



CAMPBELLTOWN



# Getting Sorted

## your waste wise guide



## Vision

To take a journey to less waste and create a better planet for us all. The Waste wise guidelines enable educators to raise awareness with children and create a more waste wise environment in the world we live in.

## Purpose

The guideline has been created for educators and staff to implement a range of experiences and activities that encompass waste wise practices. This guide will assist educators to educators to implement the principles with confidence and to teach children within the community about what we can do to protect the world we live in, and prepare for a future of less waste and better waste decisions.

## Acknowledgement to Country

Update







## The Waste Wise Journey

The guide has been designed to assist you with your journey towards waste wise practices and experiences at your centre. Outlined below and embedded into the Waste Wise Guide are strategies to provide you with guidance and support.

1

### Start small and keep it simple

At times educators can feel overwhelmed when it comes to waste, thinking they may not know enough and asking the question 'where do I start?' The answer is 'Start small'.

Starting small could be as simple as teaching the children how to separate their food waste at lunch time, re-use existing items during craft sessions or read a book on waste with the children.

The guide will provide you with a range of information for you to 'start small' and to gain knowledge and confidence to assist you to implement activities within your centre and with the children. Starting small is about adapting ideas for your own centre's context and enjoying the journey.

2

### Get advice

No need to go it alone. Get advice from people that know:

- Community groups
- Macarthur Centre of Sustainable Living
- Your local Council
- On-line resource pages
- A course or webinar may pop up that is relevant that can assist in building knowledge and sharing ideas around waste reduction.

3

### Learn by doing rather than talking

Look for opportunities to get your centre families involved. Let families know what you want to do, share stories of activities completed with the children with your families. If you choose a bigger project – arrange a working bee to encourage your families to take part.

4

### Encourage creativity and resourcefulness

Just give it a try, try something new and it might even keep costs down.

5

### Funding

There are lots of things that can be completed at a low cost. However apply for a grant for the bigger things (there are many community based grants on line) or fundraise with your families to put towards your project.

6

### Share your Stories

Let us know how the guide has helped your centre incorporate waste wise changes for the future of our planet. Share your successes with your centre families

If you are part of a network share your stories with them, if you are not maybe there is a network you can join. The more we share our stories the more we can support each other to learn new ways to become waste wise and look after our planet.

Inspire others and be inspired yourself.





## Early Childhood Steering Tools

A number of industry best guideline frameworks or tools are available to the sector to assist with planning and delivering services for children. The following frameworks provide governing advice and support to assist with the implementation of the framework.

### The National Quality Framework (NQF)

The NQF was the result of an agreement between all Australian governments to work together to provide better educational and developmental outcomes for children.

The NQF introduced a new quality standard in 2012 to improve education and care across long day care, family day care, preschool/kindergarten and outside school hours care services.

The NQF aims to raise quality and drive continuous improvement and consistency in children's education and care services through:

- The National Law and National Regulations
- The National Quality Standard
- An assessment and quality rating process
- National approved learning frameworks
- A regulatory authority in each state and territory responsible for the approval, monitoring and quality assessment of services in their state or territory
- A national body – ACECQA, which guides the implementation of the NQF and works with regulatory authorities.

The delivery of the NQF is guided by set objectives and guidelines to ensure consistent and effective function. To find out more about the National Quality Framework you can visit ACECQA's website [acecqa.gov.au/nqf/about](https://www.acecqa.gov.au/nqf/about)

### Approved Learning Frameworks

Within the education and care sector Belonging, Being and Becoming – The Early Years Learning Framework (EYLF) for Australia and My Time, Our Place – Framework for School Age Care (FSAC) in Australia are important guiding documents that services use to guide them through the curriculum.

The aim of EYLF/FSAC is to extend and enrich children's learning from birth to five years and through the transition to school and in school age settings.

The five outcomes of the EYLF/FSAC are:

1. Children have a strong sense of identity
2. Children are connected with and contribute to their world
3. Children have a strong sense of wellbeing
4. Children are confident and involved learners
5. Children are effective communicators

To find out more about the Early Years Learning Framework and Framework for School Age Care, visit ACECQA's website <https://www.acecqa.gov.au/nqf/national-law-regulations/approved-learning-frameworks>

## Waste Wise Guide

This guide has been developed to guide and assist educators to implement a waste wise journey and practices at their centres. To give that kick start to a better world in the long term.





