

BE HIP... HOP[®]

help our planet

WWW.JUNKMUSIC.ORG/HOP

empowering students to be better citizens

teacher handbook



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a new challenge for teachers

I am aware that the last thing a teacher needs is a new project to include in the classroom. I am also aware there are no standards or requirements for educating students to be better shepherds of our earth.

So, I have developed the Be Hip...*HOP* program – a quick, easy way for teachers to foster better environmental citizenry in each student.

If you believe:

- the world's environment is in need of repair and its time for action
- individuals can make a difference
- its easy to make little changes and perform simple tasks

Then you and your students can affect change!

The Be Hip...*HOP* program has three components: *Simple Tasks for Individual Students*, *Class Projects* and *School-Wide Projects*. I am asking you to begin only the *Simple Tasks for Individual Students*. It takes about ten minutes of prep time and fifteen minutes of class time each week. The other components can be added when circumstances allow.

This booklet outlines the three program components as well as other related information. Also included in this packet are wall posters for the classroom that outline each component.

If we're not a part of the solution, we're part of the problem. Thank you for considering this project!

...yours in *sound recycling*

The Junkman (Donald Knaack)

what results can you expect?

In a school of 400 students where all teachers and students participate in Component 1, *Simple Tasks for Individual Students*, one year's work would have the following impact on the local community:

- If 100 students turn off the water when they brush their teeth, you will save 4,800 gallons of water.
- If 100 students recycle all their family's glass, each student will save enough energy to run a 100 watt light bulb for four hours per month. That's approximately 3600 hours of electricity that doesn't need to be generated in your community during the school year.
- If 100 students recycle all waste paper, cardboard, glass and metal, they can reduce the carbon dioxide emissions in your community by approximately 85,000 pounds per year.
- If 100 students keep the school grounds and community litter free, that's priceless.

the program

BE HIP... **HOP**[®]



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[WWW.JUNKMUSIC.ORG/HOP](http://www.junkmusic.org/hop)

GOAL

The main goal of Be Hip...*HOP* is for all students to perform at least one simple task in their daily lives.

The class and school-wide projects can be added when circumstances allow.

WEBSITE

<http://www.junkmusic.org/hop>

A website designed to provide teacher / student assistance and a place to document all student activities.

SIMPLE TASKS FOR INDIVIDUAL STUDENTS

Each student examines his / her daily routine and identifies some small change that makes a better environment (i.e. turning off the water when you brush your teeth)

CLASS PROJECTS

A class identifies an environmental need or problem in the school and creates a solution.

SCHOOL-WIDE PROJECTS

The entire school identifies a long-term environmental project with a community component that results in a better environment for the community as a whole.

component #1:

This component asks each student to examine his or her daily routine and identify one simple change (or task) that results in a better environment. Each student then signs a pledge card promising to perform that specific task. Students can choose from the examples below or choose their own task.

- Do not litter or allow family and friends to litter, This includes gum & candy wrappers, cigarette butts, etc
- Do not purchase food or drinks using Styrofoam in its packaging
- Recycle all cans, bottles, newspapers and other recyclable items.
- Purchase larger portions of food with long shelf lives (nuts, raisins, cereal, etc...)
- Reuse containers for oils, honey, peanut butter, shampoo, body lotion, detergent, etc...
- Convince parents to purchase autos with high gas mileage & excellent emissions standards
- Don't use paper towels / paper napkins or reduce your usage. Use a cloth instead
- Use bath towels two or three times before laundering
- Use less hot water for showers and baths
- Turn off the water when brushing your teeth
- Turn the thermostat down at night and before you leave each day
- Use cold water for wash and rinse cycles
- Hang clothes outside to dry whenever the weather allows
- Don't burn trash
- Walk, bike or carpool whenever possible.
- Use non toxic substitutes for household products (most of which are superior to the commercial products):
 - lavender and citrus – for household & bath
 - vinegar – for floors and windows
 - baking soda – for sinks, tubs, toilets, drains, ovens, tile, etc...
 - borax – for tasks where baking soda is not strong enough
 - Bio-Pak products – for dishwashers and washing machines
- Turn off the light when you leave the room
- Plan trips that combine errands

simple tasks for individual students (grades 4 & up)

