



EKO SKOLA



SKOLA St. Michael

Ħarġa No. 18

Kumitat EkoSkola

JAN– MAR 2018

Inkomplu fejn hallejna . . .

Mal-bidu tas-sena ergajna bdejna bir-rutina tas-sena skolastika wara l-waqfa tal-Milied. Il-proġett ‘Niekl b’responsabilta’ ha ritmu ġmielu fejn se nibdew naħdmu fuq xi affarijiet li preparajna għalihom fix-xhur li għaddew. Fil-fatt bdejna nippreparaw biex nagħmlu xi riċetti magħmulin mit-trab tal-ħarrub. Minn hawn niringrazzja lill-Kulleġġ ta’ Għawdex li għaddewna xi riċetti li diġa’ ħadmu huma stess.

F’din il-ħarġa nsibu wkoll xi ritratti marbuta mal-laqgħa li kellna mal-koordinanturi tal-proġett ‘Niekl b’Responsabilta’. Dawn ġew mir-Repubblika Ċeka ġewwa Malta biex jaraw ix-xogħol fuq il-proġett. Id-delegazzjoni dehret sodisfatta mmens bix-xogħol tant li mill-iskola tagħna ntagħzel student biex imur għall-konferenza ġewwa Praga. (Sakemm toħroġ din ir-rivista hemm ċans li l-konferenza tkun saret għalhekk ritratti jkunu ppubblikati fil-ħarġa li jmiss.)

Bħala skola komplejna wkoll bil-ġbir tat-tappijiet. Is-sena 2017 kienet waħda posittiva fejn ħafna studenti ipparteċipaw fil-ġbir tant li din is-sena kien hemm total ta’ **568.5kg** miġbura , medja ta’ **1.624kg** minn kull student.

Ix-xhur li ġejjin se jkunu mpenjattivi, b’xogħol marbut mal-proġett LEAF fejn qed jinħadem dokumentarju dwar in-naħal. L-intervisti saru fi żmien il-Milied fejn żorna l-gżira Għawdxija u ż-Żejtun fejn intervistajna nies esperti fil-qasam tal-Apikultura.

L-aħħar u żgur mhux l-inqas se tkun il-mawra marbuta ma’ E-twinning mal-Polonja. F’din il-mawra li l-ħsieb tagħha beda s-sena l-oħra hekk kif saret korrispondenza wara’ l-konferenza ‘Niekl b’responsabilta’, ħdimna fuq temi differenti amjentali u oħrajn kulturali.

ATTIVITAJIET MILL-KUMITAT

Kollezzjoni ta’ Herbaria

Eat Responsible Konferenza fi Praga

E-Twinning Polonja

Riċetti bit-trab tal-ħarrub

Marmalaide tal-laring tal-bakkaljaw

Visit to Organic Farm

Qtugħ ta’ laring mill-ġnien Hanin Samaritan

Smoothies fil-brejk tal-iskola

Proġett LEAF dwar in-Naħal

Eko-Parlament

F’DIN IL-HARĠA

Our Ocean

Health—Well being: Health, Nutrition Diet App

Health—Well being: Mobile Phones

Niekl b’Responsabilta’: Kalendarju Agrikolu

Niekl b’Responsabilta’: Health benefits of Ginger

Health—Well being: Riċetti

Bijodiversita’: Grizzly Bear

Energija: Konsum ta’ Dawl: Diċ - Frar

Ritratti: Aktivitajiet Varji

Eco-News

NIRRIĊIKLA GĦALL-ISTRINA

... kull tapp tal-plastik jgħodd!

Why We Need To Reduce Our Plastic Consumption

Plastic has taken over every aspect of our lives and is affecting our health, animals and the environment. Over the last 10 years, we have produced more plastic than we had in the last century. Half of the plastic we use is only used once and thrown away. Throwing plastic away means it is either buried in landfills, remade into other products or lost in the environment where it ultimately washes out to sea because it takes 500-1,000 years to degrade. When plastic “degrades” it breaks down into smaller fragments, but never goes away because plastic was made to be indestructible. And yes, this indestructible plastic is made with chemicals that we as well as animals ingest.