## Getting started

Following are a list of activities to get you started on your waste wise journey. They are split into categories so you can target your area of interest:

- Plastics
- Sorting waste
- Reducing waste (including food waste)
- Smarter shopping



# Simple Steps to get you started

## PLASTICS

### CENTRE ACTIONS

Encourage families to reduce food packaging by introducing a package free lunch box initiative

Establish a soft plastics collection – arrange for a staff member or family/parent to take the collected soft plastics to the Red Cycle bin at your local Coles or Woolworths

For the month of July as a group pick a couple of simple plastic free pledges and ask families to support the centre during July.

Take it one step further- create a pledge board, take a photo of the kids with a family member holding their plastic reduction pledge.

### TEACHING AND LEARNING

Have the kids practice how to tell what a hard or soft plastic is. Use examples of both and teach them the squeeze test.

Hold nude food days (plastic free lunch days), especially if your kids pack their lunches – talk about the amount of packaging our food comes in.

Check out REDcycle – who recycle soft plastics from the supermarket drop off points. You can see what is involved and what it becomes (head to [redcycle.net.au](http://redcycle.net.au))



## SORTING WASTE

### CENTRE ACTIONS

Colour code inside bins to enable sorting of waste in each room of the centre

After the colour coded bins have been in place for a while, assess the bins in place for the centre (collection service) and see if you can change and/or reduce the number of general waste and recycling bins

Reassess the number of general waste (red lidded) bins and frequency of pick up following the introduction of measures to reduce organic waste to landfill

### TEACHING AND LEARNING

Create signage – work with the kids to create signage for your centre bins.

Create ‘waste monitor’ roles for children to be appointed to ensure all waste is disposed of properly and in the correct bins.

Collect a variety of waste materials and invite the children to sort them into the appropriate bins.

This can be played in a relay fashion. Discuss what to do with the left over options (food to worm farms, soft plastics to REDcycle as an example).

Recycling Games (resources from Council) – Card games and board games to reinforce the sort your waste message – recycling bingo, flash cards to sort.

Create a Recycling Rainbow, have a rainbow coloured – red, yellow and green (or to match the internal collection bins at the centre) – then the kids can find images of different items and glue them to the right rainbow colour (which is representing the bin. If you have extra sorting options add extra rainbow sections – you can do this over time as your waste separation changes

Look at the cycle of certain wastes – organics, paper and cardboard or the plastic bottle. Discuss the impact of what might happen to the cycle if there are other waste types mixed in, for example what if there was plastic in the organics cycle – what does that mean? Discuss what contamination is?

Create a day for families who do not compost to bring in their organic waste to your service

Weigh what waste is collected and keep track of how much waste is diverted from landfill

Introduce a worm farm and/or compost bin to your service and provide training for all staff on how to use it

Display a picture of a tree or a small tree in a pot and lay out a variety of paper products, e.g. cardboard, tissue paper, newspaper, paper labels etc. Invite the children to feel the difference between the products and discuss how all those products are derived from trees. Discuss paper recycling and try making new paper from old paper as an activity.



## WASTE REDUCTION

### CENTRE ACTIONS

Introduce a worm farm and/or compost bin to your service and provide training for all staff on how to use it

Use worm castings and juice from your worm farm on your veggie garden. You may also like to consider selling worm juice to families as a fundraiser to buy more veggie seedlings

Establish food waste collection containers or bins in each room, especially the kitchen if your centre has one

Learn how to use leftovers – create recipes for leftover food -See what the children do with leftovers at home. How many families make new meals with leftovers? Share the recipes

Look for opportunities to use recycled materials or unwanted offcuts from parents when planning new spaces or making changes to existing spaces

Move to online programming and notifications so that children's documentation and newsletters are not printed out

Create a Vegetable Garden – The creation of a vegetable garden will really enhance the learnings established as part of the waste reduction activities. It also an important part of the food waste cycle – use your compost, worm castings, worm wee on your vegetables.

Use reusable bags – work with the kids to design an image for a reusable bag and have it printed up as a fundraiser. As part of this process discuss with the students why single use plastic bags should be avoided – impact on our environment, how they are made from fossil fuels and only used for about 10 minutes.

Use hand towels instead of paper towels

Link activities to campaigns that align with what you are working towards – International Composting Awareness Week, World Environment Day, Plastic Free July, National Organics

Week and National Recycling Week

Use social media to showcase the activities you implement with the children in your service so families and others can see and learn.



