














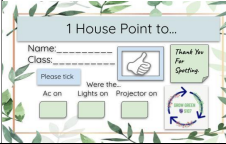







St Andrews S107 Action Plan Summary

Eco Schools Topic	Problem and Aim	Action(s) SMART	Duration and responsibility	Budget/equipment	Monitoring	Evaluation	Photo
Global citizen	Problem: Too much single use plastic used across the world. Aim: To make the whole Eco Fair single use plastic free	Letters went out to all stall holders and external vendors for the Eco Fair for them to sign to say they will only serve Vegan food and not use any single use plastic.	Eco Fair - Eco committe		Letters sent out for vendors to sign to agree, email reminders sent out in the weeks leading up to the event.	Eco Fair - whole community event with external vendors, completely single use free. Y4-Y5 funday event was single-use plastic free. Sandwiches and bananas were given for lunch.	
Global citizen	Problem: Lots of environmental and sustainability problems across the world. Aim: To raise awareness of the work that is happening in school already and promote the need for future work in these areas.	Whole school exhibition of work from across Primary and Secondary displayed in the auditorium for the whole community to see as part of the schools Eco Week.	Eco week and weeks prior to this.	Display paper and time to organise	Tried to get work from across the whole school - all year groups and subjects.	This was the first time that we have done this and the display looked very impressive. The displays had to come down straight away at the end of Eco Week so were only up for a week in total. Many students, staff and parents got the chance to have a look. Would be good to be able to stay up longer in the future.	
Global citizen	Problem: Lots of environmental and sustainability problems across the world. Aim: To raise awareness of the work that is happening in school already and promote the need for future work in these areas. As well as raise awareness about the health and environmental problems around eating too much meat.	Whole school Eco week - Assemblies about the health and environmental problems about eating too much meat. Short environmental/sustainability videos shown at break times, food waste collected in the canteen all week, electricity use tracked all week. Exhibition of work from across the school. Whole community Eco Fair.	Eco week and weeks prior to this.		Eco committee monitoring food waste and electricity use across the week. Students from the Eco committee year 10 and year 12 running stalls at the Eco Fair.	This was the first time that we had run such an event in the school. It was very well received across the community. Lots of stalls (approx 30) from within school and external vendors, many staff and students from across school involved. Completely Vegan and single use plastic free. Scope to add to this and grow even bigger with more variety of stalls next year.	
Global citizen	Problem: Lots of environmental and sustainability problems across the world. Aim: Year 10 Global perspective students to raise awareness about an environmental issue.	As part of their coursework Global perspective students were working in groups to run a stall at the Eco Fair that raised awareness of one of the global goals. They were encouraged to be as inivative and interactive as possible.	Eco Fair and weeks leading up to this - Global perspectives year 10 students and Ms Ann.		Ms Ann monitoring students in the run up to the Fair to make sure that everything was ready.	Some great stalls and projects produced. Lots of issues raised, impressive stalls and displays.	
Global citizen	Problem: Lots of wasted resources across the world Aim: Year 10 and year 12 Buisness students worked with year 5 students and an external recycling company to make recycled good sto sell at the Eco Fair and raise awareness of this issue.	As part of their coursework BTEC Buisness students were working in groups to market and sell recycled goods (bags, pencil cases etc) at the Eco Fair.	Eco Fair and weeks leading up to this - BTEC Buisness students and Mr. David		Mr. David monitoring students in the run up to the Fair to make sure that everything was ready.	Great products produced and sold	
Global citizen	Problem: Litter on the beach and in the mangroves Aim: Whole community involved in fixing problem and raising awareness.	A group of students and staff joined the Trash Heros Beach clean up at Bang Pu	September 17th - Miss Tracy			Some students and staff involved but would be nice to get more at future events.	
Global citizen	Problem: Many children, families do not have enough money to buy many basics. Aim: To raise profile about this and encourage students to bring in items to fill christmas boxes	Items and boxes to be donated and left in reception to go towards Chrstitams Boxes to take to 'The Mercy Centre'.	Weeks running up to Christmas		Notices to go out in Newsletter and student notices regularly.	Succesful event with lots of boxes made and taken to the Mercy centre	
School grounds/bio diversity	Problem: School campus could do with being more green. Aim: to make it a healthier and happier place for the whole community and try to combat some of Bangkok pollution.	Secondary students doing 4 week Activities rotation have been taking cuttings from existing plants and then planting grown cuttings around campus to help to continue to make it more green.	Activities rotation students and Mlss Tracy and Mr. Mark	Soil and plant pots	Maids to ensure everything is kept watered in between activities periods.	Lots of cuttings being taken across the year, lots growing roots and being planted around campus. Campus gets more and more green.	

