

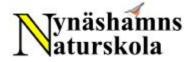


## PRESCHOOL CHECKLIST



## FOR SUSTAINABLE DEVELOPMENT AND PUBLIC HEALTH DIPLOMAS





THE PUBLIC ADMINISTRATION OF ENVIRONMENT AND INFRASTRUCTURE

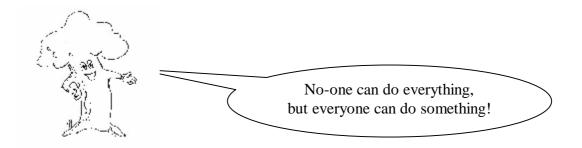
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#### **Environmental Diplomas**

The efforts with school and preschool checklists for environmental and public health diplomas was initiated by Mats Wejdmark Nature school in October 2005.

For further information in a particular area of interests, please call:WaterTomas RosénBerga Water Purification Plant+46(0)8-520 100 84SewageJörgen MåhlgrenNynäshamn Wastewater Treatment Facility+46(0)8-520 141 86FoodIngegerd OlofssonNynäshamn Education Office+46(0)8-520 681 58



Address Nynäshamns kommun Viaskolan, Naturskolan 149 81 Nynäshamn	Visiting Address Sjöudden At the end of Storeksvägen	<b>Phone</b> +46(0)8 520 73709	<b>Fax</b> +46(0)8 520 38590	E-mail mats.wejdmark@naturskolan.pp.se robert.lattman@naturskolan.pp.se
Sweden	Ösmo	Homepage: <u>www.nyr</u>	nashamn.se/natursko	

## Background

The local Agenda 21 of the eco-municipality of Nynäshamn stipulates that all administration and municipal companies are to have an environmental and public health plan. The purpose of this is to transform the high level goals of Agenda 21 into concrete and specific objectives that have a direct impact on activities and operations.

In May 2003, a new environmental and public health plan for the public administration of childcare and education was approved (see *Goals and Budget*, the eco-municipality of Nynäshamn). The current plan covers the period 2003 through 2006 and in order to facilitate environmental efforts, a checklist is to be produced for all units within the administration. The preschool checklist for environmental and public health diplomas is an example of such a list. Using it, preschools can track their progress in the area of environment and public health, and quickly assess where improvement is needed.

### **Purpose of the Checklist**

- It provides structure and direction to environmental efforts aimed at achieving goals set up in the environmental and public health plan for the public administration of childcare and education.
- It aides achieving the goals defined in the local school plan 2003-2006.
- It makes visible the fantastic environmental work already done and promotes further development by awarding the preschool a diploma.
- It can be used as a tool for defining goals, finding areas to improve, and creating an action plan.
- It groups items into areas, facilitating the division of responsibility.
- It can be used for group discussions and to focus individual efforts towards a common goal.
- It assists in the sharing of good examples and best practices that are often discovered or highlighted during the diploma assessment phase.
- It functions as a supplement to other educational activities by letting preschool personnel and children do hands-on work, converting knowledge into practice.
- It can be seen as a smorgasbord enabling each preschool work with environmental issues in a way that fits them depending on interest and ability.

### **Outline of the Checklist**

The checklist consists of eight areas containing a number of items that each give one point if completed. To receive a diploma, the preschool must achieve a certain number of points in each area. Diplomas come in three levels, each subsequent level requiring an increased number of points in each area. For the lowest level, the preschool is awarded a bronze diploma, for the medium level a silver diploma, and for the top level a gold diploma.

The levels have been named year 1, year 2, and year 3 to spur preschools to improve continuously. However, there are no formal requirements on how quickly a certain level must be achieved. Some preschools might be qualified for the year 1 (bronze) diploma from scratch while other must work hard to achieve it. Likewise, a four or five year plan might be the only feasible way to obtain the year 3 (gold) diploma.

In order for environmental efforts to progress, continuity and planning in advance are required. This means that when receiving the bronze diploma, work with achieving the objectives of the silver diploma should already be under way. If not, there is risk of environmental efforts temporarily halting at each diploma level.

Applications	Preschools wishing to participate in the diploma program can apply by contacting the Nature School.
Reporting	The checklist must be signed by the preschool's headmaster and environmental representative and handed in to the Nature School before November 15.
Assessment	The headmaster, environmental representative, and personnel from the Nature School meet to go through the checklist and appended documentation. The main purpose of the assessment is to enable the Nature School to learn of good examples and best practices rather than to examine if all points on the checklist have in fact been achieved.
Diplomas	Diplomas are awarded to preschools that attain the required number of points.

