BRITISH COLUMBIA Sustainable Energy ASSOCIATION | COOL IT! CLIMATE LEADERSHIP TRAINING

First Things First Okanagan - Summerland

Final Report

Fall 2020

Executive summary

For the 2020/21 school year, First Things Fist Okanagan with partners committed $2,500 in workshop sponsorship for BC Sustainable Energy Association's (BCSEA) Cool It! Climate Leadership Training Program (The Cool It! Program) to reach schools in the First Things First Okanagan area. With this generous sponsorship, The Cool It! Program reached 99 students through 4 workshops at Giant's Head Elementary in Summerland.

In response to COVID-19, BCSEA redeveloped the Cool It! Program so that it could be delivered virtually through online workshops, with a supporting climate challenge that could be completed safely by students and their families. We developed a new Climate Challenge Card which encouraged students to choose from a variety of actions that would reduce their carbon and ecological footprints while encouraging further investigation and reflection about climate change and sustainability. In Fall 2020, Giant's Head Elementary was an exception to our virtual delivery model, with workshops able to continue to be safely delivered in-person. This was determined through consultation with the school, teachers, and our environmental educator Ella.

The Climate Challenge Card gathered both qualitative and quantitative data on student actions. Through energy conserving and emissions saving actions at home, along with research and enquiry activities, we expect Giant's Head Elementary student actions to result in the projected, estimated annual savings of a total of 8.4 tonnes of carbon dioxide emissions (CO_2e) if they commit to maintain their actions for one year. Overall, students did a fantastic job with enthusiastic participation in the program despite teachers and students facing many barriers due to COVID-19 and a new mode of learning in school and at home.

The revised Cool It! Climate Leadership Training Program

The workshops

Unlike the rest of our Fall 2020 semester programs, workshops at Giant's Head Elementary continued to be delivered in-person by our local environmental educator, Ella. During this in-class workshop, students learnt about climate change facts and common myths; watched a video on the science of climate change; practiced a life cycle analysis of an everyday item; explored the causes, impacts, and solutions to climate change; and learnt about taking climate action with their friends and families. After four weeks we had a follow-up session with students to share their successes and challenges and congratulate the students on their results.

The challenge

BCSEA developed a version of our climate challenge that was appropriate for students and their families in light of the ongoing COVID-19 pandemic. We wanted our challenge to enable students to be self-sufficient in case their parents were juggling working from home; for the actions to be fun and informative; for the actions to have zero cost to account for additional financial struggles during COVID; and for actions to be appropriate for social-distancing and isolation measures.

The Climate Challenge Card was provided to students as an interactive PDF document that could be used digitally or printed out and completed by hand. The card contained 25 actions. When completed, students clicked (or crossed out if printed) the corresponding square to make it have a blot mark and entered their answer where an answer was required. We provided a 15-page supplementary booklet attached to the challenge card. This booklet provided additional facts and information about each category and action, as well as tips and advice on how to complete the action and opportunities for optional further research and investigation with additional resources and information.

Traditionally, the Cool It! Program focuses on gathering quantitative data through actions, measuring outcomes in carbon dioxide emissions savings. This challenge has a range of actions that do have an associated carbon factor, allowing us to measure estimated CO_2e reductions, along with some actions that yield qualitative results through reflection, enquiry, and research.

Here is the final Climate Challenge Card that has been developed and used in 2020/21:

CLIMATE CHALLENGE

Name:

Teacher:

Parent/Guardian signature:

1. FOOD 2. HOME ENERGY 3. WASTE 4. TRANSPORT 5. WATER 6. GO GREEN 7. RESEARCH + REFLECTION

1.1 TASTY LEFTOVERS
Re-use leftovers 3 times I ate:
1.
2.
3.

4.1 CAR SMART
Learn about cars and how to reduce your GHG's and complete one of the actions in the information page below.

6.1 GO BIO
Make a biodegradable cleaning or bath product
I made:

7.1 GAMING FOR NATURE
Watch two videos or do two of the games and complete the actions in the information page below.

7.2 CLIMATE ACTION
Research your city and the positive things happening to reduce climate change and complete one of the actions in the information page below.

7.3 COMMUNITY EXPLORATION
Map your community and think of ways to make it more sustainable and complete the actions in the information page below.

6.2 GREEN YARD CARE
Reduce pollution by planting a tree or greening your yard
I did:

3.1 REUSE AND REPAIR
Reuse/swap/repair/upcycle instead of throwing stuff away or buying new
I did:

7.4 LOCAL ACTION
Our sponsors have chosen a special action for you, check 7.4 to see what it is! and complete one of the actions in the information page below.

5.1 COOL LAUNDRY
Wash laundry in cold water at least once per week

6.3 GROW YOUR OWN
Plant garden veggies, balcony or windowsill plants
I planted:

3.2 DIY CRAFTING
Make home-made, upcycled gifts, decorations, cards, or toys
I made:
from:

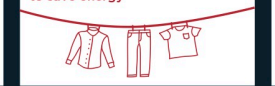
7.5 FOOTPRINT
Use an online carbon footprint calculators to see what GHG you produce daily
My carbon footprint is:

