

TWS ENVIRONMENTAL NEWSLETTER

FINAL TERM - EDITION JUNE 2026

AL QUDRA LAKES, CLEAN UP DRIVE

14TH OF FEBRUARY 2026, SATURDAY



As a part of its commitment to environmental sustainability and community service, The Westminster School, Dubai participated in a clean-up drive at Al Qudra Lakes on 14 February 2026 in collaboration with Eedama. Students from the Higher Secondary and Sixth Form sections joined the initiative to help protect and preserve the local environment.

Working together with the support of environmental facilitators and equipped with the necessary tools, students collected 21.31 kg of general waste and 0.445 kg of cigarette butts from the area surrounding the lakes.

The activity provided a valuable opportunity for students to learn about environmental conservation, responsible waste disposal, and the impact of littering on natural ecosystems. It also strengthened teamwork and encouraged students to become active contributors to a cleaner and more sustainable future.

The clean-up drive was a rewarding experience that reinforced the values of responsibility, cooperation, and environmental stewardship.

EARTH HOUR CELEBRATION

28TH OF MARCH 2026, SATURDAY

The Westminster School, Dubai celebrated Earth Hour 2026 through a series of engaging educational activities designed to raise environmental awareness and encourage sustainable thinking among students.

Classrooms across the school participated in a variety of Earth Hour-themed activities, including quizzes, presentations, discussions, and poster-making competitions. Students actively researched environmental issues such as climate change, energy conservation, and sustainable living, using their findings to create informative presentations and creative posters.

The poster-making activity provided students with an opportunity to express their ideas visually while promoting messages about protecting the environment. Through research-based learning, students gained a deeper understanding of the importance of conserving natural resources and the role individuals can play in creating a more sustainable future.

The quizzes and presentations further enhanced students' knowledge by encouraging them to explore environmental topics, share their learning with peers, and engage in meaningful discussions about global environmental challenges.

Earth Hour 2026 was a valuable learning experience that combined creativity, research, and collaboration. The activities helped students develop greater environmental awareness while reinforcing the importance of responsible actions and sustainable habits in everyday life.

The celebration reflected our school's ongoing commitment to environmental education and inspired students to become informed and proactive stewards of the planet.



GLIMPSES FROM EARTH HOUR 2026

REDUCE YOUR CARBON FOOTPRINT SMALL ACTIONS, BIG IMPACT!

Energy-Efficient Lifestyle:

- Unplug electronics when not in use.
- Adjust your thermostat to conserve energy.
- Opt for energy-saving appliances and LED lights.
- Use natural light and open windows for ventilation.

Sustainable Transportation:

- Walk or bike for short distances.
- Combine multiple errands into one trip.
- Opt for fuel-efficient vehicles or electric cars.
- Choose public transportation, carpooling, or biking.

Smart Energy Consumption:

- Switch to renewable energy providers.
- Use energy-efficient insulation in your home.
- Minimize air conditioning and heating usage.
- Harness solar energy with rooftop solar panels.

Reduce, Reuse, Recycle:

- Cut down on single-use plastics.
- Recycle paper, plastic, glass, and aluminum.
- Compost food waste and use it for gardening.
- Embrace reusable bags, bottles, and containers.

Water Conservation:

- Collect rainwater for watering gardens.
- Fix leaks and dripping faucets promptly.
- Water plants efficiently, avoiding excessive irrigation.
- Take shorter showers and install water-saving devices.

Sustainable Food Choices:

- Support sustainable farming practices.
- Opt for locally sourced, organic produce.
- Reduce meat consumption and try plant-based meals.
- Minimize food waste through mindful shopping and meal planning.

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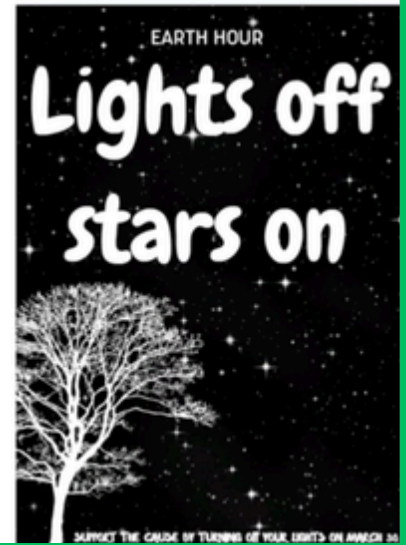
Sara Noushad 7:58 AM

1. Power down, planet up!
2. Save power, save lives.
3. Cut energy, not trees.
4. Use less, live more.
5. Small switch, big change.

Rida Irfan 8:01 AM

RI One thing I learned today is saving energy helps slow down climate change and protect our Earth.

One thing I will do differently is turn off lights and unplug devices when I am not using them.



Tenacious Dreamer
Mar 31, 2026

Aaliyah

One thing I learned today is what happens during earth hour and it's importance

One thing I will do differently is to contribute in it and reduce my energy consumption

Quirky Emu
Mar 31, 2026

Dana Rakan

- 1) One thing I learned today is that action must come from every human on the planet, every small change matters
- 2) One thing I will do differently is conserving energy whenever applicable.