BPA, or Bisphenol, was originally created as a human birth control chemical in the early 1900’s, but banned because of its risks of causing cancer in women. However, in the 1950’s, scientists realized that BPA can be used to harden plastic to make it that much more durable. To this day, BPA is still used in baby bottles, water bottles, food packaging, cans and receipts. 93% of adults are contaminated with BPA. There have been studies on animals that show BPA affects hormone levels, causes brain and behavior problems, cancer, heart problems and other conditions like obesity, diabetes, ADHD. There is an increased risk in children because their bodies have a decreased ability to clear BPA from their systems.



In 2010, scientists revealed that the general population may suffer adverse health effects from current BPA levels. In 2012, the FDA banned the use of BPA in baby bottles, but the Environmental Working Group called the ban “purely cosmetic” and said the FDA would have to ban BPA from all food packaging. The FDA continues to support the safety of BPA in food packaging.

zmg1058125

Apart from plastic being extremely harmful for our health, it is also harming the environment. There is currently 268,000 tons of plastic floating in the ocean covering 40% of the ocean’s surfaces killing mammals, sea birds and the ecosystem. Marine animals either ingest plastic mistaking it for food or get caught in it. If you were to cut a dead fish or bird, you would find pieces of plastic in their stomach, which we eventually eat.



HOW LONG UNTIL IT'S GONE?

Estimated decomposition rates of common marine debris items



Estimated individual item timelines depend on product composition and environmental conditions.

Source: NOAA (National Oceanic and Atmospheric Administration), US / Woods Hole Sea Grant, US
Graphics: Oliver Lüdke / Museum für Gestaltung Zürich, 2016

YOU SEE THE DIFFERENCE.
A TURTLE DOES NOT.



HEALTH AND WELL-BEING



Natural Remedies

Android Application / App Store

Updated: 8 January 2018

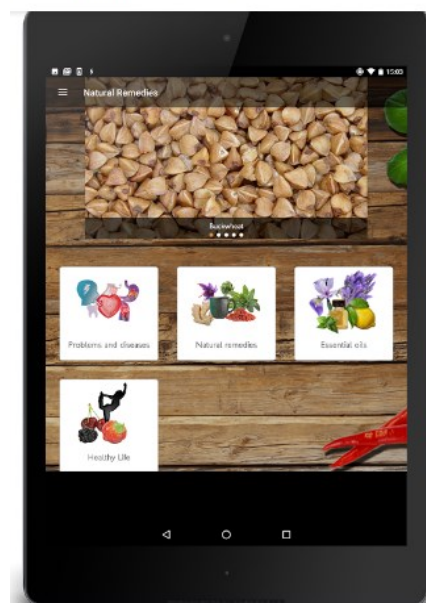
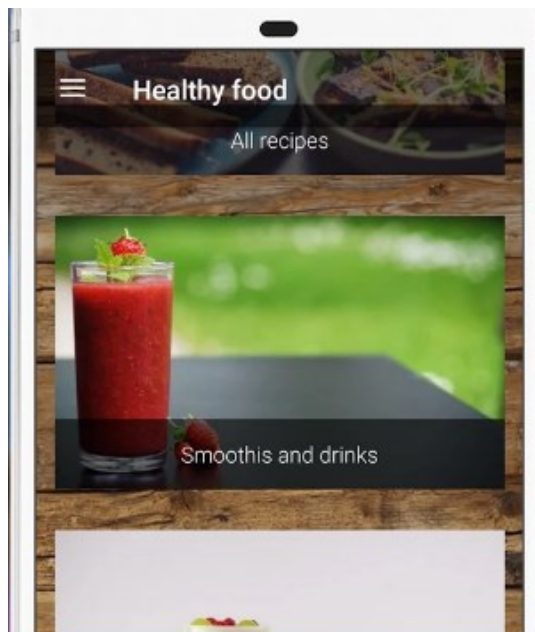
Love nature and find in nature your well-being. The app for your healthy lifestyle.

