen from Parihaka fanned out across Taranaki to assert continuing Māori ownership of the land. The government responded with laws targeting the Parihaka protesters and imprisoned several hundred ploughmen without trial.

Following an election in September 1879, the new government announced an enquiry into the confiscations while sending the ploughmen to South Island gaols. In 1880 the West Coast Commission recommended creating reserves for the Parihaka people. Meanwhile, the government began constructing roads through cultivated land. Men from Parihaka who rebuilt their fences soon joined the ploughmen in detention.

On 5 November 1881, 1600 government troops invaded the western Taranaki settlement of Parihaka; a settlement that had come to symbolise peaceful resistance to the confiscation of Maori land.

### Other links

**The Prow** is a website featuring historical and cultural stories from Nelson, Tasman and Marlborough. It is a collaboration between the Nelson City, Tasman and Marlborough District Libraries, Nelson Marlborough Institute of Technology and The Nelson Provincial Museum.

<http://www.theprow.org.nz/maori/the-parihaka-prophets-in-nelson/#.W3pET595Y0M>

The NZ wars - this book has a section on Parihaka

Reconciliation event - watch

<https://www.youtube.com/watch?v=9B3he7ZTy28>

Slide show to the Tim Finn and Herbs song about parihaka

<https://www.youtube.com/watch?v=s8el8LiY2XI>

Kaupapa on the couch...

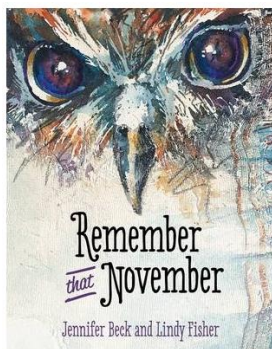
<https://www.youtube.com/watch?v=u-FsfNCaNYM>

other links

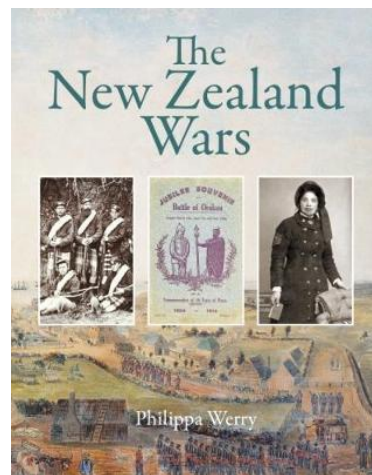
<https://www.youtube.com/watch?v=fok2o7cSpZO>

<https://www.youtube.com/watch?v=0BnZA5YhaUw>

Another book...



It's almost Guy Fawkes Night, and at the school speech competition Andy talks about Guy Fawkes and the Gunpowder Plot. The children cheer excitedly, thinking Andy will win the contest. But then, Aroha gets up, wearing a white feather in her hair, and tells the story of another fifth of November - the invasion of Parihaka in 1881.





## Term 2 – Zero Waste Roadshow



Hannah and Liam started living zero waste at the beginning of 2015 in their home town of Wellington. Plastic Free July 2016 saw them begin talking to community groups, schools, businesses and households about why and how to reduce rubbish. Nelson Enviroschools hosted Hannah and Liam as they talked to Enviroschools throughout our region from year four to college aged, to envirogroups and their parents and the wider community.

They challenged us to consider how we could reduce our consumption of plastics moving well beyond the reduce-reuse-recycle model through the use of the “Six R’s” for sustainability:

### The Six R’s Hierarchy

- Refuse what you do not need
- Replace what you need with a more sustainable product choice
- Reduce your consumption (especially if they are wants!)
- Reuse what items you have
- Recycle what you can
- Rot what is left

After all ....There is no such thing as away...

Hannah and Liam gave simple practical examples of the many actions we can take to reduce our impact on the environment, and had some great ideas for how we can advocate to others about the issues and solutions.

It was wonderful to touch base with many Nelson Students already taking action to reduce waste and educate others.

