

# SPREADING THE WORD



*Under the Sustainable Marblehead umbrella, the Education Working Group partners with schools and community organizations assisting faculty, administrators, parents, students and leaders to raise awareness, develop environmental education programs and embed sustainability practices in their communities.*

MARCH NEWS, IDEAS & ACTIVITIES!



## Explore. Play. Discover. Let's Go Outside

### Join Sustainable Marblehead's Outdoor Challenge from March - May

The average American child watches 150+ hours of tv each month, and spends countless additional hours on devices. Sustainable Marblehead is offering a new Outdoor Challenge this spring to inspire families to head outside...and away from screens!

Get ready for some **fun, adventure** and even **peaceful moments** this March - May when you spend 60 hours per month outside. Simply print a tracking sheet for each family member to log individual outdoor hours. Join our Facebook group for inspiration, ideas and to share photos.

**Prize incentives** will be awarded at each month's milestone. We hope you'll join this journey and watch your family life transform before your eyes.

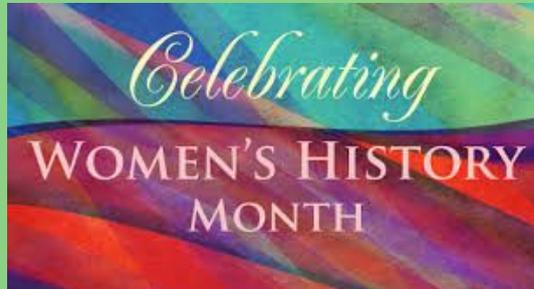
[www.sustainablemarblehead.org](http://www.sustainablemarblehead.org)

LET'S GO OUTSIDE! The official [1,000 Hour Challenge](#) we shared last month inspired us to create our own Marblehead Outdoor Challenge -- and we challenge YOU to join us! Starting today for the months of March, April and May, aim to spend an average of two hours a day outdoors away from screens enjoying the amazing natural world that is coming to life this spring. Marblehead High School Senior, Sadie Clark, created two tracking sheets for the Challenge to help with daily record keeping. Click to print out the [Beach Tracker](#) and /or [Flower Tracker](#) for each participant. Each tracker has 180 spaces to fill in over the next three months -- each space represents "one hour" spent outside. Sadie is President of National Arts Honor Society

(NAHS) and a member of the National Green School Society (NGSS) at Marblehead High School. A big shout out to Sadie for her beautiful designs!

In addition to tracking your time, we'd love to see and hear from you! Share photos of what you're up to in our Facebook group ([Outdoor Challenge](#) within Sustainable Marblehead's Facebook group) and follow us on Instagram ([@mhdoutdoorchallenge](#)). Share stories of your own adventures and hashtag #mhdoutdoorchallenge to inspire others to discover the wonders that await right outside the door!

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WOMEN'S HISTORY MONTH Who are these three women and what do they have in common? Each are known for their passion for the environment from wildlife to marine life to ecology. They are pioneers advocating for better policies and engagement. They are authors. Pictured in the upper left corner is Rachel Carson, a marine biologist, conservationist and author of *Silent Spring*, among other books. Next is Jane Goodall pictured with one of the thousands of chimpanzees she worked so passionately to support and learn from.

Jane too has written numerous books, such as *The Ten Trusts: What We Must Do to Care for the Animals We Love*. And last, we'd like to honor Ayana Elizabeth Johnson who is a marine biologist, conservation strategist, policy expert, author and co-host of the podcast [How to Save a Planet](#).



LET'S PLAY & LEARN Find a buddy and [click to play a fun game](#) created by teacher Colleen Parenteau that celebrates the accomplishments of Women Environmentalists Who Changed the World. Up to 8 players can play at the same time on one screen. Click on the virtual dice to roll. The player with the lowest number starts the game. Roll the dice again to move your chosen game piece. If you land on a person, click on the information icon to learn more about the environmentalist and advance your game piece. If you land on a discussion question, click on the large question mark, and take a few minutes to answer the question with the other players. The player who reaches the Earth first wins the game! Enjoy!



CROSSING GUARD APPRECIATION DAY Did you know Marblehead has over 13 crossing guards who play an important role safeguarding our students and those that walk them to and home from school every day? MassDOT's Safe Routes to School launched its first Annual Crossing Guard Appreciation campaign this March. Their goal is to help Marblehead and other towns across the Commonwealth honor the important work and role of crossing guards in our community.

Residents are able to [nominate](#) their crossing guard! Safe Routes has [flyers](#) schools can download and use to raise awareness of the campaign. Be sure to thank your guard over the next few weeks. March 24th is official Crossing Guard Appreciation Day! Safe Routes will announce Crossing Guard of the Year and recognize those who go above and beyond to keep our students and walkers safe. Important dates, nomination instructions and other information can be found on [MassDOT's Safe Routes to School website](#).

March is the month to thank your Crossing Guards!