Toothache, insomnia, acne as well as nausea are just some of the illnesses that can be treated with natural methods without the overuse of medicines. Natural remedies such as tea, herbal tea, mother tinctures and glycerin macerate act slowly, require patience but if they are the right remedies can be very helpful and do not have the collateral effects related to medicines. This app, easy and fast, is a handbook of the natural remedies for the most common diseases.

The app is structured as follows:

- Remedies: a list of plants, fruits and essential oils with explanations about uses and benefits.
- Problems and diseases: list of the most common illnesses (allergy, poor digestion, acne, joint pain, nausea, anxiety and much more) with the related natural remedies.
- Healthy recipe: Every week one healthy recipe to keep you fit with taste
- Yoga exercises for the flexibility of the body and the calm of mind
- Last news from science world: the most recent scientific studies about lifestyle, nutrition and health are reported.
- Small tips and tricks for every day: short video tutorials that show you how to prepare at home simple natural remedies. Lip gloss for cracked lips, golden milk, remedy for swollen legs
- Chromotherapy: this section is based on the color-method to induce relax before bed.

Some topics that you can find on the app Natural Remedies are: Aloe Vera, Golden Milk, green tee Matcha, turmeric, yoga exercises for beginners, yoga exercises for the back, essential oils against anxiety or depression, cake without butter



HEALTH and WELL-BEING

Mr. Paul Deguara (Health and Safety Teacher)



Mobile phones

Mobile phones transmit messages and communicate by electromagnetic radiation. If the phone is not being used it is still receiving a transmission every 4 minutes, whereby the

repeaters are checking the location and accessibility of the phone. Sometimes you leave a mobile close to a line phone and you can hear certain interference sounds

when this communication is taking place. So though you may not be using the mobile phone the radiation through a transmission is still accessing your body.



It has been reported that those workers that carry the mobile on their body (close to the heart or the kidneys) have developed some sort of ailment (majorly cancer). So avoid carrying the mobile in your pocket for any length of time, it is much better to keep it in your handbag. Switch it off when you do not need it and never put it under your pillow, if necessary invest in an alarm clock.

Also remember that when the telephone is charging, it is connected to the mains and if you do not detach it before answering, you might be electrocuted. Also avoid answering or phoning close to a petrol station.



Never, ever answer a cell phone while it is being CHARGED!!

A few days ago, a person was recharging his cell phone at home. Just at that time a call came and he answered it with the instrument still connected to the outlet. After a few seconds electricity flowed into the cell phone unrestrained and the young man was thrown to the ground with a heavy thud. His parents rushed to the room only to find him unconscious, with a weak heartbeat and burnt fingers. He was rushed to the nearby hospital, but was pronounced dead on arrival. Cell phones are a very useful modern invention. However, we must be aware that it can also be an instrument of death. Never use the cell phone while it is hooked to the electrical outlet!

NIEKLU B'RESPONSABILTA'



Kalendarju tal-Prodotti Agrikoli

meħud mill-ktieb Il-Biedja f'Malta (Stanley Farrugia Randon)

Jannar u Frar

Żriġħ

Ċiċri tal-qatta, ful, ġidra, ħass twil, kaboċċi, kaboċċi ċiniża, kosbor, krafes, mustarda, nevew, patata tar-Rebbiegħa u tas-Sajf, piżelli, qamħ, qaçoċċ u tewm.

Taħwil ta' xitel

Basal, ġidra, ħass twil, ħjar, indivja, kaboċċi, kaboċċi ċiniż, klin bil-biċċa, kurrat, merqtux, nagħniegħ bil-biċċa, nevew, pastard, sagħtar bil-biċċa, salvja bil-biċċa u xalott.



