MSJ SHOW THEIR SUPPORT FOR

MOUNT ST JOSEPH

VITAE VIA VIRTUS

CleanAirDay

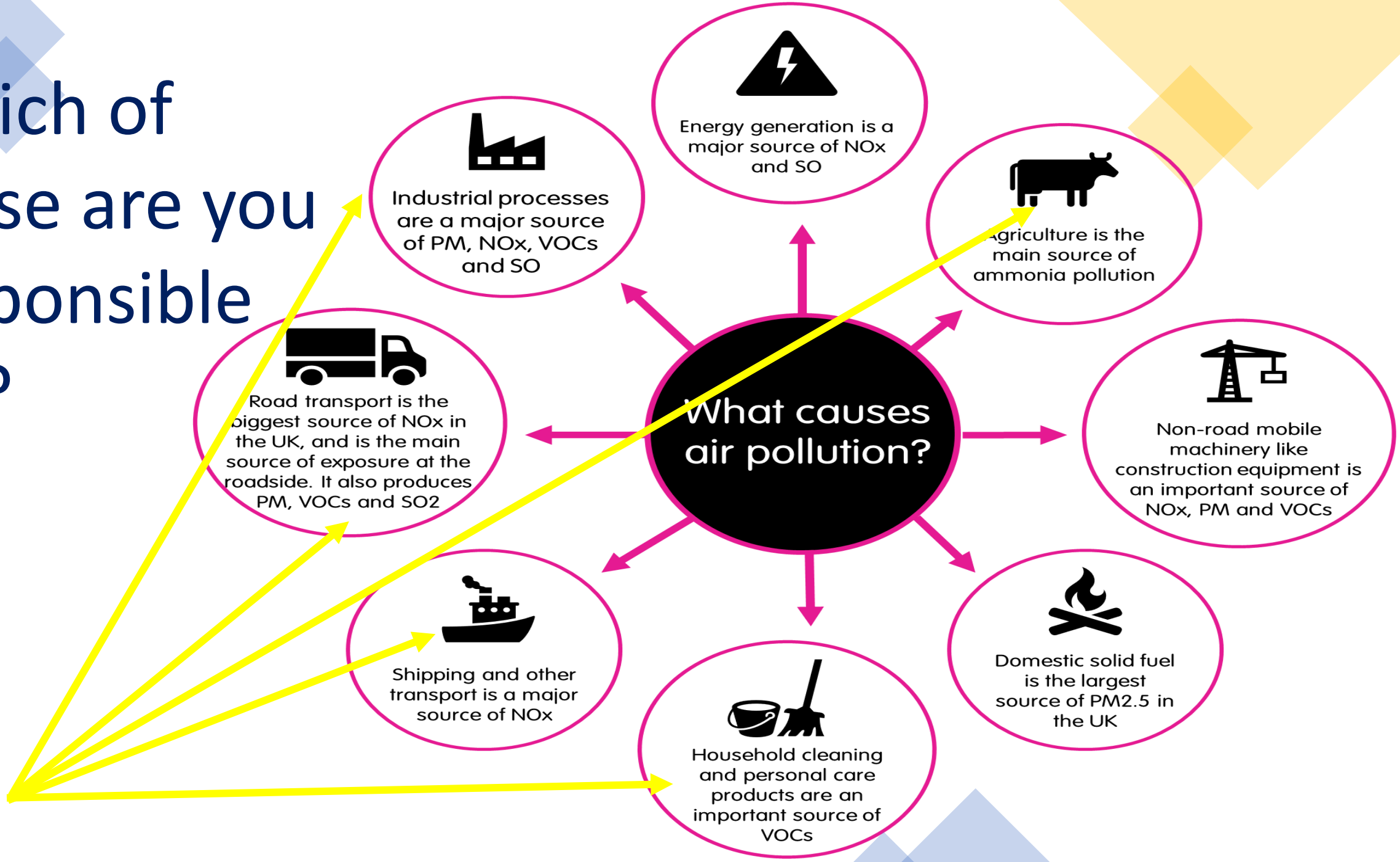
Why is this so important?

Air pollution can damage your lungs and impact your breathing.

Exposure to air pollution can cause asthma, or make symptoms of asthma worse.

