



**EASTMAN**

***GOOD SPORTS ALWAYS RECYCLE.***

**2010**

**Recycling Calendar**

## Energy Month

American's consume 26 percent of the world's energy. It's important for children to understand the meaning of energy and that nearly 2 billion people around the globe live without any electricity.

National Cut Your Energy Day is just one of the many days in January where children can save as much energy as possible and protect the environment.

### Resources for Energy Month:

- How much energy people use:  
Solar Energy International: <http://www.solarenergy.org/resources/energyfacts.html>
- Energy Facts:  
Earth 911: <http://www.earth911.org/master.asp?s=lib&a=energy/EnergyFacts.html>
- Ways to save energy:  
U.S. Department of Energy: [http://www.eere.energy.gov/consumer/save\\_energy/](http://www.eere.energy.gov/consumer/save_energy/)
- Recycling and energy games:  
EPA: <http://www.epa.gov/students/fun.htm>
- Energy Information Administration  
<http://www.eia.doe.gov/kids/energyfacts/index.html>

### ACTIVITY FOR THE MONTH

#### **Create an energy time capsule.**

-Prepare documents containing information about energy today and predictions about the future.

-Bury it during a ceremony (invite media and member of the community) and set a date to dig up the capsule in the future.



**EASTMAN**  
GOOD SPORTS ALWAYS RECYCLE

# January 2010

Energy Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
					National Cut Your Energy Costs Day	
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



# February 2010

## Recycle PET Bottles Month

PET is the most widely recycled plastic and recycling one ton of PET containers saves 7.4 cubic yards of landfill space. That's why it's important for children to understand just how much space recycling PET bottles can save on our planet.

Additionally, recycled PET bottles can be used for fiberfill, carpets, clothing, automotive parts, industrial strapping, sheet and film.

So by recycling PET bottles we can all save materials that can be used for other products and reduce the amount of products that are being wasted every day.

### Resources for PET Bottles Month:

- Plastic Parade Recycling Activity:  
<http://www.galaxy.net/~k12/recycle/plastic.shtml>
- Container Recycling Institute  
<http://www.container-recycling.org/kids.htm>
- Recycling for Kids  
[http://www.squidoo.com/recycling\\_for\\_kids](http://www.squidoo.com/recycling_for_kids)
- Remember, if you turn your thermostat down a few degrees in the winter, it saves energy and money!

### ACTIVITY FOR THE MONTH

**Visit a local  
recycling plant.**

Learn more about the recycling process and why it is so important to recycle on PET bottles; discuss in class what students learned and how they can improve the current situation at school/work/home.



**EASTMAN**  
GOOD SPORTS ALWAYS RECYCLE

# February 2010

Recycle PET Bottles Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Wetlands Day	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						



# March 2010

## Compost Month

Even though Americans recycle more and more yearly, the amount of waste is still increasing each year due to rising personal consumption and overall population growth and according to the US EPA, food waste is the #1 least recycled material.

Composting is the perfect way for students to contribute to recycling and reducing rather than to the increase of waste and pollution.

Left out in the open with oxygen, compost cultures break down organic matter into fertile soil and will eventually go back to nature by itself rather than contribute to the increased amount of waste.

### Resources for Compost Month:

- Teaching Children Green Living Skills  
[http://www.associatedcontent.com/article/1663435/teaching\\_children\\_green\\_living\\_skills.html?cat=6](http://www.associatedcontent.com/article/1663435/teaching_children_green_living_skills.html?cat=6)
- Kids Recycle  
<http://www.kidsrecycle.org/composting.php>
- Kaboose:  
<http://resources.kaboose.com/kidlinks/science/recycling/recycling.html>

### ACTIVITY FOR THE MONTH

**Start a garden.**

Or improve an existing one at or near your school using compost as fertilizer, if possible.



**EASTMAN**  
GOOD SPORTS ALWAYS RECYCLE

# March 2010

Compost Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 World Forestry Day	22 World Water Day	23	24	25	26	27
28	29	30	31			

# April 2010

## Earth Month

Earth Day was first conceived in 1970 and was meant to celebrate life and protecting the planet we live on.  
In 1970, it fell on March 21, which was the first day of spring.

"That was the day when day and night are equal around the world and hearts and minds can join together with thoughts of harmony and Earth's rejuvenation," said John McConnell, founder of Earth Day.

