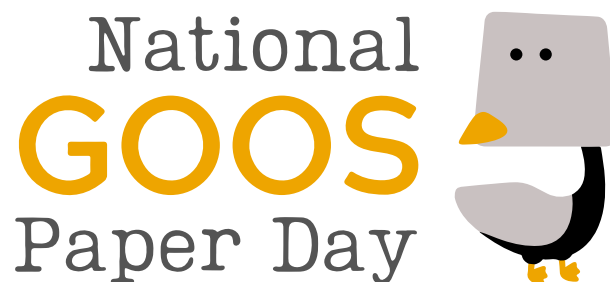


Join students, teachers, workplaces, and families across the country on the first Thursday in April to celebrate **National GOOS Paper Day**.

On this day of action, get creative at home and learn about effective ways to reduce your household's ecological footprint by reducing, reusing, and recycling paper!



## What is GOOS paper?

**GOOS** stands for **Good On One Side**.

GOOS paper is paper that has been used on one side, but is still blank and usable on the other side. When we use GOOS paper, it means that we are ensuring both sides of our paper are used before it is recycled.

GOOS paper can be used in many ways for example: drawing, planning, writing notes, and making lists.

By simply using both sides of our paper we are helping to reduce pollution and the creation of solid waste, all while protecting forests.



## What's a GOOS paper bin?

A GOOS paper bin collects and stores your GOOS paper in a convenient and accessible place to help ensure it can be used easily.

The bin can be as simple as a box or basket, but you can also get creative and decorate GOOS bins with a "goose" theme or other eye-catching styles.

A fun GOOS paper bin that is strategically placed in a home office, by a desk, or in the kitchen can encourage people to use both sides of their paper before it is recycled.



## How to take part in National GOOS Paper Day

A GOOS paper bin collects and stores your GOOS paper in a convenient location such as a home office or living room. The bin can be a simple box or basket. You can also get creative and decorate GOOS bins with a "goose" theme or other eye-catching designs.

### 1 Make your GOOS paper bins

- Decide where it would be helpful to have a GOOS bin to determine the number of bins that need to be created.
- Gather your construction and design materials.
  - For the bin: Consider reusing an old cereal or appliance box.
  - For decoration: Use what is around such as pencil crayons, markers, and scrap paper.
- Get crafting! Create and decorate the GOOS bins with fun designs.
- Make sure to include a sign or instructions on how to use the GOOS bin.



#### Tips!

- Invite all members of your household to get involved and make a bin.
- Do some research about why it is important to reduce, reuse, and recycle paper.



## 2 Spread the word

Consider how to engage friends and community:

- Show off your GOOS paper bins to family and friends.
- Share facts about why using GOOS paper helps the environment - check out the facts page on page 4!
- Encourage others to create GOOS bins at their homes.
- Get the word out about this fun activity via email - see the email template on page 6.



## 3 Share your GOOS creations to WIN!

Get ready to share your creations and show your community how your actions are making big changes.

### To participate in the National GOOS Paper Day Contest:

Take a photo or video of your GOOS paper bin

Share on [Twitter](#), [Facebook](#) and [Instagram](#), and tag EcoSchools Canada @EcoSchoolsCAN!

**Contest runs in April**

For more information and this year's contest dates, check out:

[www.ecoschools.ca/goospaperday](http://www.ecoschools.ca/goospaperday)



## Extend the Learning

Complement your GOOS paper bin project with additional learning activities to develop skills in numeracy, arts, science, literacy, and more!

Here are some ideas to get you started:



### **Audit and reduce!**

Carry out an audit of paper-use in your home and document it on a graph. Determine a plan to improve these practices. Create a presentation to share with your family by writing a song, making a presentation, or drafting a short persuasive speech.



### **Research the life-cycle of paper**

How is paper made? What happens when you recycle paper and cardboard? What are the environmental benefits to recycling paper? Choose a question and start investigating!

Check out: [The Life Cycle of Paper](#) to get you started!



### **Get outside and connected to nature**

Get outside to explore nearby nature such as your backyard, a park, or forest. Pick a setting, take a seat, and observe your surroundings. Think of the many benefits of trees, beyond providing us with paper. Draw a picture, take photos, or write about your thoughts and observations.



### **Learn about the SDGs**

Research the United Nations' [Sustainable Development Goals](#). Create an informative poster about one of the SDGs that best connects to the issues of paper consumption and production.



### **Get Creative!**

Use GOOS paper to make GOOS paper notebooks or your own paper!

Check out: [Upcycled Paper Projects](#) for ideas and inspiration.

## Paper Facts

As a household, learn about paper production and consumption. Check out the facts below. Can you find other facts about reducing, reusing, and recycling paper?



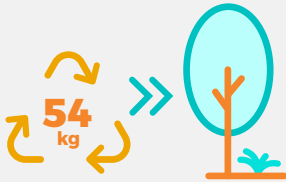
Paper use is increasing around the world—even with the rise of digital devices.<sup>1</sup> Reducing the amount of paper used at your school can help reduce your overall ecological footprint.



Paper and paper products account for more than 1/3 of all Canada's waste.<sup>2</sup> By using both sides of your paper you can help to reduce this number!



Recycled paper production uses 33% less energy and releases 37% less CO<sub>2</sub> than conventional paper production.<sup>3</sup> By using recycled paper, you are reducing energy, water, chemical use, pollution, and solid waste, while protecting forests.<sup>4</sup>



Recycling 54 KG of newspaper will save one tree.<sup>2</sup> By recycling paper you are helping to reduce pressure on forests that play a vital role in addressing climate change.



### Consider

calculating the environmental impacts of paper use at your home by using this [paper calculator](#).

#### References:

1. Environmental Paper Network. *Unwrap the Truth*. Retrieved 2020.
2. LBF Group. (2016). *Facts about paper and paper waste*. Retrieved 2020.
3. Environmental Paper Network. (2012). *Comparing Recycled to Virgin Paper*. Retrieved 2020.
4. Environmental Paper Network. *Paper to protect the planet*. Retrieved 2020.

## E-mail template

### GOOS Paper Email Template



Use the email template below to engage your family, friends, and and the wider school community in reducing, reusing, and recycling paper.

Dear [family, friends, community]

***Did you know that paper and paper products account for more than 1/3 of all of Canada's waste?***

We want to do our part to action by promoting effective ways to reduce, reuse, and recycle paper.

One effective way to reduce paper use is by using GOOS paper. **GOOS** stands for **Good On One Side**. GOOS paper is paper that has been used on one side, but is still blank and usable on the other side. When we use GOOS paper, it means that we are ensuring that both sides of our paper is used before it is recycled. As a family, we have made fun GOOS paper bins to store our GOOS paper.

We encourage you to join us in this initiative by making your own GOOS paper bin and by considering how you can reduce paper use in your daily life. Reinforcing the 3Rs hierarchy, by prioritizing your daily actions in this order: reduce, reuse, recycle, can have a big impact on the environment.

We really look forward to hearing about the unique ways you and your family participated in raising awareness and taking action!

Love,

**[Insert family name]**

Send!