### TEACHING AND LEARNING

Mini Waste Audit of lunch leftovers –Conduct a mini waste audit after your lunchbreak – have a look at what is left and what can be done with the items – food to the worms, chickens or compost, or soft plastics to REDcycle.

Build a worm farm – You can buy a kit or build you own from previously loved items. There are lots on ideas on you-tube for homemade worm farms.

Get to know your worms – Learn a bit about worms, how they breathe, what they eat, where they live– combine this with the addition of worms to your worm farm. Kids can wriggle like a worm, name a worm and touch one if they are brave enough!

Worm artworks- Create your own pet worm from cardboard. Draw or paint your worms favourite food.

Build a compost bin- Compost bins come in a range of shapes and sizes – following your lunch time mini audit, discuss different composting ideas with the kids, taking into account your audit results and also the potential green waste generated from your outdoor space. Talk about the 'greens' and 'browns' needed for your compost to work well.

Create signs for your compost and worm farm on what can and cannot go in them.

the worm learning what worms like to eat, the best environment for them and what happens when things go wrong.

- Rot or Not card game – Each child is provided with 2 cards – one red one with the word NOT on it, and a green one with ROT on it. The teacher will hold up a range of images and the kids hold up the card they think suits the image for composting – each card is then hung up on a board for the kids to observe

Compost art- Using the 'browns' of the compost world create an artwork. If the kids don't want it anymore – compost it when you are done.

Have a cooking morning – cook some simple snacks that the children can then take the recipes home. This is a good session on how a simple recipe can reduce single use plastic packing. Example recipes can include rice bubble bars and muesli bars. If possible, have a collection of empty packets to show how much would be thrown out if you bought them pre-made

Draw a large triangle on a whiteboard, or cement area – talk about ways to get rid of your waste and draw the waste triangle (hierarchy).

Discuss the waste hierarchy with the children.

Reuse waste material for craft and discuss with children the benefits of reusing materials instead of purchasing new products.



Select worm or compost monitors each day –Their role would be to re-check scraps in the food collection container and then feed the worms or drop them into the compost bin after afternoon tea.

Food waste cycle with worms or compost –Create a food waste cycle to show how using worms or compost removes food waste from the waste stream and turns it into useful products to go back into the garden where the food came from in the first place.

Council has some resources that you can borrow to support your learning of worms and composting:

- The Worm Game – Kids can make their way around





## SMARTER SHOPPING

### CENTRE ACTIONS

Select minimally processed foods when planning the service menu (if meals are provided by your Centre)

Purchase seasonal fruits and vegetables when shopping

Plant fruit trees, you can pot dwarf fruit trees if space is an issue

Buy non-perishable items in bulk

Shop for products that are made from recycled content, for example paper, toilet paper

Shop for and choose items that have low to no packaging

Avoid purchasing single use items

Buy local/Australian made where possible

Use reusable shopping bags

Explore options for cleaning products to reduce waste, for example less packaging, recycled and recyclable packaging or home made

Update families in your newsletter with what you are growing

Organise a staff training day at your local community garden or Macarthur Centre of Sustainable Living to increase knowledge and confidence associated with growing food

Organise a working bee for children staff and families

Encourage families to reduce food packaging by introducing a package free lunch box initiative

Include smarter shopping tips in your newsletter

Use social media to showcase the activities you implement with the children in your service so families and others can see and learn