- Don't use Swiffers or other disposable cleaning products
- As packaging accounts for 40 to 50% of household waste, pledge to reduce packaging. For example, taking your own bags and containers to your food store will save 500 bags during a one year period
- Buy used garments, furniture and accessories whenever possible.
- Buy only what you need – not what you want
- Before you purchase anything, think about how its manufacture impacts the earth and if there's an environmental concern, don't buy it
- Use energy efficient lighting and light bulbs
- Discard motor oil, gasoline, anti freeze and florescent lighting in the proper waste facilities
- Don't dump garbage or waste in places not designated for dumping
- Help parents buy products made from recycled materials whenever possible (such as socks, paper, bicycle frames, motor oil, sleeping bags, carpets, shoes, pencils, building materials, etc...)
- Start a composting program in your home
- Make Less/Less/Less a part of your life: less gas, less preservatives and less packaging

Upon the completion of the first month, each student can choose another task, enter into a new pledge and perform both the new and the old task throughout the month. From this point forward, students will have the option of keeping their two monthly tasks or adding an additional task each month. Go to <http://www.junkmusic.org/hop/simpletaskschart/> to register and update your students' progress. You can track, print out and display your class progress from the website.

component #1:

This component asks each student to examine his or her daily routine and identify one simple change (or task) that results in a better environment. Each student then signs a pledge card promising to perform that specific task. Students can choose from the examples below or choose their own task.

- Do not litter or allow family and friends to litter, This includes gum & candy wrappers, cigarette butts, etc
- Do not purchase food or drinks using Styrofoam in its packaging
- Convince parents to purchase autos with high gas mileage & excellent emissions standards
- Don't use paper towels / paper napkins or reduce your usage. Use a cloth instead
- Recycle all cans, bottles, newspapers and other recyclable items.
- Use bath towels two or three times before laundering
- Turn the water off when brushing your teeth
- Use less hot water for showers and baths
- Turn off the water when brushing your teeth
- Turn off the light when you leave the room
- Turn the thermostat down at night and before you leave each day
- Don't burn trash
- Walk, bike or carpool whenever possible
- Don't use Swiffers or other disposable cleaning product
- As packaging accounts for 40% to 50% of household waste, pledge to reduce packaging. For example, taking your own bags and containers to your food store will save 500 bags during a one year period

simple tasks for younger individual students (grades 3 & under)

- Buy used garments, furniture and accessories whenever possible
- Buy only what you need – not what you want
- Before you purchase anything, think about how its manufacture impacts the earth and if there's an environmental concern, don't buy it
- Use energy efficient lighting and light bulbs
- Don't dump garbage or waste in places not designated for dumping
- Buy products made from recycled materials whenever possible (such as socks, paper, bicycle frames, motor oil, sleeping bags, carpets, shoes, pencils, building materials, etc...)
- Make Less/Less/Less a part of your life: less gas, less preservatives and less packaging

Upon the completion of the first month, each student can choose another task, enter into a new pledge and perform both the new and the old task throughout the month. From this point forward, students will have the option of keeping their two monthly tasks or adding an additional task each month. Go to <http://www.junkmusic.org/hop/simpletaskschart/> to register and update your students' progress. You can track, print out and display your class progress from the website.

www.junkmusic.org/hop

component #2:

In addition to the Simple Tasks for Individual Students, a class may wish to take on a group project. Here are some examples:

- Re-commit to the earth – in this computer age when technology reigns supreme, re-commit to the earth by focusing upon the rain, wind, plants and animals and how we depend upon them. Identify special circumstances that may exist in your community –both positive and negative. Share your findings with your community (see NOTE ABOUT COMMUNITY INVOLVEMENT), and provide suggestions for positive improvement.
- Each student brings to school something from wood or metal which can be reused in a task different from that of its original task. Document the old use and the new use for all participating students.
- Study and make a chart of the vegetables, seafood, meats and drinks that contain dangerous, concentrated or unsafe levels of toxins, pesticides, or genetically altered components. Chart by food types (fruits, vegetables, grains, meats, seafood and drinks). Then make the lists within each category in order of either the “most toxic to least” or “least to most”. Now design and implement a plan to get this information out to everyone in the community (see NOTE ABOUT COMMUNITY INVOLVEMENT).