Aalza
Mar 31, 2026

Aaiza

One thing I learnt today is the importance of conserving energy.
One thing I will do differently- I'll use less energy.

Loyal Platypus
Mar 31, 2026

Bimanya

One thing I learned today is importance of earth hour for our planet and awareness is avoidance without taking any action.
One thing I will do differently is conserve energy the best I can in my daily life and take part in earth hour.

Ridiculous ahem
Mar 31, 2026

Shazleen

One thing I learned today is that even small actions like turning off lights can help reduce energy use and protect the environment.
One thing I will do differently is be more careful about switching off lights and electronics when I am not using them.

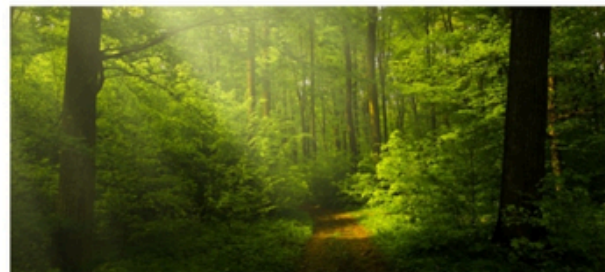
Caldera Finder
Mar 31, 2026

Avanthika

I learned that collective action can strongly raise awareness about environmental issues like climate change, and I will start making small daily changes to reduce my energy use and live more sustainably.

Earth Hour 2026

Sophia Gabrielle



SLOGANS

Respect Earth, Respect Life
Clean the air today for Earth's tomorrow
Better Environment, Better Tomorrow
Save the Earth, Save Yourself
Heal the Earth and Hold Back the Heat

EARTH DAY 2026

22ND OF APRIL 2026, WEDNESDAY

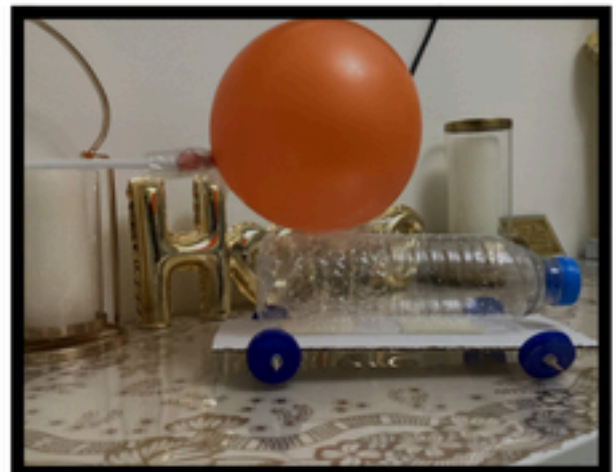
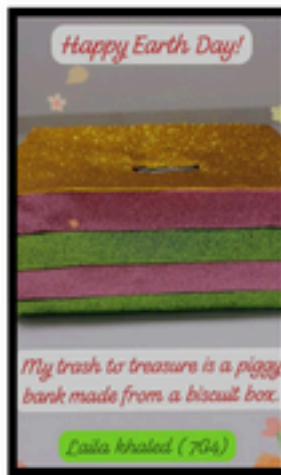
Earth Day 2026 was celebrated in our school through a variety of creative and educational activities that encouraged students to rethink waste, appreciate nature, and adopt more sustainable practices. The celebration focused on environmental responsibility and highlighted the importance of reducing waste, reusing resources, and understanding the role of plants in supporting a healthy ecosystem.

Students enthusiastically participated in a "Trash to Treasure" activity, where they transformed discarded and waste materials into useful and decorative items. Using recyclable materials such as cardboard, paper, plastic containers, and other reusable items, students created pencil holders, gift items, decorative pieces, organizers, and various forms of artwork. The activity showcased their creativity while demonstrating how everyday waste can be repurposed instead of being discarded.

In addition, students took part in a microgreens growing activity, learning about sustainable food production and the importance of plants in our environment. Through hands-on experience, they observed the growth process of microgreens and gained a better understanding of how simple gardening practices can contribute to healthier and more sustainable lifestyles.

These activities encouraged research, creativity, and practical learning while helping students develop a deeper appreciation for environmental conservation. Students learned that sustainability can be incorporated into everyday life through conscious choices, innovation, and responsible use of resources.

Earth Day 2026 provided an engaging platform for students to combine creativity with environmental action. The celebration inspired students to become more mindful of their impact on the environment and reinforced The Westminster School, Dubai's commitment to nurturing environmentally responsible and globally conscious citizens.



Fun Facts About the Earth

Fun Facts About Earth

- Earth's core is as hot as the surface of the Sun (about 5,500°C).
- A day on Earth is getting longer – every century, the day increases by about 1.7 milliseconds.
- Earth used to have two moons billions of years ago, according to one scientific theory.
- The Amazon Rainforest makes its own rain – it releases so much moisture that it creates up to 50% of its own rainfall.
- Earth is the only planet where water exists in all three states naturally: solid, liquid, and gas.
- The deepest place on Earth, the Mariana Trench, is so deep that if you dropped Mount Everest inside, it would still be underwater.
- Earth's atmosphere protects us from 99% of the Sun's harmful radiation.
- Antarctica is technically a desert – it gets less rainfall than the Sahara.
- Earth's rotation is slowing down because of the Moon's gravity.
- There are more trees on Earth than stars in the Milky Way (about 3 trillion trees vs. 200-400 billion stars).