This day is designated not only to celebrate the beauty of our planet,  
but also to raise awareness of how to protect it.

### Resources for Earth Month:

- Environmental Protection Agency:  
<http://www.epa.gov/superfund/kids/earthday.htm>
- Earth Day Recipes:  
Kaboose Family Network: <http://holidays.kaboose.com/earth-day/earth-day-recipes.html>
- Earth Day Crafts:  
Kaboose Family Network: [http://crafts.kaboose.com/holidays/earth-day/earth\\_day\\_crafts.html](http://crafts.kaboose.com/holidays/earth-day/earth_day_crafts.html)
- Earth Day Games and Activities  
[-http://resources.kaboose.com/games/earthday.html](http://resources.kaboose.com/games/earthday.html)  
[-http://funschool.kaboose.com/globe-rider/earth-day/index.html](http://funschool.kaboose.com/globe-rider/earth-day/index.html)

### ACTIVITY FOR THE MONTH

**Each student sets a personal goal for  
Earth month.**

- Students keep a journal about the goal they set for the whole month, documenting what they did to protect the earth
- Teacher can decide to keep journals or display them somewhere within the school to show other students why recycling is so important



**EASTMAN**  
GOOD SPORTS ALWAYS RECYCLE

# April 2010

Earth Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21 Earth Day	22	23 Arbor Day	24
25	26	27	28	29	30	



# May 2010

## Recycle Aluminum Month

The aluminum recycling industry began more than 30 years ago, and since then the aluminum can has become the most recyclable package.

Today the amount of recycled aluminum cans continues to increase, and nearly 120,000 cans are recycled every minute nationwide.

Aluminum cans represent less than 1 percent (0.9 percent) of the nation's solid waste stream, and it is important that it remains this way because recycling saves 95 percent of the energy required to make aluminum cans from virgin ore.

### Resources for Recycle Aluminum Month:

- Aluminum Facts  
Earth 911: <http://www.earth911.org/master.asp?s=lib&a=aluminum/facts.asp>
- The Life-cycle of an aluminum can, Novelis:  
<http://www.novelisrecycling.com/Recycle/EN/Kids/Fun+Facts/Many+Lives+of+the+Aluminum+Can/>
- Can Crafts  
<http://www.artistshelpingchildren.org/canstincoffeecanschipcansartscraftsideaskids.html>
- Ollie's World  
<http://www.olliesworld.com>

### ACTIVITY FOR THE MONTH

**Use aluminum cans as building materials:.**

Organize activity where a class or small groups uses coke or food cans to build various things; these could be displayed in the school or in the community.



**EASTMAN**  
GOOD SPORTS ALWAYS RECYCLE

# May 2010

Recycle Aluminum Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## Environment Month

The human population of the world is expected to be nearly tripled by the year 2100, and with that many people it is important that each and every one of us does our part to help protect the environment.

A three percent annual growth rate will result in the doubling of consumption and production of food and other products in 25 short years. The amount of motor vehicles that are expected to be operated will increase 15 million a year until at least 2010.

By getting involved, you can restore habitats and return species to them; clean rivers; renovate buildings; replenish the topsoil, replant forests. However, in order to progress in creating a better environment and living these activities we still have to fix the source of these problems.

### Resources for Environment Month:

- EPA for Students and Educators:  
<http://www.epa.gov/epahome/students.html>
- The Wilderness Society  
<http://earthday.wilderness.org/>
- World Population Clock  
<http://www.census.gov/main/www/popclock.html>
- Tips for a green summer  
<http://planetgreen.discovery.com/go-green/green-summer/index.html>

### ACTIVITY FOR THE MONTH

**Be more environmentally aware.**

Have students take notes on things they notice during their summer; this could be neat environmentally friendly things or practices that are hurting the environment; have class discussions on the things they bring up.



**EASTMAN**  
GOOD SPORTS ALWAYS RECYCLE

# June 2010

Environment Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 World Environment Day
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



# July 2010

## Recycle Paper Month

Americans dump 180 million tons of garbage annually – more than 40 percent of which is paper. High-grade printing, copying and writing paper is the largest single component in a landfill.

Every year Americans use more than 67 million tons of paper or 580 pounds per person and simple things such as reusing each side of the paper, using scrap sheets for notes and setting up a recycling container in each classroom can reduce that number.