Proverbji

Meta Jannar tarah lewwiem, ma tarax il-bidwi tant hieni - ħafna xita f'Jannar inawwar ħafna prodotti fil-beraħ.

Jannar xott, bidwi għani - temp sabiħ f'Jannar jgħati prodott abbondanti.

Is-Sajf ta' Jannar, għana tal-bidwi u tal-fqar - temp sabiġ f'Jannar jgħin il-prodotti jikbru aħjar.

Iżra l-kemmun f'Jannar u bigħu bil-qantar - skond dan il-proverbju Jannar huwa l-aħjar żmien biex tiżra l-kemmun.

Meta Frar ikun fawwar, f'daqqa l-biedja tmur fl-ibjar - ħafna xita fi Frar tagħmel ħsara lill-prodotti agrikoli.

Frar fawwar tal-bidwi għana fid-dar - dan għandu tifsira differenti minn ta' qablu. Jekk ma tagħmel xejn xita fi Frar il-prodotti ma tantx jikbru tajjeb.

Marzu

Żriġħ

Brokkoli, ċiċri, ġidra, ħass, insalata, kaboċċi, karrotti, karrotti, karrotta kajda, krafes, nevew, pastard, pitravi, qamħirrun, qaçoċċ, qaraboċċ, ravanell u tursin.

Żriġħ taħt l-għata

Bettieħ, brunġiel, bżar aħdar, dulliegh, fażola, ħabaq, qargħa bagħli, qargħa tork, qargħa twil u tadam.

Taħwil

Brokkli, brunġiel, bżar aħdar, ċentinarja, ċiċri, fażola li tixxeblek, ġidra, ħabaq, ħass, ħjar, indivja, kaboċċi, krafes, pastard, patata ħelwa u tas-sajf, qamħirrun u tadam.

Biċċiet jew Tirqid

Alwiża, melissa, merqtux u nagħniegħ

Proverbji

Meta jidher il-busuf, u l-farfett jibda jitajjar, l-art tkun saħnet u l-uċuħ taqbez kollha nwajjar - f'Marzu l-prodotti kollha jibdew joħorġu l-fjuri.

Bix-xita f'Marzu u April tingabar l-annata - xita f'dawn ix-xhur hija bżonjuża ħafna għall-prodotti.

10 Incredible Health Benefits of Ginger





Garlicky mushroom penne

Ingredients:

210g can chickpeas, no need to drain
1 tbsp lemon juice
1 large garlic clove
1 tsp vegetable bouillon
2 tsp tahini
¼ tsp ground coriander
115g wholemeal penne
2 tsp rapeseed oil
2 red onions, halved and sliced
200g closed cup mushrooms, roughly chopped
generous handful chopped parsley
½ lemon, juiced

To make the houmous, tip the chickpeas and their liquid into a bowl and add the lemon juice, garlic, bouillon, tahini and ground coriander. Blitz to a wet paste with a hand blender, still retaining some texture from the chickpeas

Cook the pasta according to pack instructions. Meanwhile, heat the oil dumbo in a non-stick wok or large frying pan and add the onions and mushrooms, stirring frequently until softened and starting to caramelise.

Drain the pasta and tip in with the mushrooms, then take off the heat and stir through the houmous and parsley. Toss together lightly, squeeze over the lemon juice and serve, adding a dash of water to loosen the mixture a little if needed.