### TEACHING AND LEARNING

Save seeds from your vegetables to grow into seedlings with the children

Make a list of vegetables/fruits and what seasons they grow in with the children

Propagate vegetable seedlings

Involve children in growing and caring for vegetables in gardens

Discuss what packaging food comes in and what alternatives we can use

Involve children in making simple green cleaning products

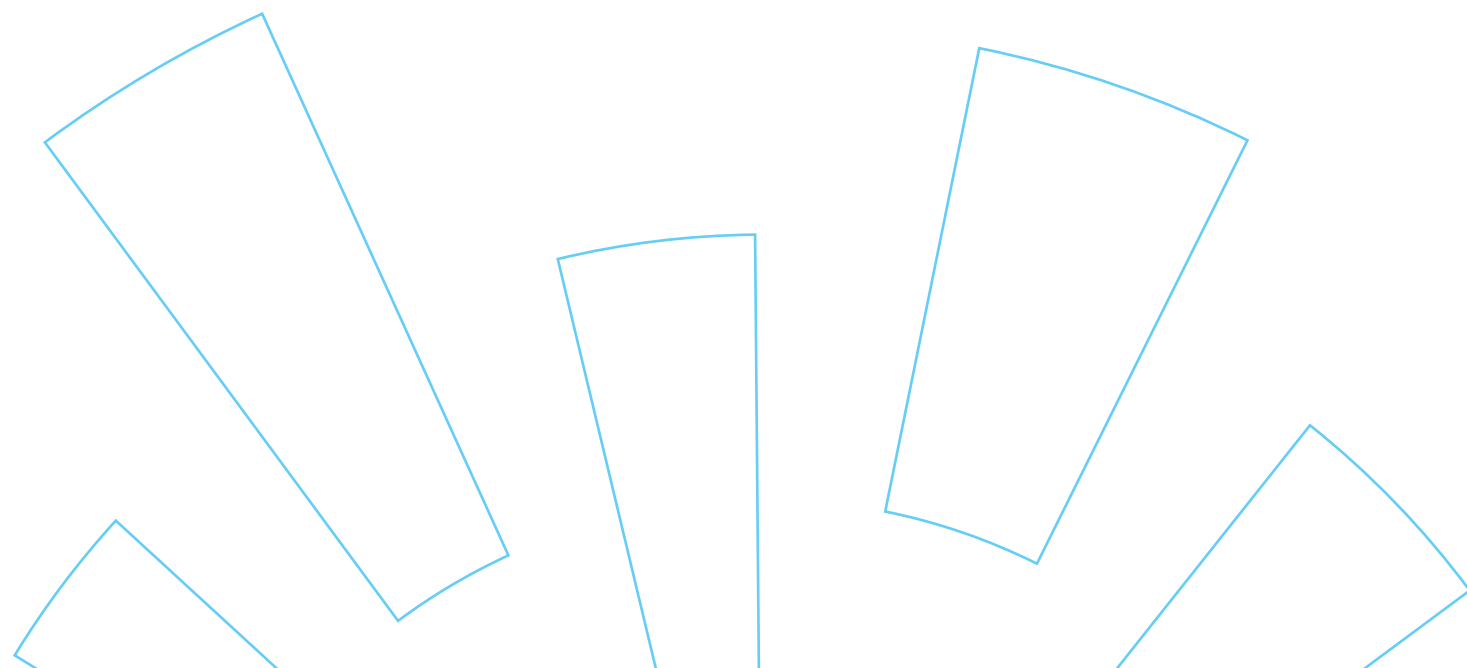
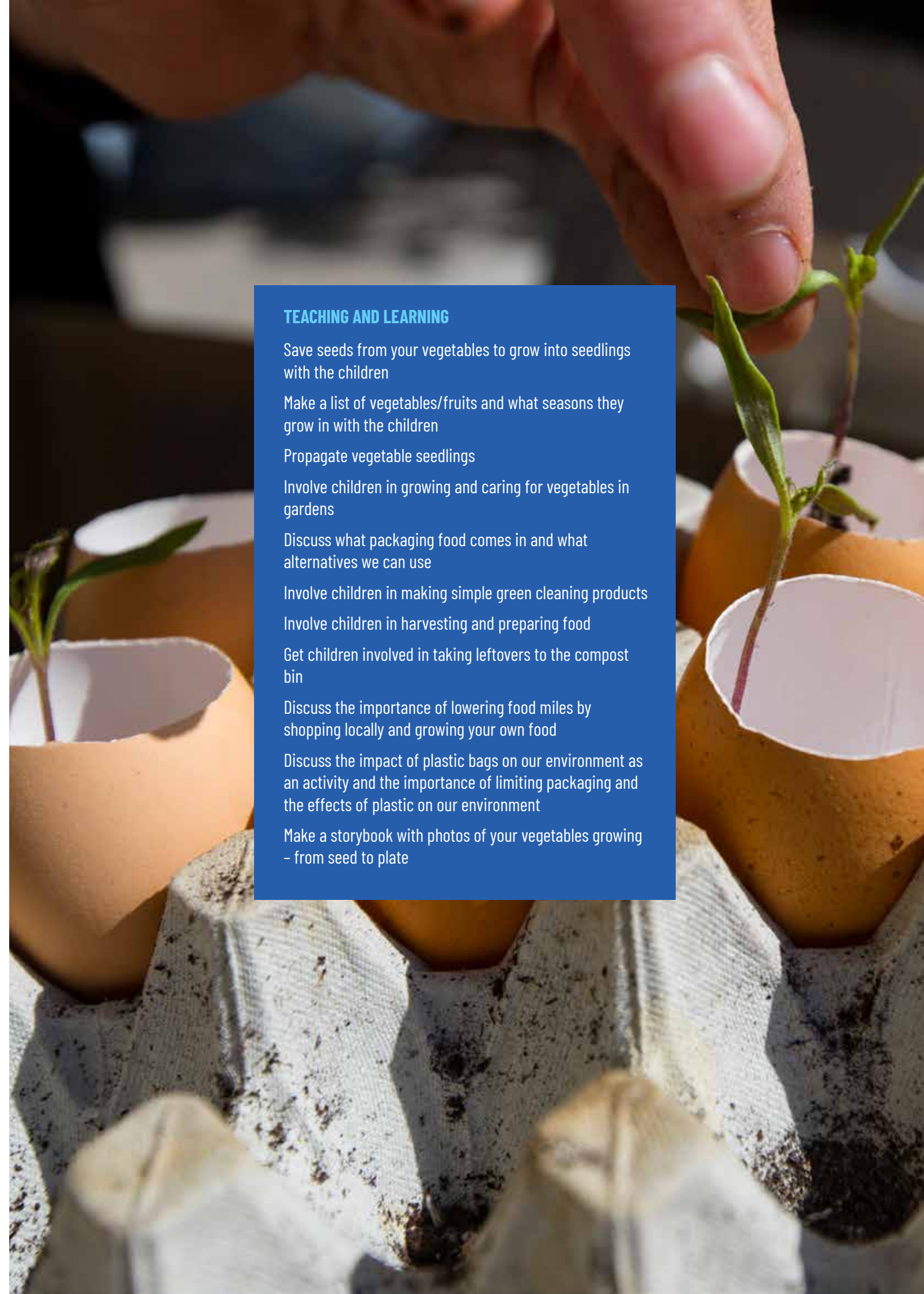
Involve children in harvesting and preparing food