While “The Rubbish Trip” was supposed to be a year-long focus for Hannah and Liam, they have now extended this tour. So if you have missed out on their talks thus far and are keen to attend in the future, please touch base with us and we will keep you posted on their next visit to Nelson Region.



*Recycling is like trying to mop up the water while the tap is still running!!*  
– Quote – The Rubbish Trip.





## Plastic Free July - Richmond Schools

### Enviro Group Resource Recovery centre tour

Tasman District Council currently owns five Resource Recovery Centres (RRCs) located in Richmond, Mariri (Motueka), Takaka, Collingwood and Murchison.

Waste from each of these is transported to landfill for disposal and recyclable materials are dispatched direct to market or via the Richmond Centre.

The service provided at the larger RRCs (Richmond, Mariri and Takaka) includes loading waste into the hopper of compactor units, removing full bins from the compactor, and positioning them for collection by the haulage contractor.

The materials that can be dropped off at the transfer stations are the same as those collected for kerbside collection but can include:

- Hard plastic containers numbered 1-7
- Aluminium cans and steel tins
- Glass bottles and jars (no broken glass)
- Cardboard and all paper
- Newspapers and magazines
- Scrap metal and roofing iron
- Cars (stripped or unstripped)
- Waste automotive oil
- Car batteries
- Gas cylinders
- Some wood including reusable timber lengths (treated and untreated)
- Good reusable items at some sites, e.g., unwanted furniture or household items



**Charged Items:** Whiteware, green waste, tyres and hard fill

Richmond School has recently signed on as an Enviroschool. They already have a group of extremely passionate enviro leaders that meet weekly during class time to be educated on various environmental issues and topics. They requested a tour of the Richmond Resource Recovery Centre after Plastic free July. Here is what some of the enviro leaders thought of the tour:

**Evelyn** I was surprised to see how much was thrown away that could be reused or recycled.

**Kieran** I learnt that they use magnets to help sort some of the metals. The big machine was pretty cool as it sorts so much of the recycling.

**Evie and Greer** We learnt that once the plastic is sorted it is squashed into large bales so it can be sent off to be recycled.

**Amelie** I was amazed at what people throw away e.g. good dog kennels and golf clubs that other people could use

**Tips:** Conduct a waste audit in your school -

<http://www.litterless.knzb.org.nz/wp-content/uploads/2018/07/Lesson9-Litter-audit-template.pdf>

KNZB schools toolkit resource -

<http://www.litterless.knzb.org.nz/lesson/resources>

On the measuring change website there are also lots of great resources including audit tools.

If an Tasman schools would like to book a class tour through the Richmond Resource Recovery Centre, please contact Nichola Brydon.





## NELSUST

### The Nelson Transport Strategy Group



Nelsust was formed as an incorporated society in the early 2000's as the Nelson Transport Strategy Group. Its initial focus was on stopping the Southern Link being built. Since then we have tried to show better solutions than increasing road capacity

Term 1 2018 saw us take on the "LifeCycle event". This grew out of a visit two Nelsust members made to Nelson Intermediate School (NIS) last year to see how their biking culture was being fostered. We were very impressed by the many different ways that biking was encouraged at school. These ranged from allowing cycling on the school grounds to having a workshop and a staff member available to fix and maintain bikes in the lunch hour. The intermediate age group is a time when children are being allowed to get to school independently and, if it's safe we feel biking is a life skill that can serve them for the rest of their lives. What a great thing it could be to have a strong cohort of cyclists graduating to high school making cycling "cool" among this age group as well.

LifeCycle itself was a number of biking related challenges on a Sunday afternoon at NIS, organised by two of us from Nelsust and two from Bicycle Nelson Bays with the support of NIS.

**We at Nelsust are thinking that the event could possibly become an annual event at any of the intermediate schools in the Nelson/Richmond area if there was interest.**



Following on from the event, a writing competition was organised to support teachers, parents and pupils start to see the journey to school as part of the child's education. Apart from the carbon emissions, we believe children miss out on a whole lot of active learning by being passively taken everywhere. Further children whose blood is moving and whose brains are fizzing after a active walk to school, probably arrive at school more ready to learn.

