

THE THRIVE ENVIRO MODEL

www.thrive.org.za

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“WHAT IS THE THRIVE ENVIRO MODEL?”

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THE THRIVE MODEL

The Thrive Enviro Model has grown out of years of experience on the ground with local Schools and Communities. It is an approach which has been tested through a local Sustainable Schools Program in Hout Bay, Cape Town.

Thrive now offers this free toolkit to help you offer a fun extra mural activity at your school and in your community.

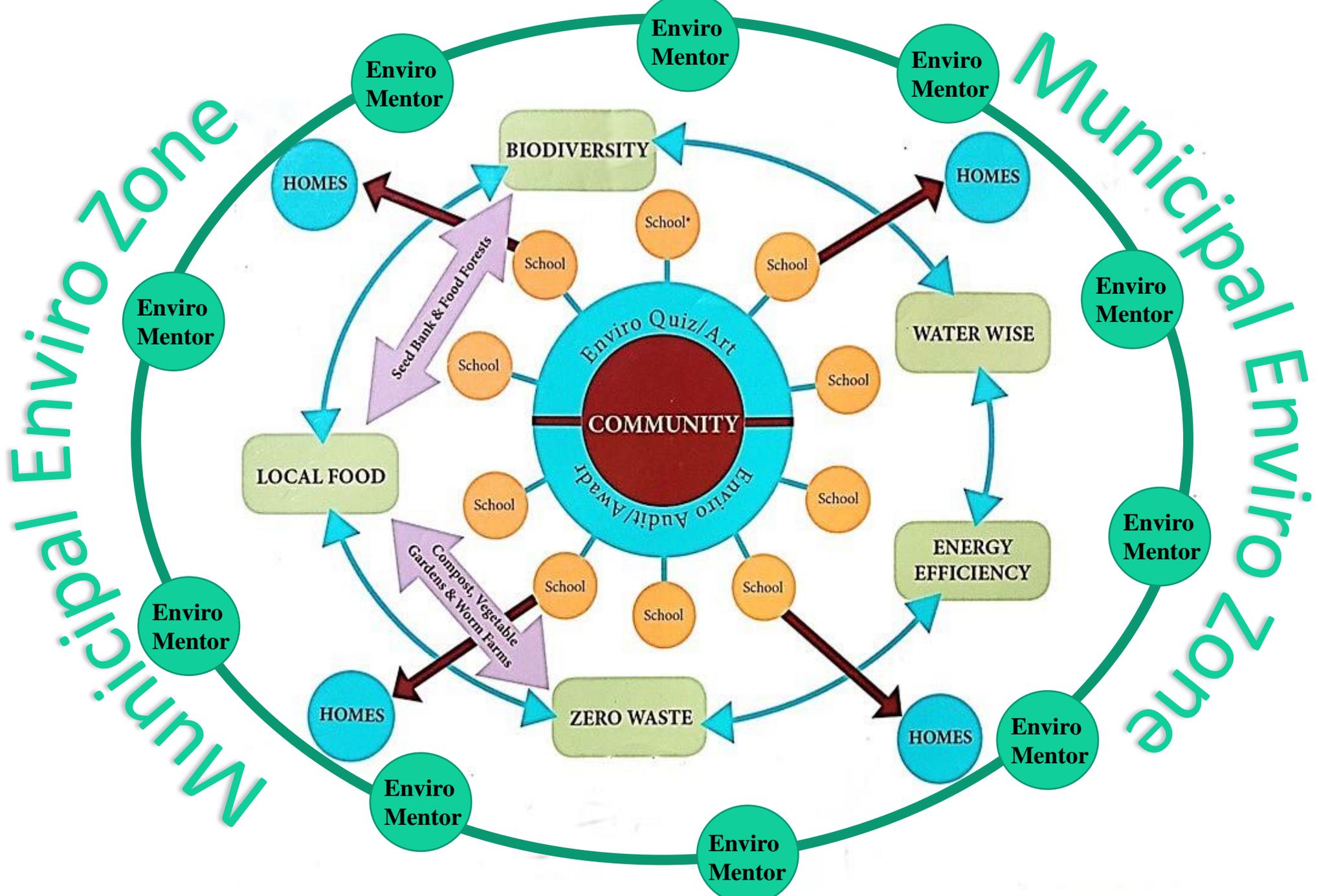
Since 2008, the Thrive Team has engaged with learners to care for the environment and to be champions for this cause.