class projects

- Perform a Garbage Audit – collect the trash from a single source in the school every day for two weeks. The source could be the school cafeteria, a local business, a student's family or another classroom. Each day, inspect the trash to learn the ratio of garbage to materials that could be recycled (but weren't). Chart each day's ratio as well as notes on reoccurring materials that could be recycled but aren't. At the end of two weeks, calculate a final ratio of garbage to recyclables in the garbage, make a complete listing of materials that need to be recycled as well as any additional suggestions to better the ratio of recyclables to garbage.
- Grow organic food for your lunchroom. Start small, with one item (such as lettuce). This could eventually be expanded into a school-wide project.
- Set up a system to collect and recycle electronic items, computers, batteries, cell phones, etc... This project can also be expanded into a school-wide project.
- Clean up the school grounds on a regular basis
- Start a composting program in the school lunchroom. This could be expanded into a school-wide project.

component #3:

A group of students or a class (or all classes in the school) designs a long-term project with a community component which results in a better environment for the community. Here are some examples :

- In a small town where there are not adequate litter bins, undertake all phases of a plan to place litter containers where they are needed. This project includes the necessary governmental preparations & permits and procurement & preparation of the containers (volunteers to prep and paint as well as businesses to donate materials and money for expenses). The final component would be the resources to disseminate the bins as well as a public relations campaign to local media to educate the community about its new opportunity to help our planet (see NOTE ABOUT COMMUNITY INVOLVEMENT).
- Students would look at what's missing in their community / school – based upon what other schools in other communities are doing / not doing regarding pollution or environmental concerns. For example, in a community with no active recycling program in the school, set up and administer such a program. Or, in a large metropolitan area, where there are large number of SUVs (sport utility vehicles), students could develop and produce a public awareness program (using local newspapers, radio, television, web, etc...) about the negative effects an SUV has on the environment with an encouragement for people to not purchase them.

school-wide projects

- Develop a program to encourage local merchants to sell recycled products and products made from recycled materials whenever possible. Then publicize the information to the community (see NOTE ABOUT COMMUNITY INVOLVEMENT).
- Create, develop and disseminate a public awareness program to educate the community about how pollution has affected foods (i.e., fruits, vegetables, meat, etc...)
- Create and develop in your community (your town or just your school) programs to ban (possibly by town ordinance) certain products or actions because they harm to the environment (i.e., Styrofoam, SUVs, burning trash, etc...).
- In a small town, develop or create a uniform garbage & recycled materials pick-up for all citizens paid for by the taxpayers. This enables complete control of 100% of the recycling and the waste hauler's faithfulness to the proper handling of all materials.

funding

Some larger scale projects may require funding for supplies and/or materials. Some funding may be available from the Vermont Agency of Natural Resources for such endeavors. Please go to <http://www.anr.state.vt.us/> Local or regional business organizations such as Rotary, Lions or Chamber of Commerce often have money they contribute to worthy causes in their community.

a note on community involvement

Some projects mention informing the community about your work results. There are several ways to accomplish this. Below are the standard ways:

- Photocopy or print your information – one copy for each resident in your community. Disseminate via first class mail or as an insert in a local newspaper (perhaps the paper will offer the insertion free as a public service). Be sure to give proper credit to those that help and/or donate services / materials to your project.
- Write a News Release (see Sample News Release) that outlines the points about your project that are essential for the general public to know. Send this release to all local and regional newspapers, radio and television – including cable access stations. Also send copies to all area town managers, mayors, etc.... as well as all elected officials at the state and federal levels.

sample news release

The following is a format for news release writing that most media expect in the following order:

1. Identify it is a news release and that it is *For Immediate Release*
2. Date, contact person and contact info if media needs further information.
3. Title of your news release. It should give a brief, concise summary of what you want to convey.

sample news release (cont.)

4. The Body begins with the location of the news event and then gives the news-worthy information. List this information in order of importance: the most important facts down to the least important ones. News editors sometimes shorten stories and they do this by deleting information from the bottom up.
5. Include calls to action as well as quotations about the news event from important people connected to the news.
6. End by acknowledging any and all sponsors, etc...
7. Indicated "END" for clarity.