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**BUILD A BETTER LEPRECHAUN TRAP** Will this finally be the year that you trap a troublesome leprechaun on St. Patrick's Day? Try your luck outside with this simple activity. Your kids can dig a small, shallow hole somewhere acceptable in your yard, and disguise it with the perfect sticks, leaves, and other yard treasures laid on top. Be sure to sprinkle some glitter to lure him in. This year, the luck of the Irish may just be yours!

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DIY PAINT BRUSHES! What can you find on a walk in the woods that would make good bristles for a paint brush? Collect a variety of materials and [make these easy paint brushes](#). Notice the feel of the bristles and hypothesize the various types of designs each "paint brush" will make before painting!

## Teach About Microplastics

Workshop for Educators  
Thursday, March 25, 4:00-5:30 PM



Microplastics Workshop Plastics are a hot topic in the news these days. How much plastic is in the ocean? How does single use plastic impact the environment? What happens to plastic as it breaks down?

Interested in exploring these issues in your classroom? Sign up for the March 25th 4-5:30pm Zoom workshop: [Teach About](#)

[Microplastics from Blue Ocean Society, Rozalia Project, and Boothbay Sea and Science Center](#)! The workshop is for both formal and informal educators and best for those teaching grades 4-9, although it can be adapted for younger and older grades. They will demonstrate two lesson plans -- one about microplastics and one about microfibers. Participants will receive access to plans and teacher lending lab kit! Both lessons can be adapted for classroom or remote environment. Sign up is required.

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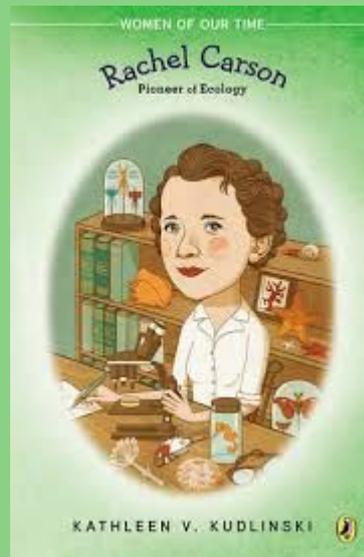
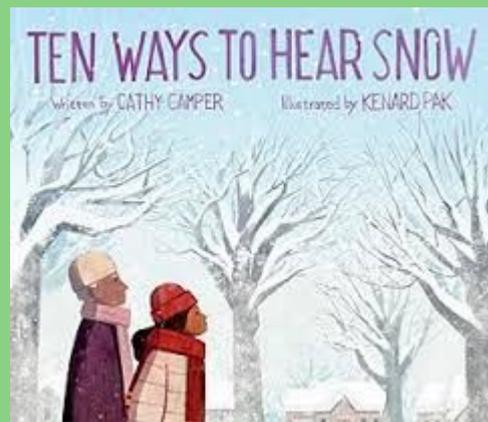
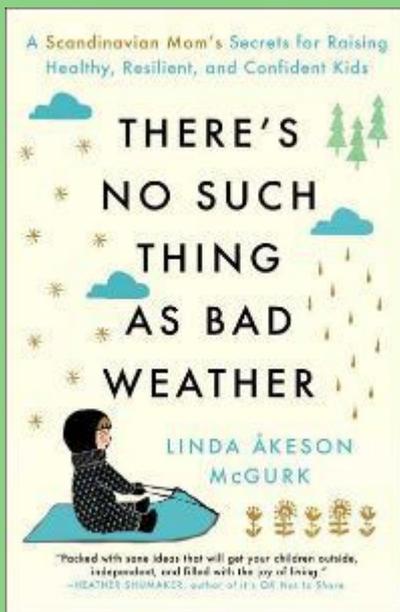


OATMEAL! There's no better way to start your morning on a chilly day in New England than with a bowl of yummy oatmeal. Oatmeal is a great source of fiber and anti-oxidants; it lowers blood sugar levels; and among other benefits, can promote healthy bacteria in the gut. Nuts, seeds, nut or seed butters, fruit, and cinnamon are all wonderful additions to make a bowl of oatmeal flavorful and bump up nutrient-density to kick start your day! Oats can contain glyphosate, a herbicide linked to cancer, so be sure to look for an organic, non-gmo product and check the ingredient list --the only thing it should contain are "organic oats" (available gluten-free as well)!

For hot oatmeal, place 1/3 cup of organic oats, 1/2 cup of liquid of your choice (water, almond milk, cow's milk) in a small sauce pan. Simmer uncovered, 2-3 minutes, add your choice of spices, fruit, nuts or nut butter and enjoy!

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# BOOKS OF THE MONTH!



Join our Education Group  
at our next meeting on  
March 24 @ 7pm via [zoom](#)

We want to hear from you! Find us on [Facebook](#) and [Instagram](#).

**Sustainable Marblehead**  
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[SustainableMarblehead.org](http://SustainableMarblehead.org)

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