#### **Responsibility for Environmental Work**

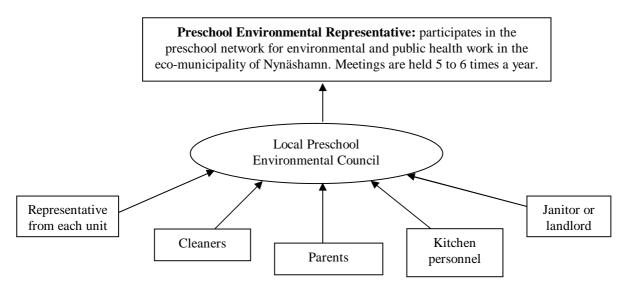
It is important to delegate the responsibility for environmental efforts in order to avoid the obstacles outlined in The Poetry of Work below. A number of people will be needed to cover all areas in the checklist. For some areas it will be self-evident who is to be responsible, in other areas this might not be as clear cut. It is impossible for one single person to be responsible for all environmental work. There should, however, be one single person coordinating all efforts; preferably, this is the preschool's environmental representative.

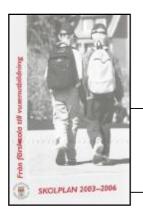
The Poetry of Work

This is a story about four people: Everyone, Someone, Anyone and No-one.

There was a very important job to be done and Everyone was convinced Someone would do it. Anyone could have done it but No-one considered it to be Everyone's job. Everyone thought that Anyone could do it but Noone realized that Everyone wouldn't do it. In the end Everyone blamed Someone when No-one did what Anyone could have done.

#### Suggested organisational model





### Education

# **Objective:** Each preschool is to work actively with knowledge and awareness of environmental issues (Local School Plan 2003-2006, the eco-municipality of Nynäshamn)

#### Excerpt from the national preschool curriculum, Lpfö 98

1. BASIC VALUES AND MISSION OF THE PRESCHOOL

[*Mission of the preschool*] Preschools are to place great emphasis on the environment and on conservation issues. The pedagogical programme should encourage a positive attitude to ecological principles, encourage children to believe in the future, and work towards the development of each child's individual understanding of its own role in the cycle of nature. Preschools should encourage children's understanding of how the environment can be helped by changes in people's everyday lives, both at work and at home, both now and in the future (page 10, paragraph 6).

Using educational themes, children are allowed to learn in a multifaceted and coherent way (page 10, paragraph 2).

#### 2.1 NORMS AND VALUES

[Goals] The preschool is to work towards each pupil developing:

• a respect for all living things and sense of responsibility for the local environment (page 10).

#### 2.2 LEARNING AND PERSONAL DEVELOPMENT

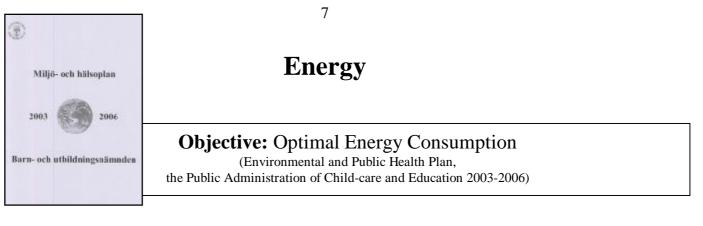
[Goals] The preschool is to work towards each pupil developing:

• an understanding of his or her participation in the cycle of nature, an understanding of simple natural phenomena, and knowledge of plants and animals (page 13).

[*Guidelines*] Teachers and other preschool personnel are to give thee pupil an opportunity to understand how his or her own actions affect the environment (page 14).

We annually revise the preschool's action plan which has clearly stated objectives for environmental work (see template in Appendix A). <b>[compulsory]</b>	 Year 2	
The environmental objectives, as stated in the action plan, are adhered to in all preschool activities. [compulsory]		
We have an action plan outlining further education on environmental issues for preschool personnel.		

Preschool education includes at least one nature and environmental educational theme per year.	Year 1	Year 2	Year 3
The children get to spend outdoor time in the forest, or some other nature area, at least once a week (irrespective of weather).			
The children are out of doors for at least two hours a day.			
We have forest learning activities for children aged 5 to 6 years.			
We have forest learning activities for children aged 3 to 4 years.			
At least 50% of our full time personnel have attended further education of some kind on environmental issues.			
All of our full time personnel have attended further education of some kind on environmental issues.			
The children are provided nature experiences by			
The children learn about the environment and recycling by			
The children learn about plants and animals by			
We have a terrarium, aquarium, or other enclosed animals at our preschool (for educational purposes and for empathy training).			
Our preschool has achieved the five environmental goals in the Eco-schools programme, coordinated in Sweden by the Keep Sweden Tidy Foundation.			
(Visit <u>www.hsr.se</u> for more information. The Nature School will sponsor your participation fee when signing up)			
Other activities			
Total points obtained:			
Maximum points available: 16 Diploma requirements:	8	11	13