Our primary objective is to be a leading model in the development and promotion of environmentally sustainable living practices which enhance the health, social wellbeing and economic viability of local communities.

We now freely share our Enviro Program with you to use in your own area.

We hope you will find this a practical guide for your learners to engage with their environment, wherever you may be located. In so doing, you will be preparing them to step up and take their places as the environmental custodians of our planet.

Eco Heroes arise!



Enviro Zone

Made up of the Enviro Mentors from each Enviro School who form Enviro Zone Committee. One Enviro Mentor elected as Co-Ordinator for the Year. The ideal situation would be to have a motivated, energetic member of the local Municipality either Chair or Co-ordinate this committee.

At Each Enviro School

- Enviro Mentor and Teacher
- Groundsman or Gardener
- Worm Farm, Compost Heap
- Veggie Gardens, Fruit Trees
- Recycling in class
- Waste separation bins
- Each learner takes home the message to family and community

THE ENVIRO MODEL

The Smart Living Handbook

Shared by kind permission of the City
of Cape Town:

Unit: Environmental Capacity Building,
Education and Training
Branch: Environmental Planning and
Sustainability
Department: Environmental Management
Directorate: Spatial Planning and Environment

As we share the Thrive Enviro Model further afield, our vision is to encourage schools to offer this extra mural program in their own small corner.

This involves initiating an Enviro Zone where you live. Ideally, the Enviro Zone would be created and managed by forward thinking municipalities, municipal managers of vision and integrity, who want to join hands with the community members of their jurisdiction.

In so doing, municipalities will be setting in motion something that will effectively run itself, if it has the support and structure that a municipality can offer. A sustainable option is for the Enviro Zone Co-Ordinator to be an employee of the municipality.

In this way the municipality could claim all outcomes and successes as its own, sharing the kudos with schools, learners and community members alike.

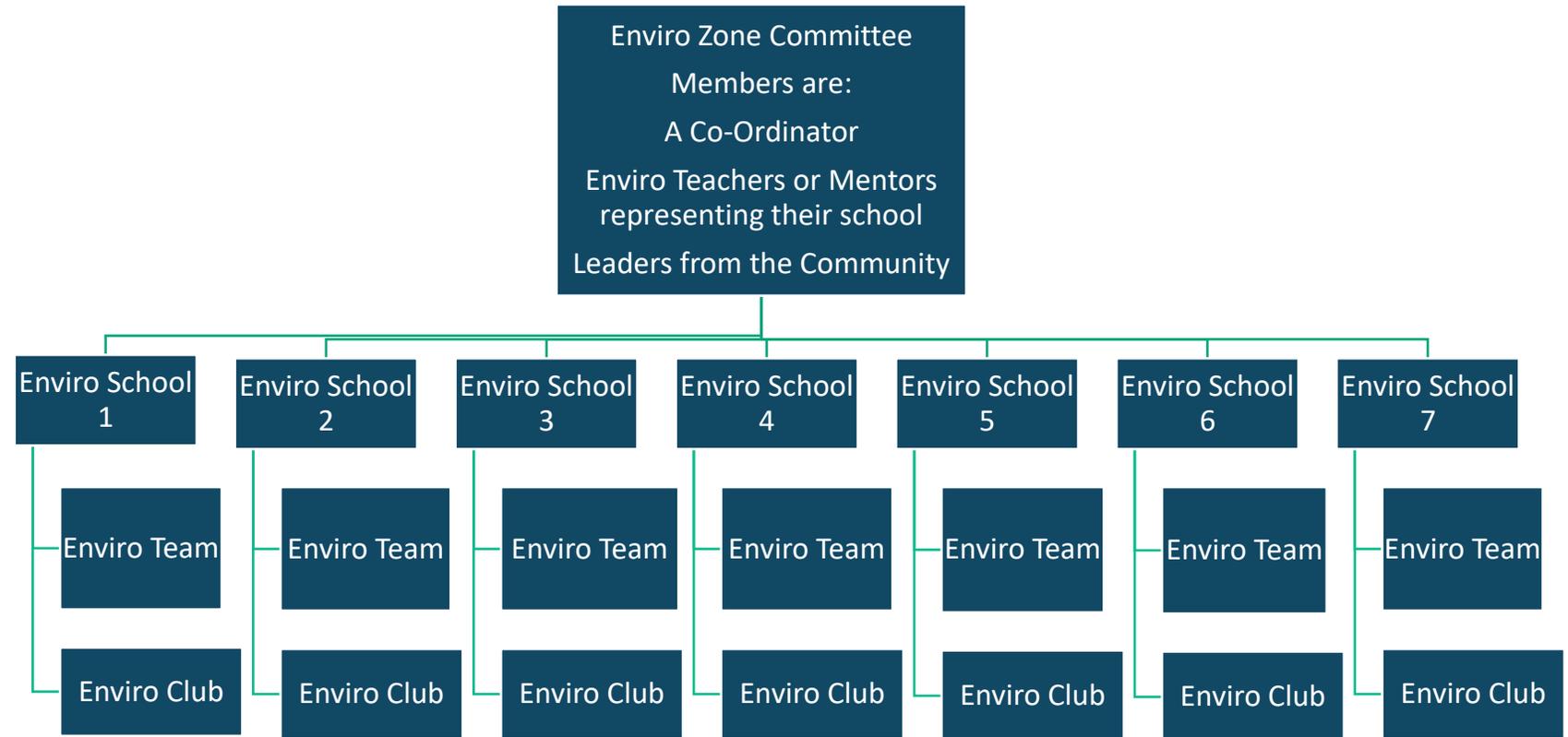
This Enviro Program interfaces with the **Smart Living Handbook** by kind permission of the City of Cape Town.