The judges were very impressed with the passion the students brought to their style of writing, use of descriptive language and also enjoyed the students drawings and maps through which it was evident the students knew their local area well.

**Congratulations to Kaylee year 5 room 5 Stoke school, Iris and Isabella room 6 St Josephs school and Sylvie year 6 Nelson Central School.**



## GOULTER'S WEEDX PRIMARY SCHOOLS SPRING COMPETITION



AIM: Our aim is to increase students awareness of local environmental issues. We hope our competition encourages students to take leadership in protecting our environment.

WHO CAN COMPETE? School Enviro groups or any students who wish to take part

WHAT DO WE WIN? A years supply of WeedX natural herbicide for your school  
The winning group will have a tour of our factory in Tahunanui

WHAT DO YOU NEED TO DO? In your 1 minute fun video:

- (a) Outline why you believe it is important to look after our environment.
- (b) Explain what the word "SUSTAINABLE" means and lastly
- (c) Explain why you believe your school deserves to win a years supply of natural herbicide – WeedX?

SIGN UP ONLINE BY: FRIDAY 14 SEPTEMBER  
ENTRIES TO BE POSTED <https://www.naturalherbicide.co.nz/goulters-weedx-primary-schools-spring-competition-2018/>

ENTRIES CLOSE: FRIDAY 22 SEPTEMBER 2018

WINNER ANNOUNCED: WEDNESDAY 26 SEPTEMBER 2018

IF YOU HAVE ANY QUESTIONS:

Please contact Trish on 027 236 4565 or [trish@vinegarpower.co.nz](mailto:trish@vinegarpower.co.nz)



**GOOD LUCK AND HAVE FUN**

## Tasman Bay Guardians and Riwaka School



The aquatic conservation group Tasman Bay Guardians delivered their first Whitebait Connection program to Riwaka Primary School. Co-ordinators Helen Forsey and Fay McKenzie took the group of 53 year seven and eight students to a stream in Riwaka to practice real freshwater environmental monitoring.

The students tested water quality and clarity as well as catching macro-invertebrates (little insects) and of course having a look at the fish in the stream. Identifying the invertebrates in the stream gives an indicator of stream health, with certain species being more or less tolerant to pollution. The data can then be tracked over time to keep tabs on the condition of the stream.

*Continued on next page*



## Tasman Bay Guardians and Riwaka School

The field trip is part of the national Whitebait Connection programme, in which students are taught the why and how of measuring fresh water health. They learn about native New Zealand freshwater life, the threats and the conservation measures that can be taken.

The name Whitebait Connection comes from the fact that five of our native freshwater species are migratory Galaxiids, collectively known as whitebait. They share a similar lifecycle, living mostly in freshwater as adults, spawning on the river banks or estuaries. For the first 5–6 months of life they live in the sea, then they follow the scent of their parents back into the freshwater.

Huge catches are a thing of the past, as whitebait numbers are declining. There are cumulative pressures on them, such as fishing, water quality, sedimentation, habitat loss (NZ only has around 10% of it's wetland left), deforestation (leading to warming streams), barriers to migration (culverts, dams and weirs) and pollution. Many of our species are endemic which means they are only found here, and once they are gone they are not coming back.

At the end of the course the class has to decide on an environmental action that will address some of the issues that they have learned about. Previous actions around the country have involved riparian planting, building fish passages, stream clean-ups and creating signs to inform the public. Schools often adopt a patch of stream and become kaitiaki (guardians) of that place.

Those involved in this programme are being empowered with the knowledge and skills to help our streams, and it couldn't be done without the support of local businesses, community groups and of course the schools and parents. The entire programme at Riwaka has been sponsored by Abel Tasman Sea Shuttles, who are also a long time sponsor of the Experiencing Marine Reserves programme and have recently joined the Abel Tasman Tree Collective, which is raising funds towards the planting of native tree in the Nelson/Tasman area.

Tasman Bay Guardians who run Whitebait Connection, Experiencing Marine Reserves and the Abel Tasman Tree Collective, see this funding model as a flagship for how it could work for other schools.