Fruit & nut breakfast bowl

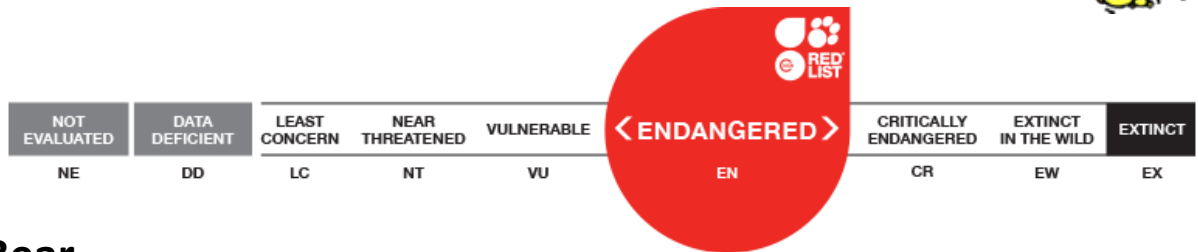
Ingredients:

6 tbsp porridge oats
2 oranges
just under ½ x 200ml tub 0% fat
Greek-style yogurt
60g pot raisins, nuts, goji berries and seeds

Put the oats in a non-stick pan with 400ml water and cook over the heat, stirring occasionally for about 4 mins until thickened.

Meanwhile, cut the peel and pith from the oranges then slice them in half, cutting down either side, as closely as you can, to where the stalk would be as this will remove quite a tough section of the membrane. Now just chop the oranges.

Pour the porridge into bowls, spoon on the yogurt then pile on the oranges and the fruit, nut and seed mixture.



Grizzly Bear

Ursus arctos

Standing as tall as 2.5 m (8 ft) and weighing up to 360 kg (800 lbs.), the grizzly bear is a subspecies of brown bear that inhabits western Canada and the northwestern United States.

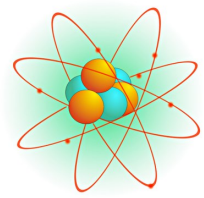
Grizzly bears are specially adapted to survive the changing seasons. During warmer months, they eat a massive amount of food so they can live off body fat during the winter, when food is scarce. They may intake 40 kg (90 lbs.) of food each day, gaining over 1 kg (2.2 lbs.) of body weight a day.



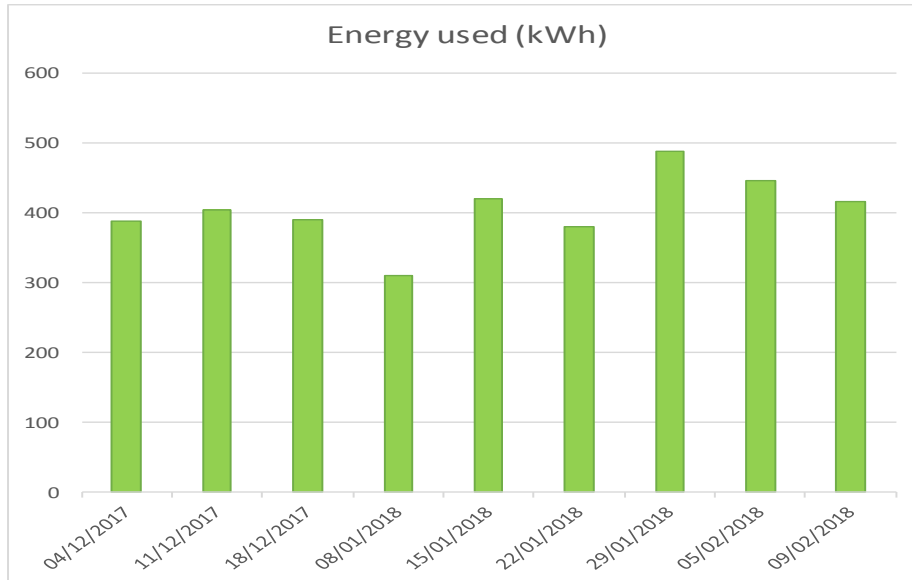
As omnivores, grizzlies will eat anything nutritious they can find, gorging on nuts, fruit, leaves, roots, fungi, insects, and a variety of animals including salmon and other fish, rodents, sheep, and elk. Their diet varies depending on what foods are available for the season.