“HOW CAN WE
OFFER THRIVE’S
ENVIRO PROGRAM IN
OUR AREA?”

- **ENVIRO ZONE**
 - **Committee**

 - **ENVIRO SCHOOL**
 - **Enviro Team**

 - **ENVIRO CLUB**
 - **Eco Heroes**
 - **Enviro Curriculum**
- Events**
- Resources**



1. Components

- **Enviro Zone**
 - **Committee**
- **Enviro School**
 - **Enviro Team**
- **Enviro Club**
 - **Eco Heroes**
 - **Enviro Curriculum**

2. Events

- **Enviro Zone Meetings**
- **Enviro School Meetings**
- **Enviro Club Weekly Meets**
 - **Activities**
 - **Outings**
 - **Garden**
- **Enviro External Audit**
- **Enviro Audit Presentation Event**
- **Enviro Quiz Art Event**

3. Resources

- **Enviro Program**
- **CoCT Smart Handbook**
- **Enviro Garden Guide**
- **Enviro Quiz Articles**
- **Enviro Toolkits**
- **Your own resources**
 - **Videos, articles, photos, stories, newsletter, WhatsApp group, FB Page**

ENVIRO ZONE

- **Meet** with like-minded schools in your immediate vicinity to agree to cooperate on the program, and name it for your area.
- **Appoint** an Enviro Committee comprising representatives from your participating schools, ideally adults who are inspired to become the School Mentors and Enviro Teachers.
- **Nominate** a Champion School who is prepared to host the Program events over the school year. This host school might change from year to year. It is a great opportunity for an affluent school to share with lesser resourced schools.
- **Elect** a Co-Ordinator to co-ordinate your area's Enviro Program and call 4 meetings a year.

ENVIRO ZONE

4 Enviro Zone Meetings a Year - Meet at the beginning of each term

- **Term 1: Initial meeting to sign MOU's between Schools and Enviro Zone**
- **Term 2: School Mentor meeting**
- **Term 3: Enviro Audit Event Preparation Meeting**
- **Term 4: Enviro Quiz Art Event Preparation Meeting**

ENVIRO SCHOOL

- **Lead:** Your Enviro School's success is fully dependent on the buy in and support of your school leadership. Successful Enviro Schools are those who have a **Principal** and **Governing Body** who are committed to supporting the program.
- **Motivate:** Successful Enviro Schools put **policies and procedures** in place and initiate guidelines for staff, right down to the writing of Enviro Program outcomes into individual **job descriptions**, typically of the **Groundsman** (for Local Food Gardens) and the **Life Orientation** or Life Sciences teacher (for the Enviro Club).
- **Drive:** Along with the Principal and Enviro Teacher, the **Enviro Mentor** adds an important dimension to the Enviro School team. The ideal candidate is a passionate involved parent who embraces the opportunity to support and inspire learners to care for the environment and to drive the school's Program.