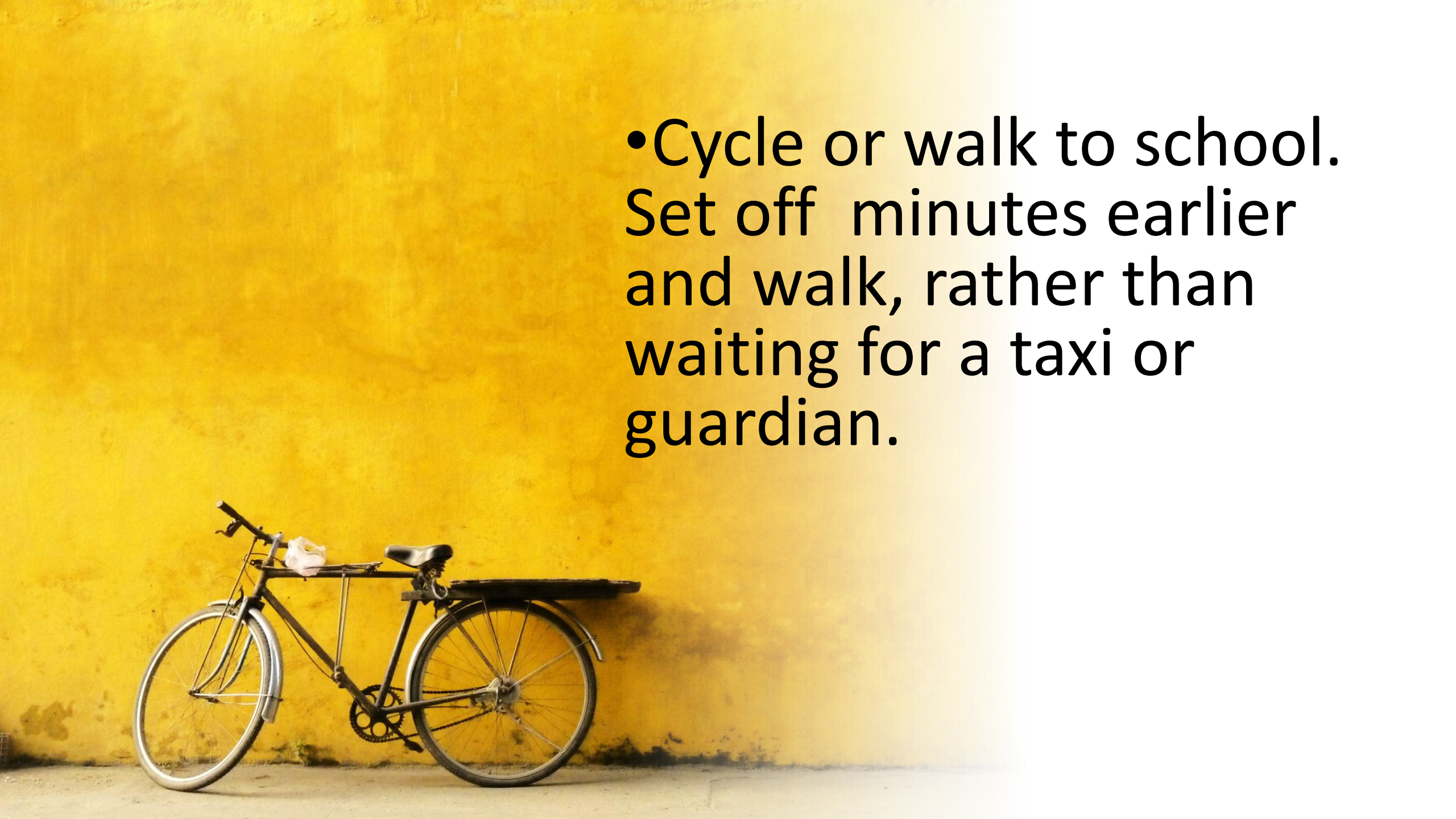
Breathing air pollution can impact your heart and cause future heart problems.

Which of these are you responsible for?



- How can you make a **change?**

- What **small steps** can you take to ensure you have a healthy future ahead of you?



- Cycle or walk to school. Set off minutes earlier and walk, rather than waiting for a taxi or guardian.

Avoid over-using aerosols (roll-ons are more efficient)

- Cut down on your meat and dairy in your diet, this contributes to excess gasses in the air.