School grounds/bio diversity	Problem: School campus could do with being more green. Aim: to make it a healthier and happier place for the whole community and try to combat some of Bangkok pollution.	Primary students have the option to do a 'Grow Green' activity on a Friday afternoon. Many students have opted for this and have been working on growing and planting some vegetables in the school garden.	Primary activities students and Ms Nui and Miss Irene	Seeds, soil	Maids to ensure everything is kept watered in between activities periods.	Lots of vegetables being planted and grown. Cuttings taken and given to staff around school and some taken home by students. Some of the ground is not that fertile. We need to put linings in the beds and add in new soil to improve this. We also need a longer term plan for what to do with the grown items.	
School grounds/bio diversity	Problem: School campus could do with being more green. Aim: to make it a healthier and happier place for the whole community and try to combat some of Bangkok pollution.	We have been continuing to plant trees and plants around the campus as often as possible in our bid to make the campus as green as possible. Students have been doing this during Friday activities sessions as well as one off days like the school fair.	Khun Pu and the maintenance team and Mr. Mark	Trees, soil	Maintenance team watering and maintaining.	Campus gets greener and greener all of the time. Often gets lots of positive comments from staff and students and visitors alike.	
Health and well being	Problem: Many students very lethargic and lacking in exercise after online learning Aim: Students to get more active	Continuing from last year. Each year group across Primary and Secondary to have one morning a week during registration (25 minutes) of sport, plus a whole school Friday morning fun run/walk before school.	Mr.Chris and the PE department	None	Students are encouraged to record the number of laps they do of the school every Friday morning.	Great way to start the day, majority of students enjoy it and has been very helpful in combating the aftermath of online learning.	
Health and well being	Problem: Many people not always aware of healthy eating and good strategies. Aim: More people aware of and implementing healthy eating in to their diet.	Run a 'eat healthy' talk/workshop for parents	September - 28th - Mr. Anish	Online presentation via google meet			
Health and well being	Problem: Many people not always aware of healthy eating and good strategies. Aim: More people aware of and implementing healthy eating in to their diet.	Global be well day across all Cognita schools. School focus on nutrition and healthy eating and the importance of sleep. Talks to students during assembly by Dr Brian from Bumungrad hospital	Be well day - Mr. Anish - Deputy Head	None		Great assembly lots of good advice and information regarding healthy food and sleep.	
Health and well being	Problem: Many people not always aware of healthy eating and good strategies. Aim: More people aware of and implementing healthy eating in to their diet.	Global be well day across all Cognita schools. School focus on nutrition and healthy eating. Talks to students during assembly by Mr. Simon - Thailand's fittest man and ex PE teacher.	Be well day - Mr. Anish - Deputy Head	None		Great assembly lots of good advice and information regarding healthy food.	
Health and well being	Problem: Many people struggle from mental health problems Aim: To raise the importance of talking to each other and looking out for other people.	Mental health week. Talk to students during assemblies about the importance of talking to people and supporting each other.	Meantal health week - Miss Steph - School counsellor	None		Great assembly lots of good advice given, followed up in form groups.	
Health and well being	Problem: LS students learning Health and Fitness want to stay active and learn real life skills too. Aim: Trip to Bounce trampolining centre to get some exercise and to also practice some real world skills, buying tickets etc	Trip to Bounce trampolining centre organised. Real life skills practised, buying tickets, ordering food, riding the BTS etc	January 2023 - LS department	Entrance tickets, BTS/food costs		Great trip, everyone enjoyed it. Lots of skills practised.	
Health and well being	Problem: Mental and physical health are often problematic for many people, especially after the COVID pandemic. Aim: To raise awareness of its importance and make our community as healthy and well as possible.	To work towards the Well being award for schools. By a whole school focus on well being	Ongoing until final inspection in June 2024 - Mr. Anish		Ongoing monitoring and promoting across the school. Staff committee compiled and has met a few times, to discuss strategies and ways to improve staff well being.	Good start made lots of good strategies started to be implemented,	