ENVIRO CLUB

- **Encourage:** The Enviro Teacher and Enviro Mentor are there to encourage and inspire learners to commit to a worthwhile program that will have an **impact on the environment**.
- **Commit:** The Enviro Club is a weekly extra mural activity, for the learners, by the learners. Adult leaders should guide, support and facilitate **independence and leadership** in the Eco Heroes.
- **Initiate:** Activities initiated by learners will be the most fun and will be more sustainable than projects introduced from top down. It's not about achieving checkbox outcomes, it's about real change on the ground.
- **Share:** These young Eco Heroes are champions for the environment within their own school. Look for ways to share success stories and projects at school assemblies and Life Orientation classes across the school. **Peer learning** is the best way to inspire other learners.

ENVIRO PROGRAM Overview

Enviro Program

Download the full
program as a Word
Document

AIMS AND OBJECTIVES

- **To inspire an interest in the environment**
- **To learn about the importance of working towards a sustainable environment**
- **To educate learners and their families about responsible environmental management**
- **To plan and execute wise and helpful environmental management projects**
- **To make sustainability exciting and fun**

ENVIRO CURRICULUM

- Session 1 EcoHero Orientation
- Session 2 EcoHeroes Explore their School and conduct a Baseline EnviroAudit
- Session 3 EcoHeroes Investigate WASTE
- Session 4 EcoHeroes Activate fight against WASTE
- Session 5 EcoHeroes Investigate LOCAL FOOD
- Session 6 EcoHeroes Activate to grow LOCAL FOOD
- Session 7 EcoHeroes Investigate BIODIVERSITY
- Session 8 EcoHeroes Activate to restore indigenous plants, animals, habitats
- Session 9 EcoHeroes Investigate WATER
- Session 10 EcoHeroes Activate saving WATER
- Session 11 EcoHeroes Investigate ENERGY
- Session 12 EcoHeroes Activate renewable ENERGY
- Session 13 EcoHeroes Share – Eco Heroes learn how to share WASTE, LOCAL FOOD, WATER, BIODIVERSITY, ENERGY stories
- Session 14 EcoHeroes are EcoChampions – Eco Heroes learn how to take it home and to the community
- Session 15 EcoHeroes hold ENVIRO SELF-AUDIT
- Session 16 EcoHeroes hold ENVIRO AUDIT PRESENTATION
- Session 17 EcoHeroes hold ENVIRO ART
- Session 18 EcoHeroes hold ENVIRO QUIZ
- Session 19 EcoHeroes hold ENVIRO MOVIE NIGHT

ENVIRO PROGRAM

The Thrive Enviro Program has been designed in such a way that you can choose how much or how little you want to do. It offers your Eco Heroes multiple choices to explore in their weekly meeting. In each pillar you will find links, ideas, resources, templates and suggestions.

There is also the opportunity to take these slides and make them your own, add your own stories, links, ideas. There is no limit to creativity when it comes to saving the world!

- Five sustainability pillars – choose an annual theme: **Waste, Water, Local Food, Biodiversity, Energy**
- Four suggested steps for each: **Inspire, Investigate, Activate, Share**
- Three manuals for templates and guidelines: **Activate Toolkit, Share Toolkit, Enviro Program SOP**
- Two annual events: **Enviro Audit, Enviro QuizArt Event**
- One curriculum outline: **Enviro Curriculum**

INSPIRE

Inspire: It begins with me, it begins with us, we can make others aware. The environmental issues facing our planet are serious and overwhelming. Children need to learn about these issues. Our youth need to be aware and to grow up caring about the problems and wanting to be part of the solution. But the issues are potentially anxiety-causing. We do not want to overwhelm them, especially in the early grades.

Click on the link to **download a PDF list** of movies to watch, with a list of questions for learners to consider afterwards.

[HOST AN ENVIRO MOVIE NIGHT](#)

INVESTIGATE & ACTIVATE

Investigate: Keep the search for knowledge fun and light-hearted.

Activate: Encourage participation and the awareness that if everyone makes a small contribution at home and in our shopping habits, together we can make a huge difference.

The Program is organized around 5 Pillars. **Click** on the Pillar of your choice to activate a **Word Doc download**.

- [Investigate and Activate WASTE](#)
- [Investigate and Activate LOCAL FOOD](#)
- [Investigate and Activate BIODIVERSITY](#)
- [Investigate and Activate WATER](#)
- [Investigate and Activate ENERGY](#)

[Environmental Outreach ACTIVATE Toolkit](#) **Click** to activate a **Word Doc Template download**.

