

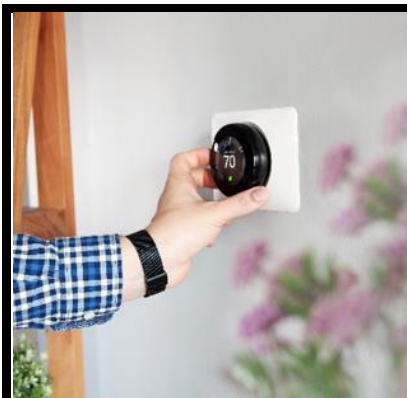




# Schools challenge


Help your child become an energy saving hero!

Throughout Energy Saving Week please assist your child to complete the five energy saving activities below. These everyday tasks can help reduce your home energy bills, while also educating your child on saving money and energy at home.

At the end of the week, tick the box with the activities that your child has completed and send the results to your class teacher, letting them know which task/s your child has completed.

Name of pupil:

				
<p><b>Keep warm: Day 1</b></p> <p>Ask a parent to turn down the thermostat by 1 degree for 5 days*</p> <p><input type="checkbox"/></p>	<p><b>Save water: Day 2</b></p> <p>Turn the tap off when brushing your teeth.</p> <p><input type="checkbox"/></p>	<p><b>Save energy: Day 3</b></p> <p>Unplug any electrical items you're not using. Stand by mode still uses energy.</p> <p><input type="checkbox"/></p>	<p><b>Save water: Day 4</b></p> <p>Reduce your shower time by one minute.</p> <p><input type="checkbox"/></p>	<p><b>Save energy: Day 5</b></p> <p>Turn the lights off when you leave a room.</p> <p><input type="checkbox"/></p>

\*Thermostat only needs to be turned down by one degree for 5 days, not one degree daily. If the home occupied by infant(s) or the elderly, do not turn down below 18 degrees.  [@EnergySvgTrust](#) [#EnergySavingWeek23](#)