Health and well being and climate change	Problem: Many people not always aware of healthy eating and good strategies. Aim: More people aware of and implementing healthy eating in to their diet.	To run assemblies across the whole of Primary and Secondary during Eco Week to raise awareness of the environmental and health problems of eating too much meat. To encourage all people to try and eat less meat and more fruit and vegetables.	During Eco Week - Mr.Mark			Great assembly lots of good advice given, lots of good feedback.	
Health and well being	Problem: Mental and physical health are often problematic for many people, especially after the COVID pandemic. Aim: To raise awareness of its importance and make our community as healthy and well as possible.	Yoga and mindfulness sessions implemented across Primary and Secondary. During PE lessons. Special sessions in preparation for exams. Registration across school	Ongoing - Miss Hannah				
Health and well being and climate change	Problem: Many people across the community eating too much meat. Aim: raise awareness of Vegan food and the importance of not meeting meat both in terms of health and the environment.	Eco Fair - all food and drink sold by the school canteen and sold by external vendors was Vegan.	Eco Fair - Eco committee		Letters sent out for vendors to sign to agree, email reminders sent out in the weeks leading up to the event.	Lots of positive comments about Vegan food, students, parents and staff all trying different types of food, raising awareness.	
Health and well being and climate change	Problem: Many people across the community eating too much meat and wasting food. Aim: raise awareness of Vegan food and the importance of not meeting meat both in terms of health and the environment.	4 week rotation of 1 hour lessons taught to every year group across Secondary to raise awareness of the health and environmental problems of eating too much meat and wasting food. Each group cooks and tries some veggie sausage/burgers as part of the rotation.	Ongoing - Mr. Mark and Miss Tracy	Veggie burgers for each 4 week block.	4 week rotation - nice mixture of practical and non practical activities. Questionnaires given to students about how to improve, with lots of positive feedback.	4 week rotation working well and great way of raising awareness.	
Energy	Problem: There is lots of electricity wasted across school. Aim: To reduce the waste and raise awareness amongst the community about its importance.	Eco committee discussed the problem and brainstormed lots of ideas to try to help the problem. They decided that we would have a month of whole school advertising and promoting and reminding and monitoring to encourage people to turn off their lights and projectors when they are not in their rooms and to turn off AC at the end of the day when they leave. We also talked to the maids about helping to turn things off and not turning things on in preparation for the day.	Saving season' month of monitoring by the Eco committee				
Energy	Problem: There is lots of electricity wasted across school. Aim: To reduce the waste and raise awareness amongst the community about its importance.	Eco committee ran assemblies in preparation. Students were encouraged to remind staff and were awarded house points accordingly. Results were published on the student and staff notices each week.	Assemblies and monitoring - Eco committee		Rooms and corridors were monitored and results fed back across the school with staff and student notices. Electricity meters read.	It raised the profile and made more people aware. Lots less things left on from the beginning to the end of the month. Electricity meters reading had gone down week by week.	
Energy	Problem: There is lots of electricity wasted across school. Aim: To reduce the waste and raise awareness amongst the community about its importance.	Eco committee organised whole school 'Turn off Tuesday' from 8am till 12:30pm. No devices or laptops for staff or students, no projectors, limited lights, limited AC.	Eco committee -Turn off Tuesday		Eco committee ensuring that all staff and students across school were participating.	Students and staff enjoyed an electronic device free day, with some imaginative activities throughout the day.	
Waste	Problem: Food waste from school canteen Aim: Reduce food waste	Canteen to continue composting the food scraps from preparing the food each day.	Ongoing - canteen staff to put scraps in compost bin each day. Eco committee to monitor and use for the worms and planting in the garden.	Composting bin and plastic containers for making worm bins	Eco committee and maids to monitor regularly	Ongoing, good routine now. That works well. Waste used for feeding the worms and adding to garden beds for planting	

Waste	Problem: Food waste from school canteen Aim: Reduce food waste	House' food waste competition each Friday lunch time in the school canteen. Students wear 'House' t-shirts each Friday so easy to monitor. Students put their food waste at the end of lunch into a 'House' bin, which is then weighed at the end	This has been continued from last year, every Friday throughout this year - we have had lots of positive feedback about its success and people liking that its a constant visual reminder each week.	Weighing scales 4 black bins from around school	Ongoing every Friday. Weigh the amount of waste from each House	This has been very positive and well received. Maids weigh the waste for each house at the end of Friday lunch and the results are shared with us. Waste differs from week to week depending on the food that is being served and the amount of students that eating.	
Waste	Problem: Food waste from school canteen Aim: Reduce food waste	Worm vermiculture - set up many bins both in the garden and around school	Many bins been made and circulated around the school by the Eco Activities students	Plastic bins Worms	Eco committee and maids to monitor regularly	This has been positive and well received. We have many bins for food from the canteen and now some around school for tea bags and coffee grinds from staff.	
Waste	Problem: Not sorting our waste that can be recycled Aim: Contact some recycling companies and start to get some recycling happening in school	Trash Lucky was contacted at the end of last year. Follow up with assemblies and the launch with the whole community. Families are able to bring their sorted waste into school. They are then entered into a raffle so that they can win prizes.	Trash Lucky to install the bins over the summer holiday (Aug 2022). Eco committee will need to help with monitoring of waste and entering of data into the system. Miss Tracy to liase with Trash Lucky about doing some assemblies for Primary and Secondary students in the new school year 22-23. Messages to be sent out to parents. Notices in newsletter, facebook, website, emails etc	Trash Lucky bins provided	Monitor the amount of recyclable goods being placed into the containers using the tracking software from Trash Lucky	This is now up and running and established. We have lots of recyclable materials put in the bin and it is emptied regularly, but as yet there are not very many different families involved so need to raise awareness again.	
Waste	Problem: Lots of old school uniform that be could be reused by others or recycled. Aim: To set up a second hand clothes area in school for parents/students to bring old uniform	Area under the stair well agreed and notices put in the school newsletter and the school shop.	Khun Pu (maintenance) to move bookshelf and put up a rail for hangers underneath the stair well from building 4. We have left over donated second hand uniform from the Eco Fair that has been set up there. Notices have gone out.	Clothes rail and book shelf installed from existing things from around school.	Eco committee to check every so often if we need more donations, and put out notices in the newsletter.	This is now up and running, we have some parents that have used it but not many as it seems to have a bit of stigma attached to it.	