Approximately 1 billion trees worth of paper are thrown away every year in the U.S and the number of trees will increase if we don't take the step to make a difference.

### Resources for Recycle Paper Month:

- Teacher Resources:  
<http://www.epa.gov/teachers/waste.htm>
- Energy Information Administration:  
<http://www.eia.doe.gov/kids/energyfacts/saving/recycling/solidwastepaperandglass.html>
- PBS Kids Activity  
<http://pbskids.org/zoom/activities/sci/recyclingpaper.html>
- Online Games and Activities  
EPA: <http://www.epa.gov/recyclecity/gameint.htm>

### ACTIVITY FOR THE MONTH

#### Recycling Resource Center:

Students gather articles or any information related to recycling, energy, or the environment; class puts all information together to put on display as a resource center in the school's library; once exhibit period is over, recycle the display.



**EASTMAN**  
GOOD SPORTS ALWAYS RECYCLE

# July 2010

Recycle Paper Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



# August 2010

## Beautification Month

On average, each one of us produces 4.4 pounds of solid waste each day. This adds up to almost one ton of trash per person, per year.

Planting trees is a great way to help the environment and beautify your community. In 50 years, one tree recycles \$37,000 worth of water and \$37,000 worth of oxygen. Additionally, two mature trees provide enough oxygen for a family of four. Trees have the longest life span and are largest living organisms on Earth so they will help our environment for years to come.

This month, find a way to beautify your community. Pick up trash, and recycle what you can; plant a tree; clean up a park; work with your community to revitalize an area in need. Remember, any project you do helps the environment!

### Resources for Beautification Month:

- Beautify Your Community  
Associated Content: [http://www.associatedcontent.com/article/336673/how\\_to\\_beautify\\_your\\_neighborhood\\_for.html](http://www.associatedcontent.com/article/336673/how_to_beautify_your_neighborhood_for.html)
- Green Your School  
Earthday Network: <http://www.earthday.net/greenyourschool>
- Green Schools Initiative  
<http://www.greenschools.net/article.php?list=type&type=4>

### ACTIVITY FOR THE MONTH

**Beautify your school  
and community.**

Clean up school grounds; get together in groups and clean up local parks by planting trees and picking up trash; think of other things in your school or community that need to be beautified.



**EASTMAN**  
GOOD SPORTS ALWAYS RECYCLE

# August 2010

Beautification Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



# September 2010

## Ozone Layer Month

The ozone in the stratosphere protects the Earth from harmful UV rays, however chemicals called chloroflourocarbons, or CFCs, float around the stratosphere breaking up ozone molecules.

In 1979, many countries, including the U.S., banned CFCs from being made or used. This was a big step toward fixing the problem. Today, no spray cans contain CFCs.

Other chemicals are gradually replacing the CFCs in air conditioners.

You can help by making sure refrigerants from your vehicle will be recovered and recycled during servicing and you can protect yourself by covering your skin and eyes from harmful UV rays when you are outside.

### Resources for Ozone Layer Month:

- What is the ozone layer?  
NAS: <http://www.nas.nasa.gov/About/Education/Ozone/ozonelayer.html>
- Fact Monster: The Ozone Layer  
<http://www.factmonster.com/ipka/A0800624.html>
- Sun WISE Kids  
[http://www.epa.gov/sunwise/kids/kids\\_ozone.html](http://www.epa.gov/sunwise/kids/kids_ozone.html)
- Seven steps to reducing the destruction of the ozone layer  
Vistanomics Inc: [http://www.ecobadge.com/articles/save\\_ozone.html](http://www.ecobadge.com/articles/save_ozone.html)

### ACTIVITY FOR THE MONTH

**Plan class activities to foster an understanding and awareness about protecting the ozone layer:**

Check your daily air-quality levels and air-pollution forecasts and record it daily on classroom bulletin board; have students give presentations on topics related to the ozone layer; each student researches how to help protect the ozone and commits to doing 1 thing for the month that will help preserve the ozone.



**EASTMAN**  
GOOD SPORTS ALWAYS RECYCLE

# September 2010

Ozone Layer Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 World Ozone Day	18
19	20	21	22	23	24	25
26	27	28	29	30		



# October 2010

## Kids Recycle Month

Kids are the future, and it is important for them to understand just how important it is to reduce the amount of waste and increase the amount of reusable material to save energy as well our environment.