TRASH TO TREASURE OLD T-SHIRT TOTE BAG (NO-SEW METHOD)

- CUT OFF THE SLEEVES**
Cut the t-shirt. Cut along the seams to remove both sleeves – these will become your bag handles.
- WIDEN THE NECK**
Cut around the neckline to make a bigger opening. This is where the bag will open from.
- TURN THE SHIRT INSIDE OUT**
This keeps the fabric hidden inside for a cleaner look.
- CUT FRINGE AT THE BOTTOM**
At the bottom of the shirt, cut vertical strips (about 2-3 cm wide and 7-10 cm long).
- TIE THE FRINGE**
Tie each pair of strips into tight knots. For extra strength, double knot them.
- (OPTIONAL) MAKE IT STRONGER**
Tie adjacent strips together (one from each knot) to close any small gaps.

10 Simple Ways to Save the Planet

Plant More Trees

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Recycle & Sort Your Waste

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Use Clean Energy

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Bike or Walk More

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Build Eco-Friendly Homes

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Support Sustainable Products

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Say No to Single-Use Plastics

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Protect Clean Water

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Small actions. Big impact.
Be the change for a cleaner world.



Grow your own Micro Greens

Earth Day Initiative

Earth Day reminds us to take care of our planet. Plant are very important because they give us oxygen, clear the air, and make Earth beautiful. By planting and protecting trees and plants, we help keep our environment healthy for people, animals, and future generations."

ZIRWA FATIMA
6D

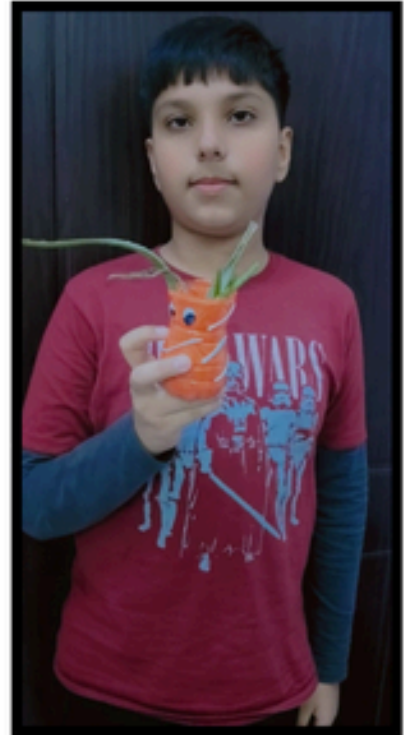
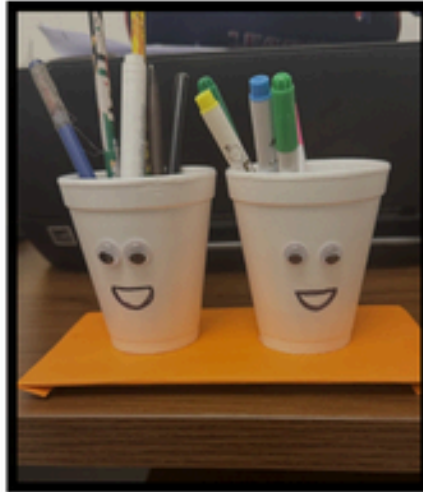




Trash To Treasure

I made a desk organizer using an empty box. I covered it with gift wrapping paper and decorated it with ribbons and small items. I reused waste materials to create something useful.

Name: Muhammad Ali Asghar
Class: 5C
House: Equity



GREEN PODCAST SEASON 3

Bringing expert voices into meaningful conversations, Green Podcast Season 3 continued to provide students with a valuable platform to explore sustainability through the perspectives of professionals and leaders from diverse fields.

This season featured distinguished guests including Mr. Michael Rivera from Dubai Municipality, who shared insights on food safety, nutrition, and responsible public health practices; Mr. Moaz Sawaf, a conservation and environmental education expert, who spoke about sustainability, environmental awareness, and the role of education in creating a more sustainable future; Mr. Julius, Schools Engagement Manager at Murdoch University, who highlighted the importance of student engagement and future pathways in higher education; and Professor Lyubo, who offered valuable academic and research-based perspectives on Moss , and how could one convert an idea into a sustainable business.

The Green Podcast, led by the Green Team, is a sustained initiative that connects students with industry experts and encourages informed discussions on environmental and sustainability-related topics. By learning directly from experienced professionals, students are exposed to new ideas, real-world challenges, and diverse pathways that contribute to a more sustainable future.

Green Podcast Season 3 kept it's promises to continue inspiring curiosity, critical thinking, and environmental awareness across the school community.



