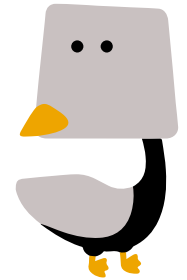


Join students, teachers, workplaces, and families across the country on the first Thursday in April to celebrate **National GOOS Paper Day**.

On this day of action, get creative as you learn about responsible paper use and promote effective ways to reduce, reuse, and recycle paper.

National GOOS Paper Day



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 practice, notes, making notepads, printing drafts, and test sheets.

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 can encourage people to use both sides of their paper before it is recycled.



How to take part in National GOOS Paper Day

To participate in National GOOS Paper Day, schools, classes, and households are encouraged to launch their own GOOS paper bin campaign. Raise awareness about the importance of reducing, reusing, and recycling paper and for a chance to win a prize!

1 Get started at home or at school!

This action can be conducted by a class, several classes, or a whole school by having students create a GOOS paper bin for their class, desk, or home.

- To start, do some research about why it is important to reduce, reuse, and recycle paper.
- Consider connecting your GOOS paper campaign to an Arts, Science, or Geography lesson.

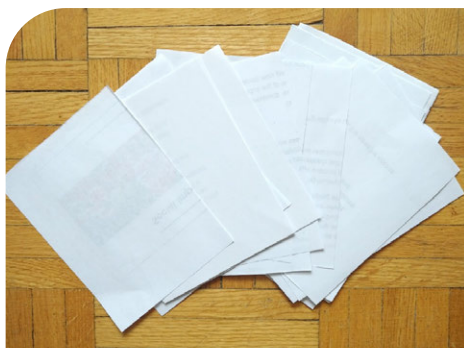
Making GOOS paper bins during COVID-19

At School: Have students construct GOOS paper bins with materials from their home, for individual use at their desks. Students can also get creative by making individual GOOS paper folders or GOOS paper notebooks.

At Home: Have students (and their family) construct GOOS paper bins and place them strategically around the house (like a kitchen or home office).

2 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.



Claim your Action!

Don't forget to claim your GOOS Paper lesson or campaign on the [EcoSchools Certification Application!](#)

3 Spread the word

Consider how to engage your community:

- Get the word out about this fun activity via an e-newsletter or email - see the email template on page 6!
- Post pictures and facts on your school website and on social media about why using GOOS paper helps the environment - check out the facts on page 4!
- Have students create an online presentation to show how to make and use GOOS bins.



Important!

Screen your GOOS paper to ensure that there is nothing with sensitive or private information on it.

4 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



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!

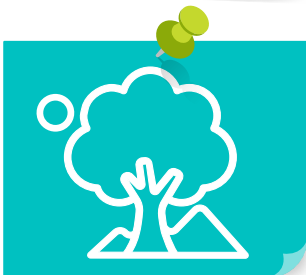
Carry out an audit of paper-use in your home and document it on a graph. Determine a plan to improve these practices. Create a presentation to share with your class or family by writing a song, making a presentation, or drafting a short persuasive speech.



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

Incorporate facts and trivia about paper production and recycling into your class lessons, school newsletters, and social media updates.



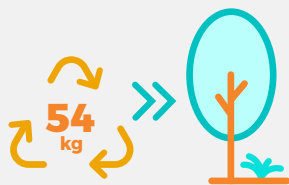
Paper use is increasing around the world—even with the rise of digital devices.¹ Reducing the amount of paper used at your school can help reduce your overall ecological footprint.



Paper and paper products account for more than 1/3 of all Canada's waste.² 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 CO₂ than conventional paper production.³ By using recycled paper, you are reducing energy, water, chemical use, pollution, and solid waste, while protecting forests.⁴



Recycling 54 KG of newspaper will save one tree.² 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 school 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 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 [class, school, 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!

From,

[Insert class, school, family name]

Send!