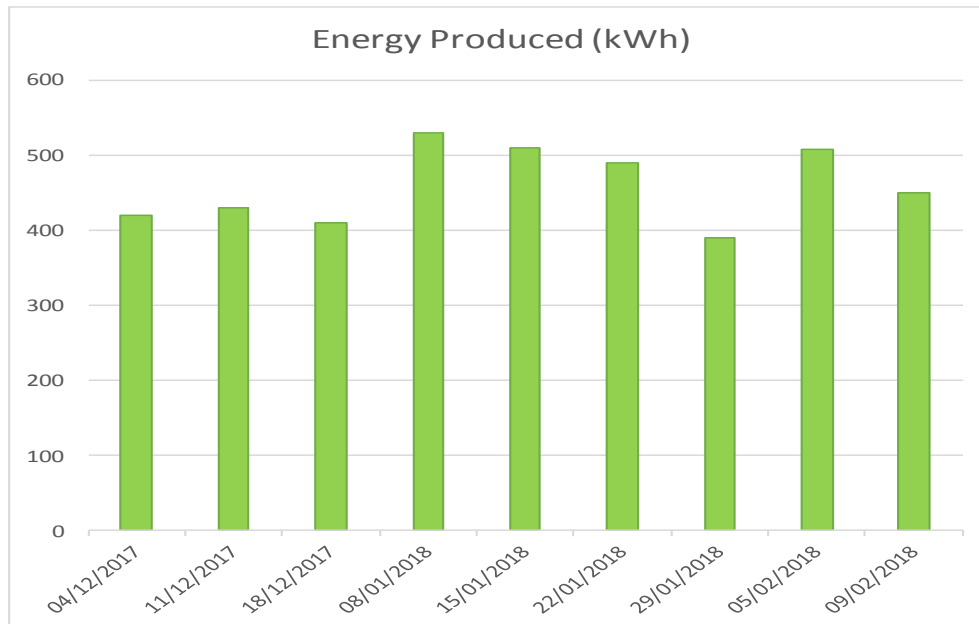
In the fall, as temperatures cool and food becomes scarcer, grizzlies dig dens in the sides of hills. They have long rounded claws (the size of human fingers) and a large mass of muscles on their backs that help them dig. These characteristics, along with small rounded ears and white-tipped (or “grizzled”) fur, distinguish grizzly bears from black bears.



Diċ 2017 /Frar 2018

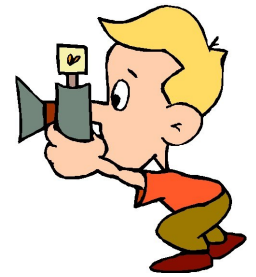


04/12/2017	387
11/12/2017	403
18/12/2017	389
08/01/2018	309
15/01/2018	420
22/01/2018	380.5
29/01/2018	487
05/02/2018	445
09/02/2018	415



04/12/2017	420.8
11/12/2017	430.77
18/12/2017	410.3
08/01/2018	530
15/01/2018	510
22/01/2018	490
29/01/2018	390.84
05/02/2018	508
09/02/2018	450

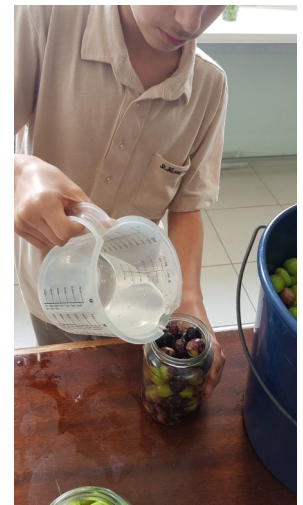
Nkunu responsabbli fl-użu tal-enerġija. Taħlix dawl u ilma !!!