Tasman Bay Guardians have a new website coming. In the meantime, to learn more about the Tasman Bay Guardians and the work they are doing, please visit:

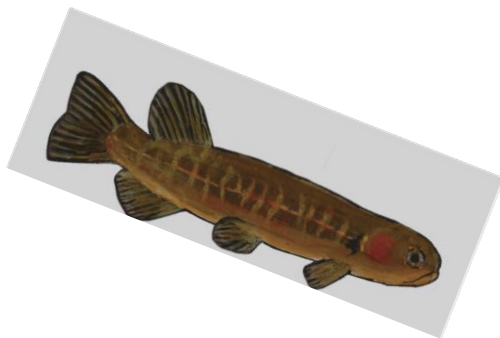
<https://abeltasmanecotours.co.nz/portfolio-item/tasman-bay-guardians-marine-conservation-education/>

<https://www.facebook.com/Tasman.and.Golden.Bay.Guardians>

or phone Stew Robertson and

Helen Forsey 021 546 916

[helen@whitebaitconnection.co.nz](mailto:helen@whitebaitconnection.co.nz)



## Cawthron Scitec Expo



Open to the public on Wednesday 26 September 10am–6pm.

Come and view our region's young innovators science and technology projects. You will be amazed at the talent and hard work. Venue Trafalgar Centre (Northern Extension), Parapara Rd, Nelson. Free entry

It is a fantastic community event, bringing together young enquiring minds, scientists, students, teachers, local and national businesses all working together to support our region. There are over 80 prizes for students (total worth over \$6000).

DEADLINE FOR ENTRIES – 7 September 5pm

JUDGING DAY – 25 September

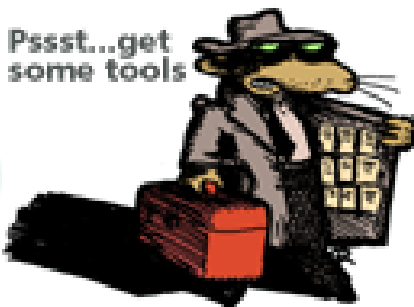
PRESENTATIONS – 25 September 4–6pm

PUBLIC VIEWING DAY– 26 September (all day)

AWARDS CEREMONY–25 October 4pm (Elim Christian Centre)



## Behaviour Change strategies



If you are looking to create behaviour change in your school when introducing a new environmental programme or practice, you could consider the following tips for creating a “buzz” amongst teachers, students and parents (school community)

- Have lots of prompts e.g. visual reminders such as signs or symbols to prompt the new desired behaviour (Recycling symbols)
- Introduce regular norms. Consistency solidifies the new behaviour, so sticking to the same time each week for waste audits ensures a sustainable practice.

Some other useful tips:

- Incentives e.g. prizes or points
- Make it fun e.g. run interclass challenges to reduce waste
- Make it simple and easy so people will try it!
- Invite people to join the new programme – Invitation creates a sense of belonging
- Inspire through champions and use their story to humanise the topic



For more reading on behaviour change: <http://www.enablingchange.com.au/index.php>





**An action based environmental education programme focusing on the health of our streams, rivers and wetlands**

The Whitebait Connection programme empowers schools and communities by providing hands-on experiences in the environment. After these experiences, students are encouraged to put their knowledge into action within the community. The WBC programme has been operational in New Zealand since 2002 and is now being offered in the Nelson, Tasman and Golden Bay.



### Our Offer

Instant teaching - just add water.

Our coordinators come to your school to help you plan and integrate the programme into your curriculum. They also take your class out to delivery in-stream workshops with the students. Other teachers and parents, local stakeholders etc. (everyone) is welcome.



### Action outcomes

After discovering their local freshwater environments, students and their communities are encouraged and inspired to take action for their local catchment. Over the years students have been involved in a range of actions including riparian restoration, fencing, stream monitoring, writing letters to government and stream/river cleans ups.