Get children involved in taking leftovers to the compost bin

Discuss the importance of lowering food miles by shopping locally and growing your own food

Discuss the impact of plastic bags on our environment as an activity and the importance of limiting packaging and the effects of plastic on our environment

Make a storybook with photos of your vegetables growing – from seed to plate







## Support Materials



There are a variety of ways in which Educators and services can be supported with a waste wise journey. There are resources and activities that can be used to assist with learning outcomes, encouraging knowledge and awareness about the principles including but not limited to books, activities and celebrations. The following resources and activities are presented to assist Educators with teaching the children about sustainable practices and growing their knowledge around varying the various principles as outlined within the Framework.

## Books

Smarter Shopping		
Title	Author	Ages
Anywhere Farm	Phyllis Root 2020	4-6 years
The EARTH Book	Todd Parr 2010	4-6 years
City Green	Dyanne DiSalvo-Ryan 1994	4-6 years
Composting		
Title	Author	Ages
Magic School Bus Meets the Rot Squad: A book about Decomposition	Joanna Cole 1995	4-8 years Year 1-4
Composting Stew	Mary McKenna 2014	3-7 years Pre - Year 2
What's Sprouting in my Trash? - A book about Composting	Esther Porter	4-8 years Pre - Year 2
Kids can Compost	Wen-Chia Tsai Parker	Early years
Worm Farming		
Title	Author	Ages
Wonderful Worms	Linda Glaser 1994	4-6 years
Kyle in his compost pile	Julie Lehman	Early years
Diary of a Worm	Doreen Cronin	Pre - Year 5

Plastics		
Title	Author	Ages
Plastic: Past, Present & Future	Eun-Ju Kim 2019	5-12 years
A planet full of plastic: & how you can help	Neal Layton 2019	5-7 years
A Bag & a Bird	Pamela Allen 2016	6-8 years
One Plastic Bag: Isatov Ceesay & the Recycling Women of Gambia	Marinada Paul 2015	6-7 years
The Adventures of a Plastic Bottle	Alison Inches	4-6 years
Recycling		
Title	Author	Ages
The Adventures of an Aluminum Can	Alison Inches	4-6 years
The Old Rocking Chair	John Sandford	4-8 years
Trashy Town Board Book	Andrea Zimmerman & David Clemesha	0-4 years
The Dumpster Diver	Janet S Wong	5-8 years
Michael Recycle	Ellie Bethel	4-8 years
Why Should I Recycle	Jen Green	4-7 years
Reducing Consumption		
Title	Author	Ages
Not for me, please! - I choose to act green	Maria Godsey	4-6 years
I Love the Earth	Todd Parr	0-3 years
Don't Throw that Away	Lara Bergen	4-6 years
Ada's Violin	Susan Hood	4-8 years
Here comes the Garbage Barge	Jonah Winter	4-8 years