Make a difference to the environment by launching your own green community project. Approaching it as an outreach, an act of service to your community, you can tackle a wide range of needs: Help your own school or a buddy school start a garden, clear a hiking trail in a park, or lobby your local government to provide recycling infrastructure for a green space.

SHARE

Share: The most powerful change comes when people who have been convinced then inspire and engage with others. In this day and age it is vitally important to teach our learners to be data driven and to understand why this is important. The main reason in this case - to track and show progress to the global effort to reverse an impending slide towards tipping point in Climate Change. Teach learners to tell the stories using technology.

Remember the 7 Storytelling Questions when sharing your project story.

Where? (EnviroZone Area)

When? (The Date of your activity)

Why? (The Need),

What? (The Solution)

How? (Your Activity)

Who? (Your Team), and very important

How Many? Remember to share numbers of everything...of volunteers, bags collected, money earned, items reused, seedlings planted. Count whatever you can count.

[SHARE Toolkit](#) Click to activate a **Word Doc Template download.**

SHARE

When sharing your story, make it fun and engaging! Incorporate statistics, facts and figures in a fun way as part of the narrative. For example, in your presentation to School Assembly, “We collected hundreds of plastic items on our clean-up walk. Can anyone guess how many?” Then after numerous excited guesses, give the answer and show the photo slide. You can then present the detailed statistics slide at the end as reference material for anyone who would like to use it later.

Share the Story with:

- **Your School:** Show a PowerPoint Presentation, information posters or a cell phone video of your project, to your school at School Assembly or to your school’s Life Orientation classes
- **Your Friends and Family:** Share the story on WhatsApp or FaceBook or with Instagram
- **Your Community:** Share on Community Social Media pages, Community Radio or TV, local newspaper
- **Your City:** Share with the Environmental Management Department or your local municipality
- **Your Donors:** As you move into the development world, sharing your results is vital for fundraising

ENVIRO EVENTS

The Enviro Events are fun events which can be held by participating schools, during their Enviro year. These are shown on the Enviro Calendar and are undergirded by the Enviro Curriculum. In the following pages we provide guidelines for all these activities. To keep tabs on all your schools and scores, use the [Enviro AuditQuizArt Scoresheet](#) template.

- Enviro Audit Event activities are undertaken during the school year.
 - Baseline Audit and Internal Audit
 - External Audit
 - Audit Presentation Preparation and Audit Event
- Enviro Quiz/Art Event at which the top Green Schools are announced.
- Outings
- Movie Night

RESOURCES

- [The Smart Living Handbook](#)
- [Enviro Program](#)
- [Investigate Toolkit WASTE](#)
- [Investigate Toolkit LOCAL FOOD](#)
- [Investigate Toolkit BIODIVERSITY](#)
- [Investigate Toolkit WATER](#)
- [Investigate Toolkit ENERGY](#)
- [Activate Toolkit](#)
- [Share Toolkit](#)
- [WESSA Eco-Schools](#)

WASTE PROJECT - INVESTIGATE

Investigate Toolkit WASTE

Ideas from the Smart Living Handbook 2020

- How to set up a three-bin system Page 81
- How to do a household waste audit Page 83
- Plastics – what types are recyclable and what are not Page 86
- Substitute cleaning materials vs harmful chemicals Page 99
- Substitute pest control vs harmful insecticides and pesticides Page 100

RETHINK, REDUCE, REUSE, RECYCLE Infographic

Journey Down the Waste Stream Poster

Teachers Resources Eco Heroes Waste

INVESTIGATE

Junior Eco Heroes Grade R

Teachers and Mentors can assist the very young Eco Heroes to start thinking about waste:

Read a Story:

“Dinosaurs and all that Rubbish”

Watch on YouTube:

[“Reduce Reuse Recycle, it’s very easy to do”](#)

[“Mr Bloom’s Nursery – Digging for Worms”](#)

[“Mr Bloom’s Nursery – Wake up the Seeds”](#)

Teacher’s Resources:

Go to **<https://za.cbeebies.com/shows/>** for fun, short educational videos for little ones.