### The Whitebait Connection Concept

Engaging school students, teachers, parents and other community members in local freshwater management projects supports understanding of the life-sustaining capacity of aquatic ecosystems. People becoming involved in ecologically-based, practical enquiry learning about streams, rivers and catchments. Restorative action is facilitated and supported. WBC focuses on living things, highlighting the connections between land and sea and their inter-dependence. Its concept of showing people what is in their own backyard, learning why freshwater health is important, involving them in maintaining it, supporting ongoing learning and care, promoting cultural values and demonstrating connections to the Drains to Harbour and Experiencing Marine Reserves programmes make it unique within New Zealand.



### Contact Us

Email: [helen@whitebaitconnection.co.nz](mailto:helen@whitebaitconnection.co.nz)  
Phone: (03) 5280946 Mobile: 0212153681  
Website: [www.whitebaitconnection.co.nz](http://www.whitebaitconnection.co.nz)





## Repair, Repurpose, Recycle

### Workshops to give new life to clothing and textiles

Run by: Fashion Revolution Nelson Tasman with the support of Nelson Fair Trade

#### Fashion Revolution Nelson Tasman September Workshops

Date: 23rd September 2018 Venue: Waimea College, Richmond.

Times: Morning – 10am – 12.30pm Afternoon – 1.30pm – 4pm

Cost: \$20 for public – \$10 students/community services and gold card holders

Goal: To raise awareness of:

- the detrimental effects that fast fashion has on the environment
- the appalling work conditions in the fast fashion manufacturing industry
- how to make better clothing choices
- how to care for your clothes to extend their life
- how to make your own clothes
- how to upcycle your clothing and textile waste

#### Target Market:

- People who lack skills to repair, repurpose and recycle clothing.
- Fast Fashion consumers, primarily those who buy from low cost providers and throw away their ripped, stretched and stained clothing.

To enrol: email – [info.frnelson@gmail.com](mailto:info.frnelson@gmail.com) or <http://bit.ly/frwenrol>

For more information: Check out our Facebook page for details: - <http://bit.ly/FRworkshop>

Phone: John Marshall 035486508 or Melanie Kinloch 0211809478 or

#### Who are we and what we do:

Fashion Revolution Nelson Tasman is a group of concerned individuals with an interest in reducing the negative impact of the Fast Fashion industry. We do this through raising awareness in our community of the plight of the textile and garment workers involved with the production of cheap clothes and how to better care for the environment by reducing landfill and the waste of scarce resources.

#### Why have these workshops?

- Locally, clothing waste takes up a disproportionate space in landfills and takes decades to decompose.
- One way of combatting the profligate waste that leads to more pollution and resource use is to make clothes last longer and re-use textiles.

These workshops aim to raise consciousness about the detrimental environmental and human rights effects of fast fashion and at the same time promote skills to counter these effects.

“Fast fashion” refers to the abundant availability of cheap low-quality clothes. The consequences of fast fashion are:

- landfills overflowing with discarded clothing that take decades to decompose,
- pollution from textile dyes and
- the profligate use of scarce resources like water.

These workshops are designed to teach people one way of reducing pollution and how to value clothes by extending their use. Workshops are all offered morning and afternoon.

1 – Tutor – Lani Bee

Focus – Caring for your clothing by teaching skills on repairing them through darning, patching, sewing on buttons, removing piling etc.

2 – Tutor – Jo Kinross

Focus – Introduction to simple natural dyeing using items from the kitchen and garden to make the dye baths.

3 – Tutor – Marita Watson-Bol

Focus – Upcycling Fabric scraps and garments into new Designs Modification

4 – Tutor – Ramona Redwood

Focus – Clothing Alterations and

5 – Tutor – Melanie Kinloch

Focus – How to make a no sew rag rug

6 – Tutor – Odette Watson

Focus – How to make a bag from a tee-shirt

7 – Tutor – Ronnie Martin

Focus – Small scale art objects with fabric

8 – Tutor – TBC

Focus – Knitting







Imagine if living in, or visiting, the Nelson region was like stepping back in time, where you would wake to the sound of a dozen bellbirds, be surrounded by landscapes clothed in lush native forest and streams of clean, clear water that was home to hundreds of shimmering native fish.

