A Celebration of Vintage
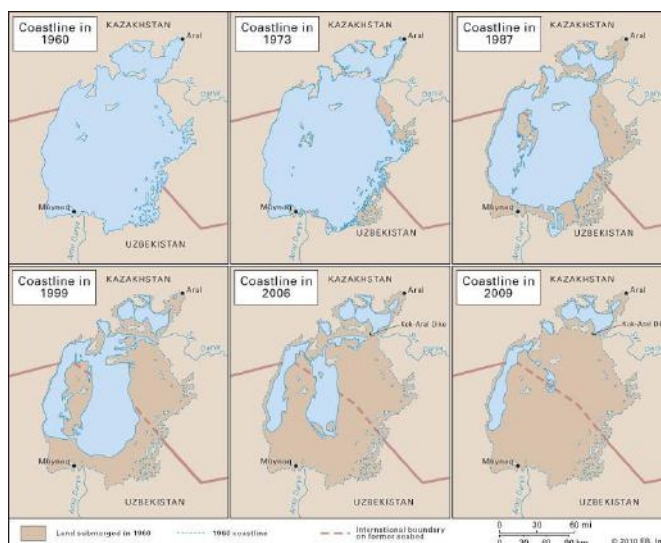
We've seen a lot in the news over the last few year about the environmental impact of fashion on our planet. The throwaway culture of clothing is having a huge impact on our climate, local rivers and water supplies.

One of the most stark examples of this is the Aral Sea between Kazakhstan and Uzbekistan, which was once larger than the whole of Wales. Diverting the two main rivers that fed the sea in order to provide water for huge cotton plantations led to the sea almost completely drying up, which had a devastating effect on local people and wildlife.

Just one t-shirt uses as much water to produce as a person would drink in three whole years! The CO2 from making one pair of jeans would be equal to driving about eight miles in an average car.

To try and slow down our clothing consumption, we have seen a big increase in upcycling and reuse of clothes. This is something easy, fun and positive we can do for our planet. We've seen some fabulous upcycling projects in schools over the last year, which we've loved hearing about.

Your challenge is to hold a day in school where everyone comes wearing at least one item of reused clothing (or more if they can). It could be a hand-me-down jumper, a charity shop t-shirt or an upcycled pair of shorts.

It will be important to link it to the environmental impacts of clothing to help get the message across and empower people to take an easy and positive step for the planet.

It would be great to link it to a 'ditch the car' day or even a 'day in the dark' to further emphasise some positive actions that we can all do.

Extension: If you don't already, look into setting up a regular swap shop in school for clothes, toys, books, games or anything else that you can think of. If you're feeling super clever, you could work out how much water you've saved from all the clothes that have been given a second life; how quickly can you fill a swimming pool?

Please let us know if you take part in a challenge by emailing eco-schools@keepwalestidy.cymru or tweeting @EcoSchoolsWales

Eco-Schools; we are the spark for an eco-revolution!