GREEN PODCAST SEASON 3 : FEATURING DR. VIJAYAKUMARI SATHYAN

23RD OF JANUARY 2026, FRIDAY

Through its Green Podcast initiative, The Westminster School, Dubai provides students with a platform to engage in meaningful discussions on sustainability, leadership, and environmental responsibility. As a part of Green Podcast Season 3, students hosted a special episode featuring , whose leadership has played a significant role in advancing the school's sustainability journey.

During the podcast, Dr. Sathyan shared her experiences as an educator, offering insights into her leadership philosophy, the value of lifelong learning, and the role of education in shaping responsible global citizens. A key focus of the discussion was the school's achievement of the Green Flag Award, highlighting the dedication and teamwork of students, staff, and the wider school community throughout the Eco-Schools journey.

The episode encouraged students to reflect on their environmental responsibilities and demonstrated how small actions can contribute to a more sustainable future. By promoting awareness, critical thinking, and student voice, the Green Podcast continues to inspire and empower young people to become positive changemakers while supporting the school's commitment to sustainability.



MINDFUL IFTAR - REDUCE AND REUSE INITIATIVE

RAMADAN 2026

As part of The Westminster School, Dubai's ongoing commitment to sustainability and responsible living, the Eco-Committee launched the "Mindful Iftar – Reduce & Reuse" initiative during the holy month of Ramadan. The initiative encouraged students and their families to adopt mindful eating habits and reduce food waste during iftar while embracing the values of gratitude, moderation, and environmental responsibility.

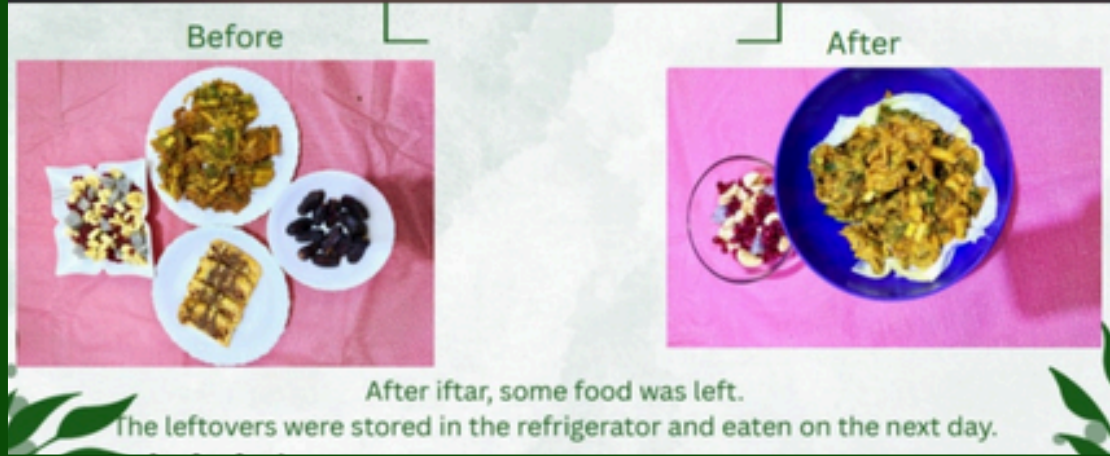
Students were invited to document four iftar meals throughout Ramadan by taking photographs before and after each meal and reflecting on how any leftovers were managed. Through this activity, students demonstrated responsible practices such as saving food for suhoor, storing leftovers for future meals, sharing excess food with family members, and minimizing waste through careful meal planning.

The initiative provided students with an opportunity to connect the values of Ramadan with sustainable living. By observing their own food consumption habits, participants developed a greater awareness of the environmental impact of food waste and the importance of making thoughtful choices regarding food preparation and consumption.

The project also encouraged meaningful family involvement, as students worked alongside their families to practice responsible food management at home. Through reflection and documentation, students gained a deeper understanding of how small everyday actions can contribute to a more sustainable future.

The Mindful Iftar – Reduce & Reuse initiative successfully promoted environmental awareness while reinforcing the spirit of gratitude and responsibility that lies at the heart of Ramadan. It served as a valuable reminder that sustainability begins with simple, conscious choices and that every effort to reduce waste contributes to the well-being of our communities and our planet.

GLIMPSES FROM STUDENT WORK



ECO - CODE RENEWAL PROJECT LAUNCH ASSEMBLY

21ST OF MAY 2026, THURSDAY

As part of The Westminster School, Dubai's ongoing commitment to sustainability and environmental responsibility, the Eco-Committee launched the Eco-Code Renewal Project to develop a new school Eco-Code that reflects the values, aspirations, and environmental commitments of the entire school community.