We use energy saving light bulbs where possible.	Year 1	Year 2	Year 3
We turn the off the lights in all rooms not at use.			
Lights can be turned off and on for each room individually.			
All school personnel have been informed on the importance of turning off lights in areas not at use.			
Computers are set to automatic energy saving mode.			
We never set the indoor temperature to more than 20°C (for each degree you lower the temperature, the cost of heating is reduced by 5%)			
The indoor temperature is further reduced during nights, weekends, and holidays.			
All windows are tightly sealed to prevent heat leakage.			
We teach the children energy saving by			
Other activities			
Total points obtained:			
Maximum points available: 10 Diploma requirements:	5	7	9



## Office and purchasing

## **Objective:** Environmental concern in all purchasing (Environmental and Public Health Plan,

the Public Administration of Child-care and Education 2003-2006)

	Year 1	Year 2	Year 3
We do not use any disposable articles.			
We exclusively use environmentally friendly, refillable toners for copiers and printers.			
We buy paper folders instead of plastic folders.			
We do not use any environmentally harmful paint.			
We buy eco-labelled disposable nappies and face flannels.			
We buy washable, reusable nappies.			
We exclusively buy eco-labelled paper.			
We make double-sided copies when possible.			
All personnel know how to set the printer to double sided output, the lowest ink usage, and black and white printing.			
Instead of handing out printed information, we communicate messages orally, through notice boards, or by email.			
Important information is communicated through weekly or monthly bulletins.			
The unused side of single-sided printouts is used for drawing or taking notes (does not apply to documents containing sensitive information)			
Children learn not to waste materials by	$\square$		
Other activities			
Total points obtained:			

Maximum points available: 14	<b>Diploma requirements:</b>	7	9	11
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## Meals

## **Objective:** Improved Diet (Public Health Programme 2003-2005)

	Year 1 Year 2 Year 3	
We do not use any disposable articles.		
We avoid unnecessary packaging.		
We use refillable bottles for mustard, ketchup, jam, etc.		
We use washable table cloths instead of paper table cloths.		
We have reduced the use of aluminium and plastic foil by		
We serve one KRAV-labelled meal a month (or equivalent eco- labelled meal).		
By buy the following KRAV-labelled products:		
• Flower		
• Meat		
• Potatoes, root vegetables		
• Coffee, tea		
• Milk, yoghurt		
• Other		
Our preschool is KRAV-certified.		
(Visit <u>www.krav.se</u> or call +46(0)18-100 290 for more information)		
We serve at least one vegetarian meal a week.		
We try to affect the person responsible for purchasing to buy locally grown produce when possible by		

Maximum points available: 20 Diploma requirements:	9	13	16
Total points obtained:			
Other activities			
We increase the children's joy of eating by			
Children (4-6 years) learn about the origin of the food they eat and how it is prepared by			
All kitchen personnel have attended further education of some kind on environmental issues.			
All children eat lunch in presence of a grown-up and sit at the table for at least 20 minutes.			
Salad and root vegetables are served with all meals.			
Allergic children are served specially prepared meals when necessary.			
We try to reduce leftovers by			
Each morning, as early as possible, we inform the kitchen exactly how many portions of food are needed that day.			

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## Water and Cleaning

**Objective:** Reduce wastewater discharge (Agenda 21 Programme 2003-2005)

	Year 1	Year 2	Year 3
We have installed water saving taps (taps with built-in aerators).			
We have installed water saving toilets (provided the mains make this possible).			
We work with a water educational theme each year.			
We use water from our rainwater basins for irrigation and water games.			
All cleaning personnel have attended further education of some kind on environmental issues.			
We exclusively use environmentally friendly detergents and washing-up liquids.			
We have adapted our cleaning methods, for instance by using the miracle rag, to avoid unnecessary use of chemicals.			
We only buy detergents and washing-up liquids with recyclable packaging.			
We have routines for evaluating the environmental impact of all purchases.			
We have methods to avoid overdosing detergents and washing- up liquids.			
Dishwashers and laundry machines are only run when full.			
The children do not rinse their plates under running water.	$\square$		$\square$
Other activities			
Total points obtained:			
-			
Maximum points available: 13 Diploma requirements:	5	8	11



## Waste and Sewage

# **Objective:** Minimize rubbish incineration and sustain a high quality level of sewage sludge (Environmental and Public Health Plan,

the Public Administration of Child-care and Education 2003-2006)

We separate the following recyclable garbage:

- Paper (e.g. news papers)
- Paper packaging (e.g. milk cartons)
- Glass
- Metal and scraps (e.g. porcelain, cans)
- Electronics (e.g. radios, toasters, light bulbs)
- Fluorescent lamps
- Batteries
- Environmentally harmful waste (e.g. paint, thinner)

Children participate in separating garbage.

Children participate in bringing garbage to the local recycling centre.

