



The Sustainability Club at St.Clare College Girls' Secondary School Pembroke is training the students to be environmental friendly by teaching them how to be creative with things that normally ends in the dustbin. The students are shown how not to throw away things that may be used later. So a recycling scheme was introduced in the school, which will show how to recycle more and so send less to the landfill by using the five R's **Re-think, Reduce, Replace, Reuse and Recycle.**

This scheme then formed some kind of entrepreneurship Education which is being offered to students through the Sustainability Club during the mid-week activities. This sustainable creativity helps to make the students think about having their own business one day.

One of the things that the students do in this club is glass painting on used jars that the students bring from home which are normally thrown away. The children themselves then wash them and remove labels and paint on them and make them into vases, canister sets

pencil holders and many more. Then these glass painted jars are sold very cheaply to the students, teachers and also to parents. They always have a line of orders to do like for gifts for special occasions like Birthdays, Christmas, St. Valentine's, Easter and Mother's Day with a personalised message written on them for the occasion.



Home Preserves is another area where the students are practicing the five R's. Used jars are



brought from home by the students and wash them very well and remove labels and check that the lid is very good and then put them in the oven to kill the bacteria. The fruit and vegetables that is used for the home preserves are given to the club without money by a greengrocer instead of throwing it away. Some teachers also bring fruit and vegetables

from their own garden. Then jam and marmalades and also pickled vegetables and even sauces are made from it. What is not good to be used ends up in compost with the peels and seeds. This club makes original recipes that you will be surprised by the different types they make. You will find jams and pickles that you will never find them in the shop, to give you a small idea they make aubergine jam, banana jam, carrot jam, papaya jam and many more. They pickle all vegetables and how they use herbs and spices the finished product is always

very good. For Christmas and Easter they make hampers which consist of about 26 items that the club prepares. Guests that visit the school are given hampers and they get very



surprised at what these students are making and say that this is very good education for students not only Maths English and all the other subjects are important.

Through this club the students are learning education about sustainable healthy benefits that are found in home preserves because they don't have any chemicals in them to keep. This

sustainability education is teaching the school population about healthy natural foods and old cooking skills and even the parents of the students are becoming very interested to buy the healthy preserved fruit from the club made by their children. The people who buy this food appreciate a lot what this club is doing and the good that is coming out of it. Besides buying a healthy product cheaper and better than if it was bought from the shop, they know that the money is going for charity. Last Christmas a sum of 400 euros was donated to the nun who was invited for the mass from this club.

This school is giving the message through this club to eat sustainable healthy food, and teach them that home preserves are better for your health because they don't have any preservatives in them. This club don't use pectin for the jam and they still get good results. They also use less sugar to what normally is used in jam. They are educating the students and parents that when food is preserved in your own kitchen you know for sure what there is in it because you put it yourself, not somebody else.

For yourself and your family you should use only healthy and pure things, from your own garden or from good shops. This sustainable healthy eating is teaching them that



most of the prepared preserves in shops contain a lot of sugar, salt and preservatives which are not good for diets and can even be not good for people who have health problems like diabetes or hypertension. People who are sick with something it is better for them to prepare food like this at home because they can use little sugar, little salt or no salt at all and they know that what they are eating has no additives which can be very bad for their health.

This club is giving the message of the fun of being creative in your own kitchen. Yes there are many things to buy in the shops but preparing home preserves yourself is more fun and artful. It is exactly like when you paint a picture you use different colours to make it beautiful and the same with home preserves. It will be yours which will make you very proud and then you give it to your friends as a gift and then they will tell you how good it is and they never tasted anything like it and they want you to tell them how you make it. The students are very proud of the finished product and happily go around during the break to sell their original product to the school population.



At the centre of this exciting club St Clare College has become very popular with parents students and teachers for the wonderful things that they are making. It is sustainable education for all students and teachers alike. The whole school is very proud of this achievement and there is a collective smile on the faces of the students, teachers, School Management Team and also the caretakers.

