

# NEWSPAPERS IN EDUCATION

WE BRING THE WORLD TO YOUR CLASSROOM



## Zero Waste Day: How you can reduce plastic waste

BY RITAH MUKASA

**M**arch 30 is the International Zero Waste Day. The day aims at promoting better waste management.

Amelia Momo Masiko, an environmentalist, says when we reduce waste, especially plastic, we protect our lives and the environment.

“Plastic pollution is getting out of hand in our communities. Heaps of plastic bottles and *kaveera* lie by the roadsides. Some people also throw rubbish out of moving vehicles or while walking. This makes our communities dirty and shameful. Proper waste management is everyone’s responsibility, and it starts with you,” Masiko says.

### WHAT YOU CAN DO

Dr Racheal Kalinaki says plastics are non-biodegradable. This means that they take a long time to break down or decay. Some plastics can take up to 1,000 years to decompose, hence damaging the soil and other natural resources such as water and aquatic animals and plants.

Animals in water can become trapped in pieces of plastics and those on land can mistakenly eat it as food. Yet, they cannot digest it. As a result, they become ill and die. But also, the chemicals from the plastics (polychlorinated biphenyls) can end up in the food we eat. The cancer causing chemicals in plastic get into the water or food and into a person’s body.

“Avoid littering, whether at home, school or when you visit,” Kalinaki says.

Dispose of any rubbish in a bin or pit. If there are no bins nearby, keep your rubbish (even if it is a small



**Pupils of Youth Initiative Primary School in Kyaka II refugee settlement used plastic bottles to build benches in their school compound. This is a creative way to reuse plastic.** PHOTOS BY RITAH

*kaveera*) until you can find a bin.

You can also reuse the plastics like the pupils at Youth Initiative Primary School in Kyaka II refugee settlement, who used empty water bottles to build benches and tables in the school compound.

Also, you can mobilise fellow children to conduct a cleanup.

You will be proud to see the huge difference you will have made in your community.

Be an anti-pollution ambassador

wherever you go. Talk to people about the dangers of plastic pollution and what they should do to conserve the environment.



## Save the Children

### Children's Platform

YOUR VOICE MATTERS

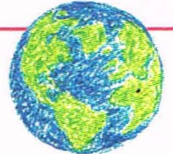
#### Plastic is a danger to our environment



**Gifty, 11, P4, Paibona P.7 School, Gulu district:** My community and the leaders should make strict laws to limit the use of plastic items.



**Sunday, 11, P4, Paibona P.7 School, Gulu district:** My community must be educated about the danger of plastic materials on soil.



### SAVE OUR PLANET

New Vision, in partnership with Save the Children, is running a campaign to sensitise the public on the causes of climate change and the measures for mitigation and adaptation. All children in primary school are invited to participate in a writing and drawing/painting competition. Prizes to win include school backpacks, readers and textbooks. To participate, write or draw a picture that conveys a message about climate change and caring for the environment. Send it to [nie@newvision.co.ug](mailto:nie@newvision.co.ug) or by WhatsApp to [0782769574/0705407920](tel:0782769574).

For newspaper bookings, call **0782 800840** or **0704344761**

**Next week's question:** Easter: What good behaviour are you deciding to adopt and maintain through life?

Send us your views & photo on [nie@newvision.co.ug](mailto:nie@newvision.co.ug)