

Welcome to Cathedral Academy's very first blog!

This week the Cathedral Academy Bloggers have been digging deep for easy ways to help us as an Academy and as individuals to combat the problem of global warming.

Here are our top five tips:

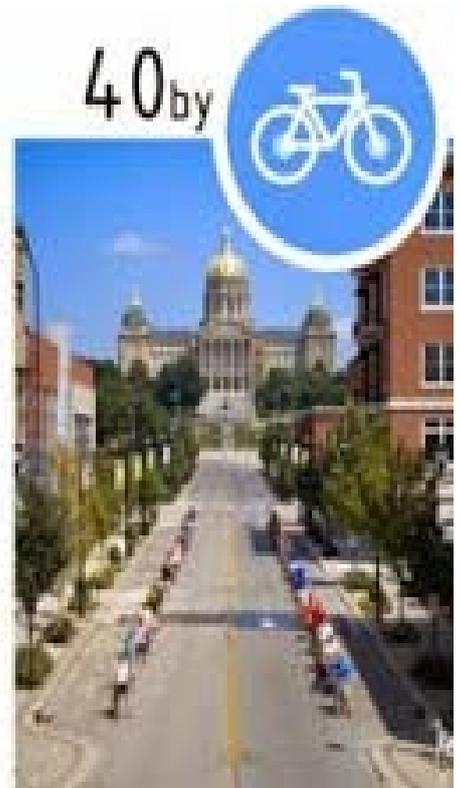
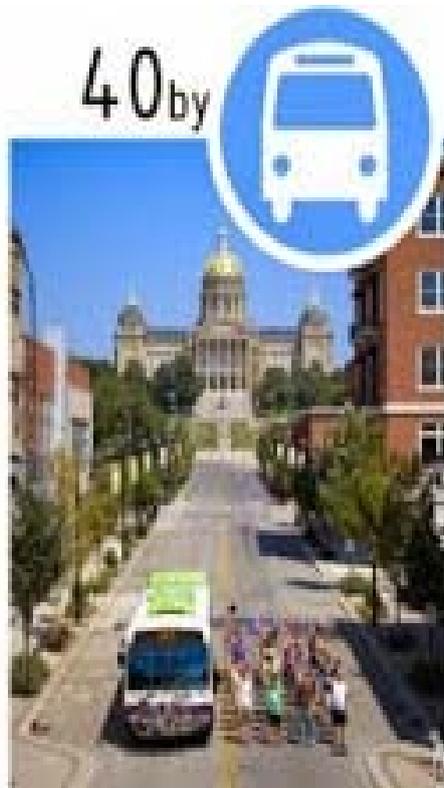
1. Eat less red meat. No-one is suggesting we all have to go full blown veggie, but being more aware of how much meat you are eating and where it is coming from is very important. This is because of the amount of trees we lose to make space for cattle farming, which is neither good for the planet nor the cattle!



Click on this link to read more!

https://wwf.panda.org/knowledge_hub/where_we_work/amazon/amazon_threats/unsustainable_cattle_ranching/

2. Use more public transport from day to day and consider walking, cycling or car sharing whenever possible. Holidays do not always have to involve aeroplanes, which as it happens, currently produce more air pollution than all other forms of transport.



3. Grow some of your own food

This one might be a little harder than the other things on this list but it does really help. Deforestation is a massive problem. Much of the amazon rain forest is being brutally deforested so there is room to plant crops. We desperately need to stop this, as less trees means less oxygen, and of course, we all know how much we need that! However, if everyone grows their own carrots or potatoes and other vegetables that will help enormously. Those of you with no garden – many people rent and share allotments locally for very little cost.



4. Switch your light bulbs

Most of the light bulbs you use could be more environmentally friendly. Just take a quick search on amazon and you can find 25% less energy lightbulbs witch will also help save money.



5. Heating

Here at cathedral bloggers we realise that it is winter and that's its getting colder BUT putting on heating takes a lot of energy to do so instead of putting the heating on, wear an extra hoody or some joggers and cosy up under a blanket and watch Netflix.



On Tuesday 26th November, the Cathedral Academy Bloggers had the privilege of interviewing the Eco Club to gather information about their thoughts on global warming. Here is what they had to say:

'We use energy every day of our lives but some energies release carbon dioxide (CO₂). So whenever you use energy for example when you use the tumble dryer you use just over 4kWh of energy. This produces about 1.8kg of CO₂ emissions. A solution to this is to air dry your clothes. Either hang them outside on the washing line or on a drying rack in your house.'

'As most of you know or have heard, we are in the beginning of a mass extinction. It is fine everyone saying that we should help but what are *we* doing to help?'

'There are a variety of ways to slow down the effect of global warming. One example is changing how you travel. Do you like going on holiday? Well, if you go to Dublin on a plane you would be releasing a lot of CO₂ into the atmosphere per hour. A flight from London to Dublin is four hours so that means you would be releasing 178.8kg of CO₂ into our atmosphere! How do you feel about flying now?'

'Despite this, there are many ways we can travel without releasing as much carbon dioxide. A train to Dublin for example is eight hours each way, this releases only 46.8kg of CO₂. That is a 73% difference. By changing your means of travel, despite it taking a bit longer, you are saving your environment.'

We would also love it if you would take your time to answer this quiz to see how big your carbon footprint is. You might be surprised!

<https://footprint.wwf.org.uk>

See you in 2 weeks for our next blog! ☺