NEWS RELEASE

FOR IMMEDIATE RELEASE

Contact: Deb Jones,
The New School
802-444-0000

September 9, 2004

FREE BROCHURE FOR HEALTHY EATING

Manchester, VT... The New School announces the availability of a free brochure to all residents entitled: Toxicity in the Foods We Eat. This brochure outlines the various food most people commonly eat, by food categories (meats, vegetables, grains and others) and classifies them in a list from the safest (least amount of pesticides, preservatives, hormones, etc..) to the worst. For example, most strawberry producers apply heavy pesticides upon the plants making strawberries a very toxic fruit unless its properly washed. "This brochure will help our citizens make informed choices about the foods they eat" says New School Principal Vivian Fox. All residents will receive their free copy of this brochure in the Oct 25th issue of The Pennysaver. For additional copies, call 802-444-0000.

The creation of this brochure was a Class Project at the New School as part of the Be Hip... *HOP* (Help Our Planet) Project sponsored by The Vermont Association of Recyclers, The State of Vermont Agency of Natural Resources and Casella Waste Management. The Be Hip... *HOP* is a project designed to teach school age children how to become better environmental citizens.

END

website

Utilize *The Junkman's* website <http://www.junkmusic.org/hop> to register your activities. You can also ask questions, get advice and support from *The Junkman* and the Association of Vermont Recyclers (AVR). The AVR can answer simple questions, offer ongoing informational support for your in-school projects – such as assisting a school develop and implement a composting program in its cafeteria, complete with providing the composting bins.

Whether it's *Simple Task for Individual Students*, a *Class Project* or a *School-wide Project*, you are encouraged to keep a log of the project(s) and the progress on the website, so that at the end of the year, you can show the impact of your work – which will have a tremendous positive impact when the students to see how much they have accomplished.

additional reward

In addition to the reward of excellent community service, all students who participate in either a *Class Project* or a *School-Wide Project* will be eligible to attend the Youth Environmental Summit (YES), sponsored each Spring by the Association of Vermont Recyclers, in which all students will share the details of their accomplishments with each other. The day will culminate with a *Junkjam* led by *The Junkman* in which all students will grab a provided stick and a recycled material and experience the tremendous power of performing simple percussion music as a part of a group. The use of the recycled materials will also present a philosophical parallel to the recycling and reuse messages that will permeate this event. Teachers need to go to <http://www.junkmusic.org/hop> to register their specific projects in order to be eligible for YES. For more information on the Youth Environmental Summit, contact Krista Harness, Association of Vermont Recyclers, yec@vtrecyclers.org, 802.454.8400.

vermont standards & learning opportunities

The following Standards should be achieved through implementation of any of the three the *HOP* programs:

Reason and Problem Solving Standards

2.1 – Question/Problem Solving

2.2 – Approach/Abstract and Creative Thinking

Personal Development Standards

1.1 – Worth and Competence/Healthy Choices

1.2 – Making Decisions/Relationships

Civic Responsibility Standards

4.1 – Service/Human Diversity/Change

History and Social Science Standards

6.3 – Citizenship

6.4 – Diversity and Unity

6.6 – Identity and Interdependence

Science, Math and Technology Standards

7.1 – Inquiry, Experimentation and Theory

7.2 – Mathematical Problem Solving and Reasoning

7.4 – Systems

7.5 – The Living World

7.6 – The Universe, Earth, and

Environment/Design and Technology

sample contract for individual tasks

Photocopy the next two pages and cut one for each student in the class.

I pledge to become a better Environmental Citizen
by performing the following task in my daily life:



Positive Change Begins
with Personal Choice



Name: _____

Grade: _____ School: _____

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I pledge to become a better Environmental Citizen
by performing the following task in my daily life:

Name: _____

Grade: _____ School: _____



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recycling tidbits

Source: www.nih.gov/od/ors/ds/recycle/facts.html

- * In a lifetime, the average American will throw away 600 times his / her weight in garbage. Each adult will leave about 90,000 lbs.. of trash for his / her children.
- * Recycling all your wastepaper, cardboard, glass and metal can reduce carbon dioxide emissions by 850 lbs. per year.
- * By recycling one glass bottle, you save enough energy to light a 100 watt light bulb for four hours.

Source: www.recyclingit.com/recyfact.htm

- * Every three months, Americans throw away enough aluminum to rebuild our entire commercial airliner fleet.
- * You can make 20 recycled aluminum cans with the same amount of energy it takes to make one new one.