If today is a typical day on planet earth, humans will add 15 million tons of carbon to the atmosphere, destroy 115 square miles of tropical rainforest, create 72 square miles of desert, eliminate between 40 to 100 species, erode 71 million tons of topsoil, add 2,700 tons of CFCs to the stratosphere, and increase their population by 263,000.

### Resources for Kids Recycle Month:

- How Can you Help? Reduce, Reuse, Recycle  
NIEHS: <http://www.niehs.nih.gov/kids/recycle.htm>
- Farmer's Almanac Recycling Test  
[http://www.farmersalmanac.com/best\\_days/a/recycling-test-your-knowledge](http://www.farmersalmanac.com/best_days/a/recycling-test-your-knowledge)
- EPA Student Center  
<http://www.epa.gov/students/waste.htm>
- Don't forget to donate your old Halloween costumes!

### ACTIVITY FOR THE MONTH

**Clean up an area frequented  
by kids in the community.**

Organize field trip to a local park,  
playground, etc. and pick up  
trash and recyclables; invite kids  
in the community to join the  
class.



**EASTMAN**  
GOOD SPORTS ALWAYS RECYCLE

# October 2010

Kids Recycle Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
	<b>K i d s</b>	<b>C a r e</b>	<b>W e e k</b>			
24	25	26	27	28	29	30
31						



# November 2010

## America Cares Month

The US has less than 5 percent of the population, but makes up 25 percent of the world's fossil fuel consumption per year.

Countries such as Germany and Switzerland require all of their citizens to recycle bottles, paper, aluminum and plastic. In fact, Germany recycles about 40 percent of its glass.

Although it's not required by law to recycle, let's make it our own duty to recycle and save our planet and not be ranked as the number one country with the most paper waste.

Let's not follow the examples of Brazil, China and Indonesia, who recycle less than 100 pounds of paper a year.

### ACTIVITY FOR THE MONTH

**Put together a survey about recycling, energy conservation, and other ways to help save the environment.**

Each student gets people in the community to fill them out and have the class come up with ideas to improve the problems that are evident through the surveys; could use the information you gather and present it to the mayor or other important governmental officials to improve community recycling efforts.

#### Resources for America Cares Month:

- Guide to recycling:  
<http://www.obviously.com/recycle/guides/common.html>
- Start a waste campaign: Raise awareness by creating informative signs to post around your school and town.  
Do Something: <http://www.dosomething.org/whatsyourthing/Environment>
- America Recycles  
<http://www.nrc-recycle.org/americanrecycles.aspx>
- Tips for a Green Thanksgiving  
<http://www.treehugger.com/files/2008/11/how-to-go-green-thanksgiving-day.php>



**EASTMAN**  
GOOD SPORTS ALWAYS RECYCLE

# November 2010

America Cares Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 America Recycles Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



# December 2010

## Clean Air Month

Air pollution in the United States has dramatically decreased over the last three decades as a result of the combined efforts of individuals, industry and government. But it can still be improved.

By reducing the use of the air conditioner in your car, you can continue to reduce the air pollution around the nation.

Other things you can do to help include eating organically grown food, reducing consumption of electricity and Reducing, Reusing, Recycling – less consumption of products will reduce all types of air pollution!

### Resources for Clean Air Month:

- Air Pollution Facts:  
Foundation For Clean Air Progress: <http://www.cleanairprogress.org/clean-air-pollution/air-pollution-facts.asp>
- AirNOW  
<http://aimow.gov>
- The Story of Air: Department of Environment: <http://www.mde.state.md.us/CitizensInfoCenter/kids/story.asp>
- Pollution Check Up Activity: In this simple experiment you'll find out how much air pollution is around you. You will need 3 index cards, petroleum jelly and tape. Spokane Regional Clean Air Agency: [http://www.spokanecleanair.org/pollution\\_check-up.asp](http://www.spokanecleanair.org/pollution_check-up.asp)

### ACTIVITY FOR THE MONTH

**Make Christmas ornaments and decorations out of recycled or recyclable materials.**

These can be for the school or students and could be potentially sold to raise money for school's recycling program.



**EASTMAN**  
GOOD SPORTS ALWAYS RECYCLE

# December 2010

Clean Air Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	