- Remind your family and friends to use energy saving lightbulbs

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- Avoid using air conditioning, or when necessary, keep the temperature a couple of degrees higher

- Plant more trees and greenery

- Use your vote
- Vote for leaders who support clean air policies

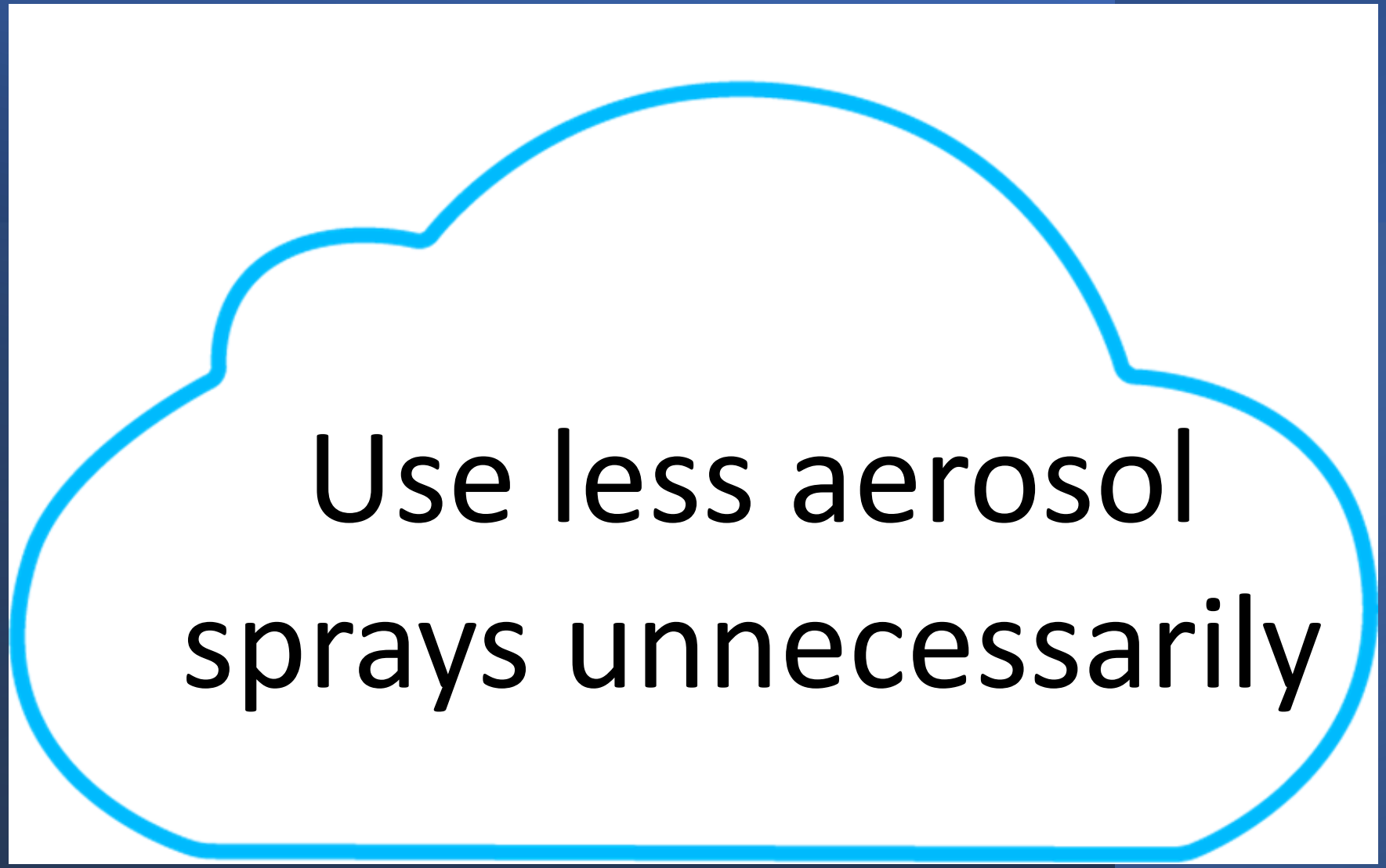
- Buy your groceries from local stores and farms, this reduces the use for lorries on the roads.

TAKE ACTION

1 Complete	**Complete your pledge card** now
2 Wear	**Wear your sticker to show your support** all day Take a form photo and send to Mrs Coote
3 Display	**Form teachers-please create a border on your** form board this week with all of the completed cards as a reminder for future

I pledge to:

#CleanAirDay


Use less aerosol sprays unnecessarily

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#CleanAirDay