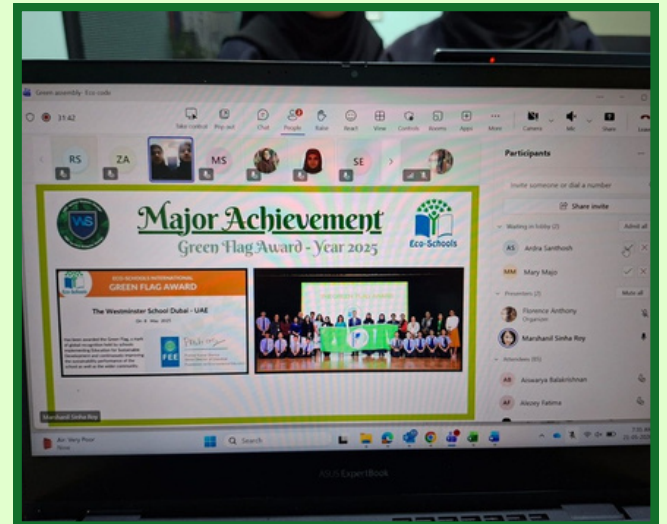
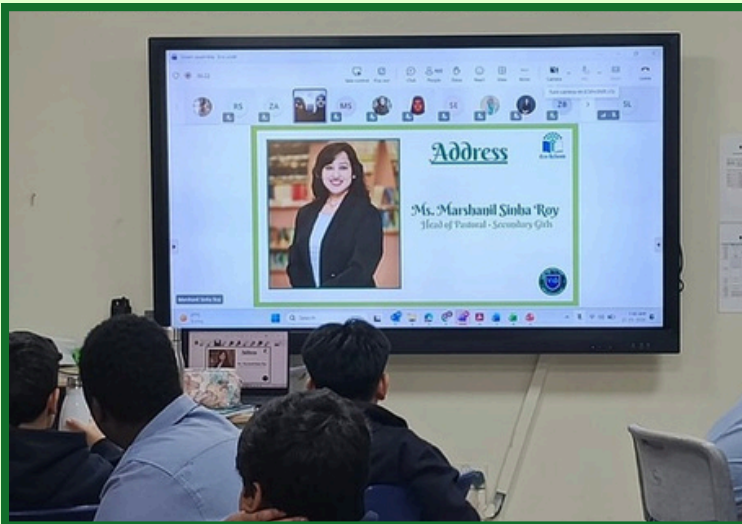
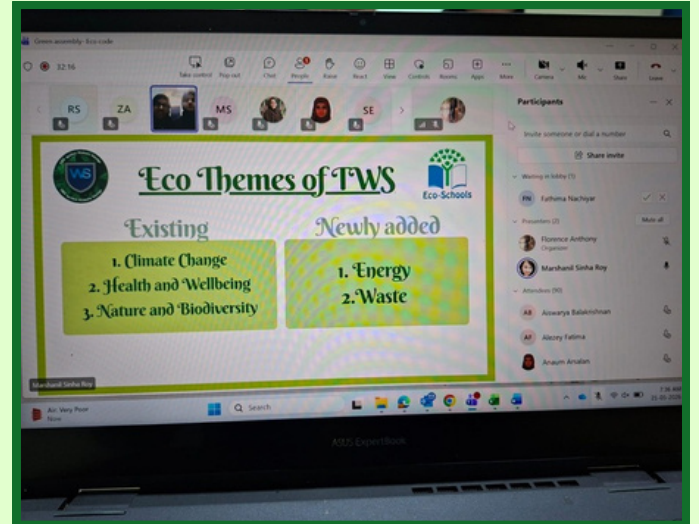
During a special assembly, students were introduced to the purpose and importance of an Eco-Code as a shared statement that guides the school's sustainability journey. The assembly highlighted the need for broad participation in the Eco-Code creation process, ensuring that the voices of students across all year groups contribute to the development of a meaningful and representative environmental pledge.

Students were encouraged to create Eco-Code statements linked to the school's five sustainability themes: Climate Change, Health and Wellbeing, Nature and Biodiversity, Energy, and Waste. Primary classes were invited to collaborate on a class Eco-Code Promise, while secondary students were encouraged to submit individual Eco-Code statements through dedicated online forms.

The initiative aims to promote environmental awareness, encourage critical thinking about sustainability issues, and empower students to take an active role in shaping the school's environmental vision. Through discussion, reflection, and participation, students are given the opportunity to consider how their actions can positively contribute to a more sustainable future.

By involving learners from across the school, the Eco-Code Renewal Project strengthens student voice and fosters a collective sense of responsibility towards environmental stewardship. The ideas gathered through this initiative will be reviewed and incorporated into a new Eco-Code that will guide the school's sustainability efforts in the coming academic year.

The Eco-Code Renewal Project serves as an important step in strengthening the school's commitment to the Eco-Schools programme while encouraging every member of the school community to play an active role in protecting the environment and promoting sustainable practices.



PROMOTING HEALTHY EATING HABITS AMONG TEENAGERS

As part of an action research project examining the impact of food choices on teenagers' health and well-being, a series of engaging initiatives were conducted to encourage healthier eating habits and increase awareness about nutrition.

Students participated in the Food Colour Challenge, which encouraged them to consume fruits and vegetables of different colours and understand the nutritional benefits associated with a balanced diet. A Hands-Out Activity was also organized to educate students about healthy food choices and suitable alternatives to commonly consumed junk food.

To promote self-awareness, students maintained a Food Tracking Calendar where they recorded their daily meals and snacks. This activity encouraged them to reflect on their eating habits and identify areas where healthier choices could be made.

