



Sustainability strategy 2023

Day Care at Saint Martin's is committed to developing a pedagogy that embraces, supports and encourages a culture of sustainability where children are immersed in the natural environment and develop an awareness of how to protect our planet, and each other.

Sustainable Development Goals



The 17 Sustainable Development Goals

Aims:

- Embed the Sustainable Development Goals into our implementation of the EYFS and Day Care at Saint Martin's Code
- Introduce measurable short, medium and long term goals to be achieved in every setting
- Involve the children as 'planet champions' in every setting
- Collaborate with parents to encourage buy in to our sustainability goals and recruit their help
- Reduce the carbon footprint in all our settings to net zero by 2030.

How will we achieve this:

- Develop a training programme to educate and collaborate with practitioners and recruit their buy in to sustainable goals.
- Training programme to demonstrate how SDG link with EYFS curriculum and Day Care at Saint Martin's Code.

Nurturing better beginnings



- Every nursery to produce their individual Sustainability plan by June 2023
- Individual nurseries to work towards the green flag accreditation
- Supply chain audit in every nursery and in Day Care at Saint Martin's to ensure supplies are sustainably sourced.

Suggested ways to achieve lower carbon footprint:

- ♻️ Recycling in the nursery rooms
- ♻️ Work with parents towards earlier potty training
- ♻️ Use water butts to collect rainwater
- ♻️ Re-use water from water trays to water gardens
- ♻️ Replace all light bulbs with LED lighting
- ♻️ Monitor electricity and gas use with smart meters
- ♻️ Replace dairy milk with plant-based alternatives
- ♻️ Replace milk supplier with McQueens Go Green scheme using recyclable glass bottles
- ♻️ No single use plastic in nurseries such as aprons or gloves
- ♻️ No plastic toys, glitter, cling film, Polly pockets, laminating sheets etc.
- ♻️ Have one meat free day per week and a menu that includes other sources of protein
- ♻️ Use upcycled and recyclable resources such as Cosy direct or Bambino Mio
- ♻️ Use biodegradable cleaning products such as BioD products.
- ♻️ Encourage parents to use washable nappies.
- ♻️ Ban use of wet wipes other than recyclable water wipes

How can our Day Care at Saint Martin's Curriculum embed an understanding of nature and the importance of sustainability in children?

Have an eco-committee where children are involved in sustainable projects.

Mindfulness minutes project: <https://www.eco-schools.org.uk/wp-content/uploads/2021/09/Early-Years-Mindfulness-Minutes-Guide.pdf>

Do an environment audit; does your environment have the following:

- ♻️ Areas for planting fruits, vegetables, and herbs that children can learn about.
- ♻️ Activities include planting, watering, understanding what plants need to grow, understanding what plants the birds eat, what plants do we eat?
- ♻️ Where does food come from?
- ♻️ What does it feel like to be hungry?
- ♻️ Trip to supermarket to donate food to food banks
- ♻️ Ask parents to contribute to food bank
- ♻️ Monitor food waste in nursery
- ♻️ Teach children to recycle food waste
- ♻️ Teach children to turn off lights, taps and re-fill soap containers.
- ♻️ Ask parents not to use plastic bags for children's clothes or nappies



Build a bird hide

- ♻️ Get binoculars, magnifying glasses, posters and books about birds.
- ♻️ Educate the staff to identify birds and insects too.
- ♻️ Build insect / bug hotels
- ♻️ Children to design and plan the hotels

Develop a Forest School area

- ♻️ Sow wildflower seeds so there is an area where the grass and wild flowers are allowed to grow long
- ♻️ Send staff on Forest Schools training
- ♻️ Build a pond (small / shallow!)
- ♻️ Encourage children to design pond and help dig it out, then fill with frog spawn, water lilies etc

Community projects:

- ♻️ Litter picking in the park, help them to understand why we don't drop litter
- ♻️ Visit from the Willow Company to weave our own Willow arch entrance to nursery garden.
- ♻️ Inform and involve children at every stage.

Co-Regulation and sustainability

One of the key areas of the EYFS is personal, social and emotional development ; ie helping children to feel secure, settled and aware of their feeling and the impact our behaviour has on others.

An integral part of a sustainability culture starts with a sense of self. Being self-aware and being able to self-regulate is a first step before children will be aware of their environment and the impact they have on it.

Aim: Embed a culture of supportive co-regulation and share this with parents;

How will we do this?

Practice consistency throughout the nursery to help support transitions, i.e. core songs, books and nursery rhymes that can be available and familiar to children throughout the setting.

Give children opportunities to explore feelings, how do they feel today, scribe this to give meaning to their feelings and validate them.

Do daily breathing exercises where children learn to be mindful, slow down their breathing. Look up 'forest bathing' <https://www.childhoodbynature.com/forest-bathing-listening-to-the-trees-and-bowing-to-the-flowers>

<https://www.eco-schools.org.uk/wp-content/uploads/2021/09/Early-Years-Mindfulness-Minutes-Guide.pdf>



These practices will reduce tension and unwanted behaviours and should be shared with parents.

Practice good citizenship in daily routines such as recycling in the rooms, eco-friendly cleaning projects, reusable wet wipes, watering plants, feeding birds

Check supplier credentials as part of the sustainability audit:

Day Care at Saint Martin's construction partners have committed to producing sustainability credentials for all products and resources used to reduce the carbon footprint of our nurseries.

- Sustainably sourced and recycled materials will be used in all projects.
- Heating systems with low carbon footprint will be installed
- LED lighting in all setting
- Use of Smart meters in all settings

HABA furniture: responsibly sourced wood veneer

All toys, books and equipment to be responsibly sourced.