Qtugħ ta' Żebbuġ

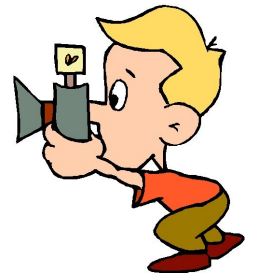


Żebbuġ fis-salmura



Delegazzoni minn Praga dwar 'Nieklu b'responsabilta''





Kompetizzjoni tal-Presepji

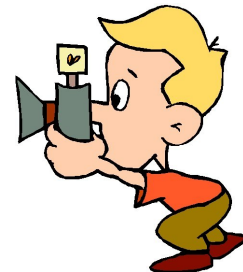


Preparazzjoni / Trab tal-ħarrub



Fieldwork Buskett





Volontarjat fi żmien il-Milied



LEAF - Intervisti u xogħol fuq is-suggett tan-naħla





Rimi illegali f' Malta

Sfortunatament, hawn Malta qeghdin naslu fi krizi fejn għadna ħafna każijiet ta' rimi illegali. Kif qal il-Ministru għat-Trasport, Infrastruttura u Proġetti Kapitali Ian Borg, hawn Malta għadna 377 każ ta' rimi illegali f'190 sit. Dawn is-siti huma kemm privati kif ukoll pubbliċi. Ħa nkompli ma' dak li saħaq il-Ministru b'halha "allarmanti". Il-Gvern qed jaħdem sabiex dawn l-illegalitajiet jiġu miġġielda halli nissalvagwardjaw l-ambjent ta' pajjiżna u anke' sabiex ikollna ambjent nadif, b' inqas mard kif jixraq lilna u lil ta' warajna. Imma aħna, iċ-ċittadini li nagħmlu parti minn Malta m'għandiex noqgħodu spettaturi iżda l-kontra għadna nkunu spettaturi.



Il-Gvern jista' jagħmel liġijiet kemm irid imma għadna nkunu aħna li niehdu l-inizjattiva li nkunu responsabbli. Responsabbli biżżejjed li naraw li l-iskart li niġġeneraw anki meta nkunu qed niddevertu nagħmlu ċert li armejnijhom b' mod legali ġo kontenitur apposta. Mhux jekk lest minn flixkun titfaw taħt bankina jew tarmi borża mal-art li bir-riħ tispicċa fil-baħar u toqtol fekruna li tipprova tiekolha. Edukazzjoni dwar dan il-qasam għadna imma xorta waħda nibqgħu nagħmlu dan, mela hekk ejjew nagħmlu l-aħjar li nistgħu biex inaqqsu r-rimi illegali. Fuq kollox aħna stess ser ingawdu minn dak li nagħmlu.

Ħidma biex jitrabba l-Barbaġann fil-Buskett

Għal kuntrarju tal-artiklu l-ieħor li ktibt għal din l-edizzjoni tan-*newsletter*, tal-EkoSkola, qed nikteb dwar aħbar ferm pożittiva. Il-Kummissjoni tal-ippjanar tat permess biex jiġu nstallati gaġġeġ biex jitrabba u jiġi introdott l-Barbaġann fis-selvaġġ. Sfortunatament, b' xorti ħażina ma tantx għadu jitqies b'ħala annimal selvaġġ u għalhekk qed issir din il-ħidma. L-aħħar li ġie rreġistrat b'ħala annimal selvaġġ huwa lejn l-aħħar tas-snin tmenin.



Il-Kummissjoni spjegat li dawn il-gaġġeġ li huma temporanji ser jitpoġġew maġenb ir-razzett magħruf b'ħala r-Razzett tal-Bgħal. L-istess kummissjoni spjegat li wara ħames snin il-gaġġeġ iridu jitneħħew. Nixtieq li niehu l-okkażjoni biex nappella li għadna nuru rispett lejn dawk li qed jaħdmu għall-ambjent. Inħoss dwejjaq meta fost l-aħbarijiet nisma' li jkun sar xi vandalizmu fuq l-ambjent. Hemmhekk inħoss ċerta niket għax nara li hawn nies daqshekk ma japprezzawx in-natura. Għaldaqstant nixtieq ngħidilkom li meta taraw xi tip ta' vandalizmu tiehdu passi mmedjatament biex b'hekk inkomplu naħdmu favur l-ambjent malti.