

Saving Energy at Home and in School



Introduction

We all use energy at home and in school every day. We use electricity and other types of energy like oil and gas for heat, light, the TV, the cooker, the X-box, the interactive whiteboard and computers. There are lots of ways we can use less energy to do the same things, this is called being energy efficient. Being energy efficient means your home will be comfortable and cosy, you will save money on energy bills and you will be taking action against climate change!

Did you know?

- Irish homes use about a quarter of all energy used in the country - that's even more than industry!
- Almost three quarters of energy in a school is used for heating and hot water.

Can you name some of the ways that energy is used at home and in school?

Why be energy efficient at home and in school?

- Your home and school will be more comfortable.
- You will be taking action against climate change.
- It will save money on electricity and heating bills.
- It will help with getting a Green Flag for energy, if you are in Green-Schools.

What can we do?

There are different ways to save energy, some cost money and some cost nothing. Here are some examples:

At Home:

- Lowering your heating thermostat by just 1°C will knock 10% off your heating bill. Check the temperature and if it's above 20°C turn it down.
- Keep your curtains closed at night, even in empty rooms.
- Switch off lights when leaving a room.
- Close doors behind you.
- Switch appliances off rather than leaving them on standby. This can save up to 20% of your appliances' energy use.
- Use the timers on your immersion or boiler so you can control when the heating comes on and goes off. This means you have heating and hot water when and where you want it.



In School:

- Check that all windows are closed at the end of the school day. During winter, close curtains and lower blinds at the end of each day to help keep heat in.
- If you have thermostats in classrooms set them to 18 degrees.
- Switch off lights when there is enough daylight; label the switches so people know which switch controls which light.
- Switch off the monitor when leaving a computer even for a short time.
- Choose equipment for the staff room with an A on the energy label, and use it efficiently; only boil the amount of water needed and make sure dishwashers are full before they are switched on.

Resources for Teachers and Students

Websites

- For factsheets, videos and lots of other information on saving energy at school go to the resources section of the [Energy in Education](#) website.
- Find out how much energy is used by common household items - from light bulbs to your TV with this [appliance calculator](#).
- Read about how schools around Ireland are [saving energy](#)
- [Susliving](#) - hands-on workshops for Irish schools covering all aspects of sustainable living

Videos

- St. Clare's Primary school tell us how they [save energy at school](#).
- Primary pupils give tips to [save energy in the classroom](#).
- [Film clip, Guzzler and Molly Cool read the meter in a primary school](#).
- [Energy, Let's Save It!](#)

Resources for Teachers only

Classroom activity

- Provide other classes with tips on saving energy and ask them to pledge to make one simple change to save energy at home. Use post-its on a larger sheet of paper to display the pledges by each class.
- Design a checklist and set up a team to check each classroom for lights left on and other energy wasting actions. At the end of the week reward the classes that are most energy efficient.
- Investigate the type of energy being used in school by using the Energy detectives [student logbook](#) and wall chart.



Lesson Plan

- Use this lesson plan on conducting an energy audit at home from [Exploring Our Energy](#), Chapter five (for 3rd and 4th class) here is about.
- Use this lesson plan to conduct an energy audit at school from [Exploring Our Energy](#), Chapter five (for 5th and 6th class).
- Use this lesson plan and video on [measuring and saving energy](#) to measure energy use in school and see how to take meter readings. and how to save energy.