# Celebration Dates

## Green Dates

The following calendar is a comprehensive list of green dates for your service to consider when planning and delivering Environmental Sustainability experiences with your children and their families.

## February

- 2 February - World Wetlands Day
- 11 February - International Day of Women & Girls in Science
- 28 February - Youth and Schools Clean Up Day

## March

- First Sunday of March - Clean Up Australia Day  
<https://www.cleanupaustraliaday.org.au/>
- 3 March - World Wildlife Day
- 8 March - International Women's Day
- 8 March to 14 March - Groundwater Awareness Week
- 15 March - National Close the Gap Day
- 21 March - International Day of Forests
- 22 March - Harmony Day
- 23 March - World Water Day
- 28 March - World Meteorological Earth Hour

## April

- 18 April - World Heritage Day
- 22 April - Earth Day

## May

- May - International Composting Awareness Week - early May each year check  
<https://www.compostweek.com.au/>
- 9 May - World Bird Migratory Day
- 18 to 24 May - National Volunteer Week
- 22 May - International Day for Biological Diversity
- 23 May - World Turtle Day
- 27 May-3 June - National Reconciliation Week

## June

- 5 June - World Environment Day
- 8 June - World Oceans Day
- 15 June - Global Wind day

## July

- 8 to 15 July - NAIDOC Week
- 11 July - World Population Day
- 27 July - Schools National Tree Day
- 29 July - National Tree Day
- 29 July - International Tiger Day

## August

- 9 August- International Day for World Indigenous Peoples
- 10 August - World Lion Day
- 11-19 August - National Science Week
- 12 August - World Elephant Day
- 19 August - World Orangutan Day
- 19 August - World Humanitarian Day

## September

- 1 September - National Biodiversity Month
- 7 September - National Wattle Day
- National Organic Week - early September each year  
<https://www.organicweek.net.au/core/> for dates
- 9 September - National Threatened Species Day
- 16 September - National Bilby Day
- 18 September - Sustainable House Day
- 22 September - World Water Monitoring Day
- 29 September - World Car-Free Day
- 30 September - World Maritime Day
- Last Sunday of September-World Rivers Day

## October

- 2 October - World Habitat Day
- 4 October - World Animal Day
- 5 October - Energy Efficiency Day
- 4-10 October - World Space Week
- 16 October - World Food Day
- 22-28 October - Aussie Backyard Bird Count
- 24 October - International Day of Climate Action
- 24 October - Sustainability Day

## November

- 1 November - World Vegan Day
- 6 November - World Tsunami Awareness Day
- 8-15 November - Australian Pollinating Week
- Mid November - National Recycling Week  
<https://recyclingnearyou.com.au/nationalrecyclingweek/> for annual dates
- 21 November - World Fisheries Day

## December

- 5 December - International Volunteer Day
- 5 December - World Soil Day
- 11 December - www.International Mountain Day





## Conclusion





In 2020 it is evident now more than ever, that sustainable practices are very important for the world that we live in, for our overall health, for the animals and for the environment.

Together we can educate, guide and teach children and their families about the importance of implementing sustainable practices into daily life, demonstrating to them the difference their contributions are making to the world that we live in. The Three Steps to Success Sustainability Framework enables Educators to have the knowledge and ability to do this.

Together you can make a positive impact on the children within our care and assist with growing their skills and knowledge in relation to environmental sustainability. It is hoped that this Framework will broaden your skills and knowledge with regards to sustainability practices and that you encourage each other to evaluate the progress that you are making. By starting small, strengthening your skills and sharing your stories, the children within our care will be better placed to be Sustainability champions for the future.

Remember your contributions matter – start small, strengthen your skills and share your stories.

Thank you  
Karen Nessi  
Coordinator Education and Care Services





**CAMPBELLTOWN**