INVESTIGATE

Junior Eco Heroes Primary School

Teachers and Mentors can assist the junior Eco Heroes to start thinking about the following topics:

Watch:

- [Worm Farm Animation – Vermicomposting](#)
- [Composting for Kids](#)
- [What can be done by one 9-year old with a vision](#)
- [Plastic Planet](#)

Play:

- [Wise Waste Management Game](#)

Create:

- [Write a Recycling Poem like this](#)

Read:

- [How many things can you reuse to save from landfill](#)
- [The role the youth plays in fighting plastic](#)

Teacher's Resources:

Set up a school recycling system: English, IsiXhosa, Afrikaans

[Read: Set up a School Recycling Centre](#)

INVESTIGATE

Senior Eco Heroes

Teachers and Mentors can assist the senior Eco Heroes to start thinking about the following topics:

How Bad is It?

Watch: [Plastic Pollution](#) - Plastic is creating a 400-year problem

What can this we do?

- [Read: The role the youth plays in fighting plastic](#)

Replace Plastic Packaging?

- Read: [13 Plastic Alternatives](#)
- Watch on YouTube: [A Spoon you can Eat](#)

How can we replace the wasteful Linear Economy?

- Read: [Make Fashion Circular](#)
- Watch on YouTube:
- [We consumed without limits](#)
- [Donut Economics](#)

INVESTIGATE

Community Heroes

Thrive Sustainable Communities Model

For people who want to share outwards into the community:

Community Information Sessions:

Thrive PACE IY Community Waste Training Example

Responsible waste management and a clean neighbourhood begins with each individual.

Community Survey Questions – Business and Household

It is vitally important always to engage and consult with the community about activities in their area and to work through champions and leaders to bring in what they want.

Green Waste Recycling and Food Gardens

Deep green permaculture worm-farming

Although this is an Australian article, it is comprehensive and highly applicable to South Africa.

Worm Farm guide from Rhodes University

A pictorial guide

Recycling Entrepreneurs

Plastics recycling for cash – PETCO

South African stories of waste entrepreneurs

LOCAL FOOD PROJECT - INVESTIGATE

Investigate Toolkit LOCAL FOOD

Ideas from the Smart Living Handbook 2020

- *Start your own Food Garden* **Page 145**
- *Start your own Compost Heap* **Page 147**
- *Urban Farming, Organic Agriculture, Permaculture, Seeds* **Page 115-116, 145-150**
- *Step by step Urban Community Gardening*
- *Smart Eating – Food and Climate Change – Learners Booklet*
- *Smart Eating – Food and Climate Change – Educators Guide*
- *Smart Eating – Audit Sheet*

BIODIVERSITY PROJECT - INVESTIGATE

Investigate Toolkit BIODIVERSITY

Ideas from the Smart Living Handbook 2020

- *How to make your own Spekboom Garden*
- *Smart Living Handbook - Environment* Page 108 - 155
- *Cape Town Biodiversity - VEGETATION* POSTER
- *Cape Town Biodiversity - SPECIES* POSTER
- *Endangered Western Leopard Toad* PAMPHLET

WATER PROJECT - INVESTIGATE

Investigate Toolkit WATER

Ideas from the Smart Living Handbook 2020

- *How to find and fix leaks* **Page 24**
- *How to read your water meter* **Page 33**
- *How to make a squeeze bottle to wash your hands* **Page 46**
- *Water saving tips – English poster*
- *Water saving tips – IsiXhosa poster*
- *Water saving tips – Afrikaans poster*
- *How Soils Store Water - Poster*

ENERGY PROJECT - INVESTIGATE

Investigate Toolkit ENERGY

Ideas from the Smart Living Handbook 2020

- *Do an energy audit on your home* **Page 216**
- *Determine the cost of energy in your home* **Page 219**
- *Calculate your household's carbon emissions* **Page 221**
- *Safety Quizzes - Electrical, Paraffin, Candles Coal and Wood, Gas* **Page 223 – 226**
- *Smart Cooking and Safety Guide*
- *Energy 2040* **PAMPHLET**

LAST WORD

It is imperative that we all realize the URGENT need to achieve the required environmental sustainability outcomes in the next generation. CLIMATE CHANGE is upon us. The global scientific community is extremely worried.

Thrive believes that sharing and networking is the way forward if we are to fast track to make necessary progress in the next generation.

The Thrive Enviro Program is run by you. It is free, sharable and generic. We encourage municipalities and schools to take hands with NGO's, corporates, faith and civic groups, anyone in your area who will passionately come on board with you to help initiate and maintain a vibrant, sustainable version of this model in your area, suited and adapted to your particular local challenges and needs.

We wish you every success as you focus on doing your part to save the planet in your unique, precious and irreplaceable corner of the world.

Thank you to our faithful Donors



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