We have a garden compost (a cold compost).

We have a hot compost.

We have a bin for aerating material from the hot compost.

We have a worm compost.

The children participate in bringing rubbish to the compost.

The children participate in emptying the compost and using the earth for fertilization of flower beds, etc.

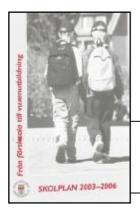
The children learn how the compost works and how it is used.

The children do experiments on what will, and what will not, decay in the compost.

Year 1 Year 2 Year 3

Maximum points available: 23	Diploma requirements:	14	17	20
	Total points obtained:			
Other activities				
Empty packaging is returned to the	manufacturer.	$\Box$		
Only the content of garbage bins is e bin-liners.	emptied in order to reuse			
The children learn what may not be	washed down the drain.			

The word resource came to English from the Latin *resurgere* that means to rise again.



## The Schoolyard

**Objective:** To increase physical activity and provide an outdoor environment that children enjoy (Local School Plan 2003-2006, the eco-municipality of Nynäshamn)

#### Excerpt from the national preschool curriculum, Lpfö 98

1. BASIC VALUES AND MISSION OF THE PRESCHOOL

[*Goals*] The preschool is to offer an environment in which children feel safe and comfortable but that simultaneously is challenging and stimulates active play and learning. The preschool is to inspire children to explore the world (page 9, paragraph 5).

[*Goals*] Outdoor time should provide the possibility of both play and other activities in the schoolyard, in the forest, or in other nature areas (page 11).

2.2 DEVELOPMENT AND LEARNING

[Objectives] The preschool is to work towards each pupil developing (page 12 to 13):

- his or her curiosity and the ability to play and learn...
- his or her mobility and spatial awareness...

	Year 1	Year 2	Year 3
Regular safety inspections are performed on the schoolyard (can be done in combination with working environment inspections or allergy inspections).			
We have a green schoolyard that is suitable for outdoor play and games.			
We have a green schoolyards with:			
Berry bushes			
• Fruit trees			
• Vegetable or fruit gardens			
• Bird tables and nesting boxes			
Our schoolyard has quiet places for contemplation.			
Our schoolyard has shadowed areas.			
Our schoolyard has open areas for games involving many children.			

Maximum points available: 20	Diploma requirements:	10	14	17
	Total points obtained:			
Other activities				
We have a permanent campsite locat where we, with the permission of the build wind shelters, and build huts.	-			
We have a schoolyard group, consist and one parent from each unit, that we the schoolyard.				
We compost our garden waste ourse picked up and taken away).	•			
We avoid using artificial fertilizers and	nd pesticides.			
Our schoolyard has other outdoor to	ys			
Our schoolyard has sandboxes.				
Our schoolyard has a willow hut.				
Our schoolyard has swings.				
Our schoolyard has ropes for climbin	ng.			$\square$
Our schoolyard has biological divers follow the changing seasons).	ity (so that the children can			

Those who think they have no time for exercise will sooner or later have to find time for illness.

 $\mathbb{C}$ 

Edward Stanley



## **School Buildings**

**Objective:** All children and personnel are to feel comfortable in the preschool buildings (Local School Plan 2003-2006, the eco-municipality of Nynäshamn)

	Year 1	Year 2	Year 3
An allergy inspection is performed at least every third year and an action plan is created outlining needed improvements. This action plan is to be appended to this checklist. The inspection can be done in cooperation with MSF.			
A working environment inspection (safety inspection) is performed annually (see <i>Inspecting the working environment</i> , the Eco-municipality of Nynäshamn", chapter 12).			
We use environmentally friendly material when rebuilding.			
We inspected ventilation regularly and correct any problems.		$\square$	$\square$
Carbon dioxide levels are measured regularly.			$\square$
Latest reading			
All rooms have windows that can be opened to let in fresh air.			
All working areas are well lighted, i.e. reach recommended levels of lighting.			
All children and personnel have ergonomic chairs.			
Other activities			
Total points obtained	d:		
Maximum points available: 9 Diploma requirements	s: 4	5	7

Total points available: 125	Year 1	Year 2	Year 3
Diploma requirements:	62	84	104

### Information on energy and resource consumption:

	Year 1	Year 1		Year 2		Year 3	
	usage	cost (SEK)	usage	cost (SEK)	usage	cost (SEK)	
Electricity (kWh)							
Water (m <sup>3</sup> )							
Oil (m <sup>3</sup> )							

Send the checklist to the Nature School no later than **November 15**!

On the basis of this checklist, we apply for an environmental diploma for our preschool.

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

Name of preschool

Signature, preschool headmaster

Signature, environmental representative

AREA OR Environmental Problem	GOAL	ACTIONS	<b>P</b> EOPLE RESPONSIBLE	DUE DATE	OUTCOME