A significant contribution to the project was made by Aster Hospital, whose doctors and healthcare professionals conducted informative sessions on adolescent nutrition, healthy lifestyles, BMI awareness, and the effects of junk food consumption. Their expert guidance helped students better understand the connection between food choices, energy levels, and overall health.

Reflection formed an important part of the action research process. Through discussions, food tracking, and participation in the various activities, students became more conscious of their daily eating habits. Many demonstrated a greater understanding of the importance of balanced nutrition and showed increased willingness to make healthier food choices. The project highlighted that awareness combined with practical activities can positively influence students' attitudes towards healthy living.

Overall, the collaboration with Aster Hospital and the implementation of interactive activities created a meaningful learning experience that promoted healthier lifestyle choices among teenagers.



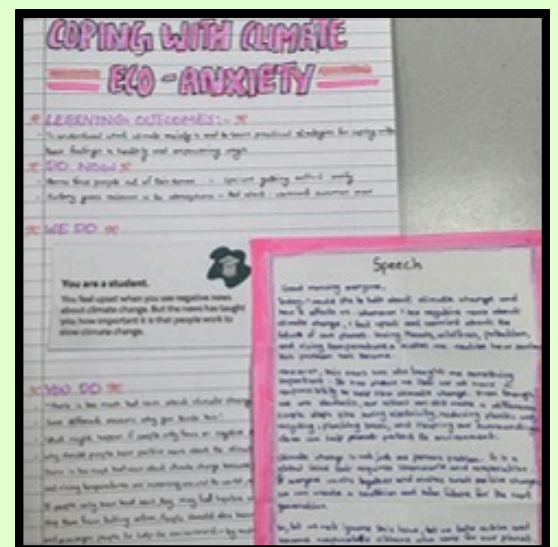
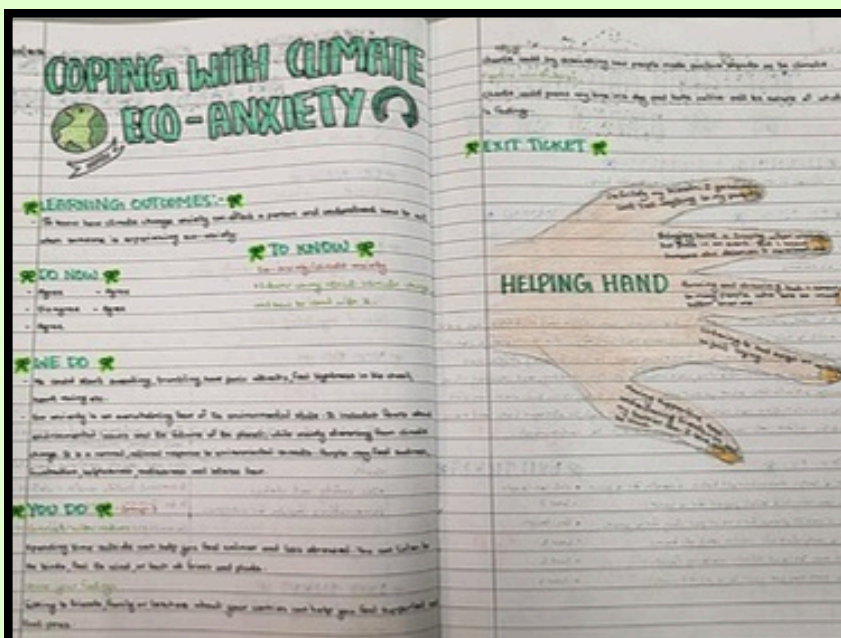
ECO-ANXIETY AWARENESS AND COPING STRATEGIES

13TH OF MAY 2026, THURSDAY

As part of the Life Skills curriculum, Year 8 students participated in an engaging lesson on eco-anxiety awareness and coping strategies. During the session, learners explored the meaning of eco-anxiety and developed an understanding of its causes, effects, and impact on wellbeing and motivation. They began by identifying everyday reminders of climate change and reflecting on the emotional responses these can trigger, helping them recognise eco-anxiety as a natural reaction to environmental concerns.

Students then engaged in a range of interactive tasks designed to deepen their understanding of the topic. These included guided discussions, role-play activities, and a structured debate, where learners examined different perspectives on climate change and the influence of environmental news on individuals and communities. As part of the task, each student also prepared and delivered a short speech from a assigned perspective, allowing them to develop empathy, communication skills, and confidence in expressing their ideas.

The lesson also introduced coping strategies for emotional wellbeing, such as talking about feelings, taking environmental action, limiting negative news, and connecting with nature. It ended with a reflection where learners identified ways to manage eco-anxiety in a balanced and constructive way.



OUR OWN KITCHEN GARDEN

21ST OF MAY 2026, THURSDAY



As part of the “Our Own Kitchen Garden” initiative, students engaged in a home-based gardening project designed to provide hands-on experience in growing edible plants. The activity encouraged them to connect with nature, understand sustainable food production, and develop responsibility through caring for living plants.

Students began by selecting suitable edible plants and preparing containers or garden spaces for planting. They learned how to sow seeds correctly, ensure proper spacing, and maintain a consistent care routine involving watering, sunlight exposure, and monitoring growing conditions.