We're lucky to live in an outstanding location with picturesque mountains and a sparkling coastline, but what if we could make this beautiful place even better? A region free from invasive weeds that smother our forests, predators that kill our unique birds, and pollutants that threaten the health of our rivers and streams?

Nelson City Council's Nelson Nature programme provides a much more extensive and targeted approach to restore our region's natural environment, ensuring our indigenous vegetation and wildlife survives and thrives. Working in partnership with the Department of Conservation (DOC), private landowners, and the many local heroes who already work tirelessly and passionately carrying out weed control and trapping pests, Nelson Nature aims to bring the wild back into our lives.

<http://www.nelson.govt.nz/environment/biodiversity-2/nelson-nature/>

## Reducing waste at events

<http://www.nelson.govt.nz/environment/sustainability/reducing-waste-at-events-support-for-event-organisers>



- What a zero waste event looks like and how to organise it
- Common barriers and how to overcome them
- How taking responsibility for waste will make your event shine
- Cutting waste out of your system
- Reusable solutions and learning which containers will suit your event
- Capitalising on sponsorship opportunities
- How to become a leader in event waste minimisation

## Fashion Revolution NZ Nelson/Tasman

<https://www.fashionrevolution.org/oceania/new-zealand/>

You can follow our local group via facebook - Fashion Revolution NZ Nelson/Tasman



Love Food Hate Waste has many resources which are available for public use. These range from posters and infographics to information on how to run

a Love Food Hate Waste day in your workplace, recipes and more!

<https://lovefoodhatewaste.co.nz/>



<https://predatorfreenz.org/>

## Activity One: Hands Up Travel Survey

We want to make use of some of Nichola Brydon's recent work in Australia. This method of student led survey has worked well and could easily be adapted to other topics too.

We don't have a bonus points system unfortunately.

The Your Move 'Hands Up' surveys monitors change by asking how students arrived to school on a **normal** school day when you won't be promoting walking, riding, scooting, skating or taking the bus to school as part of a special event day.

The simplest way to do the survey is to use our online survey tool. Speak to your school's champion if you prefer this option as they will need to log in and ['Create a Survey'](#). If you choose to do the following paper based survey, please keep in mind that somebody will still need to enter all of the information into the online survey tool.

It's a good idea to notify teachers of the survey a few days before via staff meetings and bulletins, but don't alert students prior to the day – this would bias results. A PA reminder can really help support student survey teams or parent volunteers in entering classes.

### Start and End of Year Hands Up Surveys

The Start of Year Hands Up Survey's are a vital way to track your schools progress through the Your Move program. The Start of Year Hands Up Survey data should be collected at the beginning of Term 1 and the End of Year Hands Up Survey data should be collected at the end of Term 4 each year. For these Start of Year and End of Year Hands up Surveys, you'll receive **50 bonus points** when you provide this data.

Please note these survey's will automatically 'pop up' in your activity list at these times each year and the first Start of Year and End of Year Hands up Survey that you complete during these periods will be the one that counts towards your final results.

### Normal Hands Up Surveys

You can also [complete a Hands up Survey](#) anytime during the year to enable you to better track your progress. For these normal Hands up Surveys, you'll receive **20 bonus points** each time you provide this data.



**See next page for a printable copy of the survey.**



## 'Hands Up' Travel Survey:

School: \_\_\_\_\_ Date: \_\_\_\_\_

How did you get to school today? Hands up if you..... (Only put your hand up once)

Class/Year	 Rode a bike, scooter or skated.	 Caught the bus or train.	 Walked to school	 Came in a car
<b>TOTAL</b>				





# Class Activities

Want to help increase the biodiversity of the school grounds? Want to help students get beyond – “Eeww its a bug!” Then a bug motel may be just what is needed. Either have the class design and build a big one or have groups design and build their own. What insects are already present? What beneficial ones are absent – why? Agree on what can be used and plan the finished size before you start.



Bug Hotels!

