



# How to use the Rubbish Rebels waste reduction programme!

## About Rubbish Rebels

Rubbish Rebels is a programme of six lessons, complete with interactive resources, focusing on waste reduction and recycling. It's been created especially for all primary schools in Cumbria and is aimed at Key Stage 2 students. It was developed for Cumbria County Council by Cumbria Action for Sustainability.

Each of the six lessons explores a different topic:

1. Where does our waste go?
2. Sharing & swapping
3. Freegle & reuse
4. Upcycling
5. Food waste
6. Composting

It's recommended that you use the lessons in this order, as they build on each other to an extent, but you might choose to use them in a different order – for example, to support other activities or teaching you're doing at a given time.

You can deliver the lessons at any point in the school year.

You're encouraged to incorporate outside learning and play, and one of the lessons will take your class outdoors.

## Lesson duration

You should allow about an hour for the lessons, with the exception of Lesson 1 Where does our waste go? This is the main introductory lesson and will take around 90 minutes to deliver. There are also optional extra activities, which you can add on if you wish.

## Programme materials

Virtually all the materials you'll need to deliver the six lessons are provided for you as part of the resource kit. They're available for download using the web link you'll have been given by Cumbria County Council, or you may have received them on a disk or memory stick.

For each lesson, there is:

- a teacher overview, which summarises the lesson;
- a lesson plan with more detail to help you prepare for and deliver the session;
- a video that introduces the lesson topic (to be shown at the start of the lesson);
- resources such as PowerPoint slides, activity sheets and instructions for running specific activities.

There is also a Rubbish Rebels Action Pack, which is the workbook for the students to use. Each student taking part in the course will need a copy. A limited number of printed copies will be distributed by Cumbria County Council, and if your school pre-registered for the programme you may receive a batch by post, while supplies last. Otherwise, you'll need to print copies at the school.

## Awards for your school

There are Bronze, Silver and Gold Awards that your school can achieve as part of the Rubbish Rebels programme. If at least one class in your school completes all six Rubbish Rebels lessons, you can apply for the Bronze Award and you'll receive a certificate to display at the school.

If you're up for a further challenge, there are extra activities you can run at the school to gain the Silver and Gold Awards. Each lesson has a Silver and Gold Award activity. To gain the Silver Award, for example, you'd need to do the Silver Award activity for all six lessons. The same goes for the Gold Award. You can apply for the Silver Award without going for Gold, but you can't gain the Gold Award without having also done all the Silver activities.

To apply for any of the awards, just fill in the short application form at the end of the programme, including some photographs to evidence the activities you've done.

Submit your form and evidence to the county council for review. If all's in order, you'll get your certificate(s) in the post.

Even if you don't feel it will be possible for your school to complete ALL the Silver/Gold activities, perhaps you can use some of them to supplement your Rubbish Rebels programme as you go along.

## More information

If you have any questions about the programme, please contact Judith Bradshaw at Cumbria County Council: [judith.bradshaw@cumbria.gov.uk](mailto:judith.bradshaw@cumbria.gov.uk).