Throughout the project, students observed and recorded each stage of growth, from seed germination to sprouting, leaf development, and healthy plant formation. This allowed them to develop a clear understanding of the plant life cycle from seed to harvest.

The project successfully met its objectives by helping students understand the essential requirements for plant growth, including sunlight, water, air, nutrients, and care. It also built key skills such as observation, patience, responsibility, and basic gardening techniques, while reinforcing awareness of healthy eating and environmental sustainability.

Overall, the activity provided a meaningful real-life learning experience. By nurturing plants over time, students developed confidence, independence, and a deeper appreciation for nature, while being encouraged to adopt environmentally responsible practices at home.

THE HIDDEN COST OF AI: A STUDENT-LED ASSEMBLY ON SUSTAINABILITY

15TH OF JUNE 2026, MONDAY

Conducted by Syeda Noor Fatima and Mishal Anjum, this assembly highlighted the environmental impact of Artificial Intelligence and encouraged students to reflect on the relationship between technology, sustainability, and everyday choices. Delivered to students across the school, the assembly challenged the common belief that one person cannot make a difference, reminding the audience that meaningful change begins with small, conscious actions.

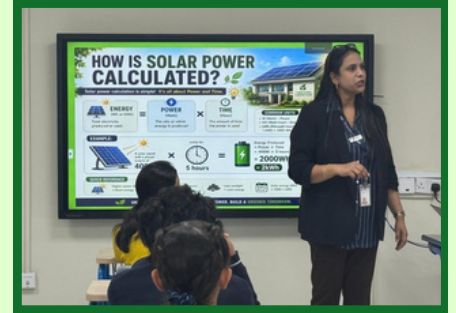
Through a powerful and informative presentation, students were introduced to the hidden environmental costs of AI, including the large amounts of water and electricity required to power data centres and process digital prompts, searches, and responses. The assembly explored how the increasing use of AI and digital technology contributes to wider environmental concerns such as resource consumption, water scarcity, and global warming, helping students understand that convenience often comes with an unseen cost to the planet.

The audience remained engaged throughout as they were encouraged to think critically about their own use of technology and whether every task truly requires AI. Students were also introduced to Ecosia, a more sustainable search engine that uses its profits to support tree planting and ecosystem restoration projects, and were encouraged to consider it as a practical alternative in their daily lives. The assembly concluded with a strong call to action, leaving students with the message that protecting the environment does not always require large-scale change, but can begin with the small decisions each of us makes every day.



POWERING CHANGE: STUDENT SOLAR AUDIT INITIATIVE

18TH OF JUNE 2026, THURSDAY



As part of an exciting sustainability-focused initiative, students took part in a collaborative session centred around the school's newly installed solar panels located on the Multipurpose Hall roof. Led by the Operations Team, with valuable input from Ms Anjana Nair, who provided a physics-based perspective, the session introduced students to the practical side of renewable energy and how solar power can be monitored and evaluated within a real school setting.

During the session, students discussed how they would work together as part of the audit team to plan, calculate, and analyse data related to the school's solar panel system. They were introduced to different ways of calculating energy and began exploring how solar output can be measured and interpreted. This gave students an opportunity to connect sustainability with real-world scientific and mathematical applications, while also developing a clearer understanding of how renewable energy systems operate.

The session marked the beginning of an important student-led process, where members of the audit team will continue working together to monitor and evaluate data from the school's solar panels. By engaging directly with the school's sustainability infrastructure, students are not only strengthening their understanding of clean energy, but also contributing to a meaningful project that supports environmental awareness and responsible energy use within the school community.