Source: www.resourcefulschools.org

- *Each ton of recycled paper can save 17 trees, 380 gallons of oil, three cubic yards of landfill space, 4000 KW of energy and 7000 gallons of water.
- *Americans throw away 25 trillion Styrofoam cups each year.
- *Every Sunday, Americans do not recycle 90% of the newspaper they read. That wastes 500,000 trees every Sunday.

Source: www.environmentaldefense.org/article.cfm?contentid=552

Five Reasons to Recycle

1. It conserves our valuable natural resources
2. It saves energy
3. It saves clean air and water
4. It saves landfill space
5. It saves money and creates jobs

Source: www.moscowrecycling.com

- *The average person throws away 5 lbs. of garbage each day and over half of that could be composted
- *It takes 3 1/2 barrels of oil and 7000 gallons of water to process one ton of wood into paper.

Source: Transportation Alternatives

*People who change their motor oil at home dump an Exxon Valdez worth of oil into the ground every 2 1/2 weeks.

Source: New Transportation Vision

*Ground level air pollution from cars is estimated to cause 30,000 deaths per year

*The US could save 33 million gallons of gasoline each day if the average commuter passenger were increased by one person.

Source: People Power

*In Denmark, they charge a 200% sales tax on all automobile purchases and they have a \$1000. per year auto registration fee. That money is used to benefit public and bicycle transportation.

Source: American Forest & Paper Association

*Every ton of paper recycled saves 3.3 cubic yards of landfill space.

General Reminders About Recycling

*The general recycling symbol does not mean the product is totally recyclable. Look for the percentage of how much recycled material the object contains. You are looking for the highest percent of “post-consumer” recycled content.

Source: Common Knowledge

*Under normal conditions, paper decomposes in 2 to 5 months, an orange peel in 6 months, milk cartons in 5 years, cigarette butts and plastic bags in 10 to 12 years, a plastic bottle in 50 to 80 years, a disposable diaper in 75 years, a tin can in 100 years, a beer can in 200 to 500 years and Styrofoam – never.

additional websites and links

The following list contains web resources for information about a better environment:

www.acterra.org - activists - Zero Waste Communities Strategy

www.anr.state.vt.us - Vermont Agency of Natural Resources

www.bikeroute.com/EnviroFacts.htm

www.ceres.org - Coalition for Environmentally Responsible Economics

www.earthcare.org - Enviro education activities geared toward teens

www.earthday.net - Earth Day Network

www.earthjustice.com - Environmental Law

www.egbar.org/teachers.html – EGBAR Foundation Environmental Curriculum

www.elpnet.org - Environmental Leadership Program

www.environmentaldefense.org - legal side environmental issues

www.epa.gov/enviro/ - EPA's databases

www.epa.gov/osw/ - EPA Office of Solid Waste

www.erarecycles.com -provides info on how to recycle different things-technical

www.grassroots.org - free business service to non-profits, many links here

www.grn.org - Grass roots recycling network

www.massmees.org - Mass. Enviro Education Society

www.naaee.org - North America Association for Environmental Education

www.neeea.org - New England Environmental Education Alliance

www.newdream.org - Center for New American Dream-Community and Outreach



www.newsrelief.com/contentareas/scienceinthenewssample.html - Newspaper lesson about the change in ecology in an area

www.nofavt.org/programs/vtfeed.php - Vermont FEED Program - organic, sustainable farming education

www.nrc-recycle.org - National Recycling Coalition

www.nrdc.org - Natural Resources Defense Council- publish Onearth Magazine

www.onearth.org -Earth Communications Office: env. activists hollywood

www.recycleamerica.com - Combo of Waste Management and The Peltz Group, an educational, practical resource

www.shelburnefarms.org - Shelburne Farms, environmental education center

www.sierraclub.org - online magazine for Sierra Club

www.usgbc.org - US Green Building Council's Certification Program- w/ recycling

www.vtrecyclers.org - Association of Vermont Recyclers
(sponsor of the Be Hip... *HOP* program)

www.vermontsweep.org - Vermonts Statewide Environmental Education Program

www.wastenews.com - Waste management industry issues, opinions, etc

www.10percentchallenge.org - 10% Challenge, global warming education and emissions control tips