1.2 MEATLESS MONDAYS
Have two meat-free Mondays (or another day) I ate the following two meat free meals:
1.
2.

2.1 EARTH HOUR
Have an Earth Hour at home and turn off all lights and electronics

7.6 CLIMATE REFLECTION
Write a short reflection on the future and complete the actions in the information page below.

2.2 COOL DRYER
Hang-dry your laundry each week to save energy



2.3 STAY SNUG
Turn down the heat in your house and shut your curtains four times each week

4.2 TRAVEL SMART
Swap the car for public transit, walking or biking
I will go to:
by:

1.3 LOVE VEGGIES
Give up eating beef and lamb or go vegetarian for a week
☐ vegetarian
☐ didn't eat beef/lamb

5.2 SHORTER SHOWERS
Aim for at least 4 showers of 4 minutes or less
My showers are
minutes shorter now.

7.7 YOUR OWN IDEA
Come up with your own activity for reducing our environmental footprint
I did:

7.8 LIFE CYCLES
Sketch a life cycle of a household item and complete the actions in the information page below.

3.3 HOME WASTE
Do an audit of your garbage bins at home and complete the actions in the information page below.

2.4 ENERGY SOURCES
Find out which energy you use at home and complete the actions in the information page below.

BRITISH COLUMBIA Sustainable Energy ASSOCIATION | COOL IT! CLIMATE LEADERSHIP TRAINING

First Things First Okanagan funded workshops

Program Results

The funding amount of $2,500 committed by First Things Fist Okanagan, the school board, donors enabled BCSEA to deliver 4 Cool It! workshops to 99 grade 4 to 7 students at Giant's Head Elementary during the Fall 2020 semester (see table below). The 4-week challenge encouraged students to perform actions at home, resulting in an estimated total reduction of 8.4 tonnes of greenhouse gas emissions (tCO2e).

First Things First Okanagan workshop summary:

4 classes

99 students

170 actions

8.4 GHG savings (tC02e)

Overall, the classes did a fantastic job, particularly given the challenges facing students and teachers through this school year as a result of COVID-19. We received positive feedback from teachers on the program, workshop presentation and challenge materials. Our educator, Ella, also reported strong engagement and participation in the workshops. Overall participation in the climate challenge as measured by return rate (percentage of students who returned a completed challenge card) was lower than previous years. This was consistent with trends experienced in other locations where BCSEA delivered workshops in Fall 2020. Feedback suggests this was primarily due to the challenging conditions presented by COVID-19 and the associated difficulties with engaging students on extra curricular activities via remote communication channels. Despite this, collectively students across the 4 classes still managed to complete 170 actions related to climate change, sustainability or further research and independent investigation. A breakdown of class performance is provided below.

First Things First Okanagan workshop details:

City	School name	Teacher name	Grade	Class size	# cards returned	Return Rate (%)	Total squares completed	GHG totals per class
Summerland	Giant's Head Elementary School	Carol Barton	4	19	3	15.8%	55	2.351
Summerland	Giant's Head Elementary School	Kristina Persson	3	22	5	22.7%	50	2.977
Summerland	Giant's Head Elementary School	Darcy Fedorak	3	23	4	17.4%	37	2.017
Summerland	Giant's Head Elementary School	Dana Balfour & Colette Shanner	5	35	9	25.7%	28	1.082
Totals				**99**	**21**	**20%**	**170**	**8.4**

A summary of student actions

1.1 Tasty Leftovers	14	1.2 Meat Free	12	1.3 Love Veggies	11	2.1 Earth Hour	9	2.2 Cool Dryer	10
2.3 Stay Snug	11	2.4 Energy Sources	4	3.1 Reuse and Repair	8	3.2 DIY Crafting	10	3.3 Home waste	8
4.1 Car Smart	2	4.2 Travel Smart	8	5.1 Cool Laundry	12	5.2 Short Showers	11	6.1 Go Bio	2
6.2 Green Yard Care	11	6.3 Grow Your Own	13	7.1 Gaming for Nature	0	7.2 Climate Action	6	7.3 Community exploration	0
7.4 Local Action	5	7.5 Carbon Footprint	0	7.6 Climate Reflection	3	7.7 Your Own Idea	0	7.8 Life Cycles	0

Total actions	170

Student and Teacher Recognition and Rewards

BCSEA rewarded the hard work and dedication of students and teachers who did their best to complete the 4-week contest. We rewarded top performing students and classes with e-gift cards and other small gifts, such as seedling packets. We also offered random prize draws to encourage students to submit their cards no matter how many activities they completed. We provided certificates to all students who completed 10 actions and more. We are also sending personal thank you notes to all teachers who achieved over 75% return rate or who filled in our teacher survey.

Acknowledgement of First Things First Okanagan and the District of Summerland's sponsorship and support

BCSEA is grateful for the continued support from funders like First Things First Okanagan and the District of Summerland who have made climate change education programming possible in their community. First Things First Okanagan was acknowledged for their support of the Cool It! Program as follows:

- The First Things First Okanagan and District of Summerland logos were placed on the Climate Bingo booklet taken home by students
- The First Things First Okanagan and District of Summerland logos are featured on the sponsor section of the Cool It! webpage http://www.bcsea.org/cool-it
- Presenters acknowledged the support of First Things First Okanagan and the District of Summerland during workshops and also during the follow-up sessions
- Emails were sent to teachers and schools in the region acknowledging First Things First Okanagan and the District of Summerland's support

The BCSEA would like to thank First Things First Okanagan and the District of Summerland for its partnership in achieving the shared goals of increasing awareness of climate change and energy conservation, and for making real behaviour change possible for BC students and their families to conserve and reduce their climate impacts. Thank you for sticking with us through a unique and challenging school year!