PURGING PESTERING PLASTICS: LEARNING BEYOND THE CLASSROOM

29TH OF JUNE 2026, MONDAY

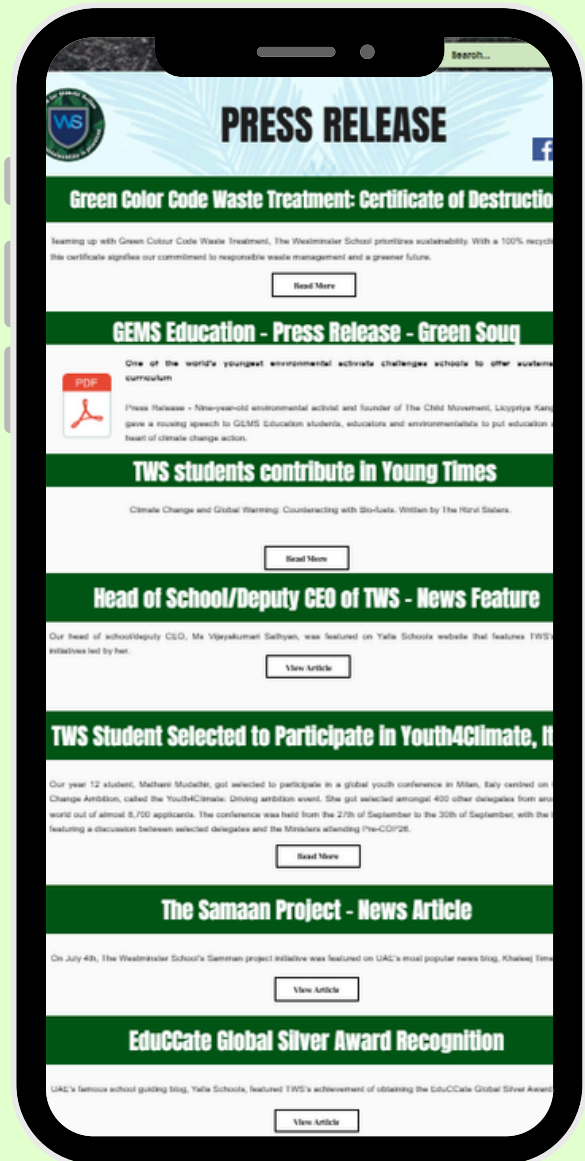
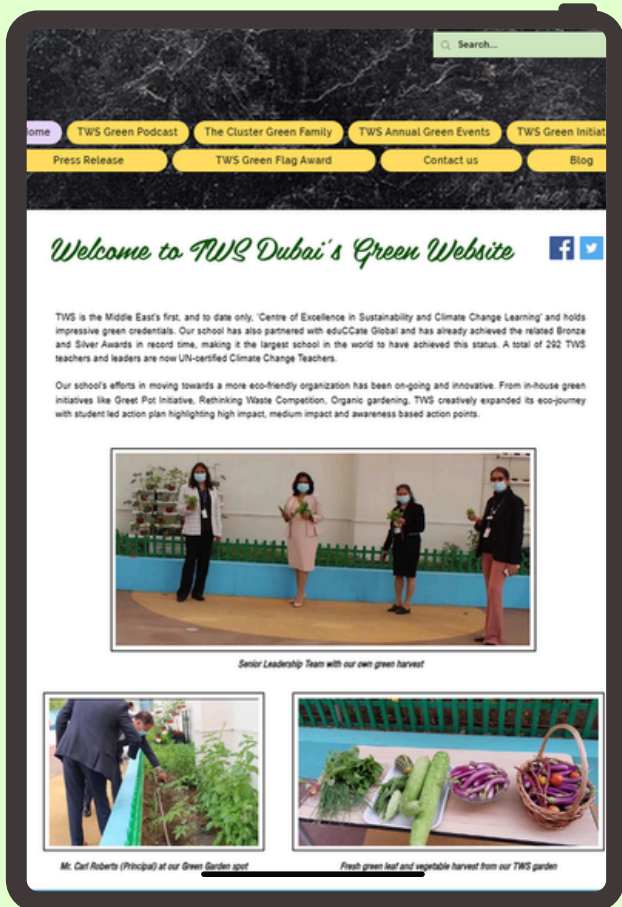


As part of the "Purging Pesterer Plastics 2026" initiative, a group of students visited the Emirates Environmental Group (EEG) Headquarters to gain first-hand insight into environmental conservation and sustainable waste management. The educational visit provided students with the opportunity to connect their classroom learning with real-world sustainability practices while reinforcing the importance of individual and collective action in protecting the environment.

During the visit, students proudly handed over the plastic waste collected through the school's recycling initiative, contributing to EEG's ongoing efforts to promote responsible waste management across the UAE. They also learned about the significance of recycling, the environmental impact of plastic pollution, and the role that organisations such as EEG play in driving community-wide sustainability initiatives. The experience encouraged students to recognise how small, consistent actions can create meaningful environmental change.

The visit served as an inspiring learning experience, motivating students to continue making environmentally responsible choices both within and beyond the school community. By participating in this initiative, students strengthened their understanding of sustainability and demonstrated their commitment to building a cleaner, greener future through active environmental stewardship.

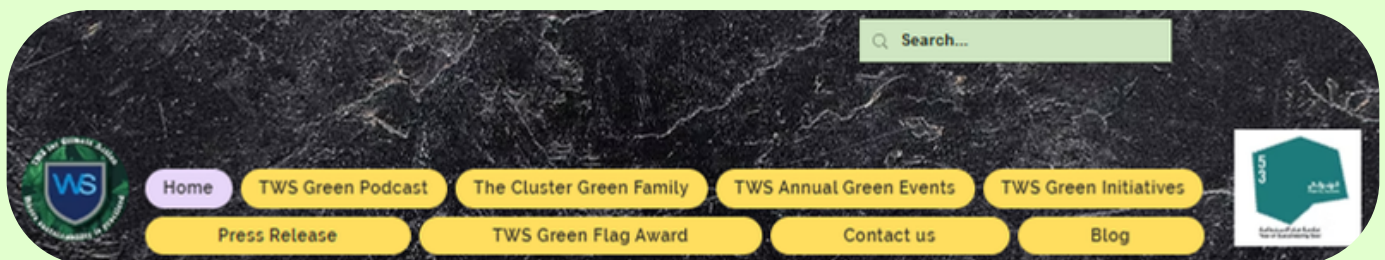
OUR GREEN WEBSITE



SCAN
QR
CODE!



All the curious readers are encouraged to scan the qr code and see our amazing green website to get an insight into our Green Endeavours.



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