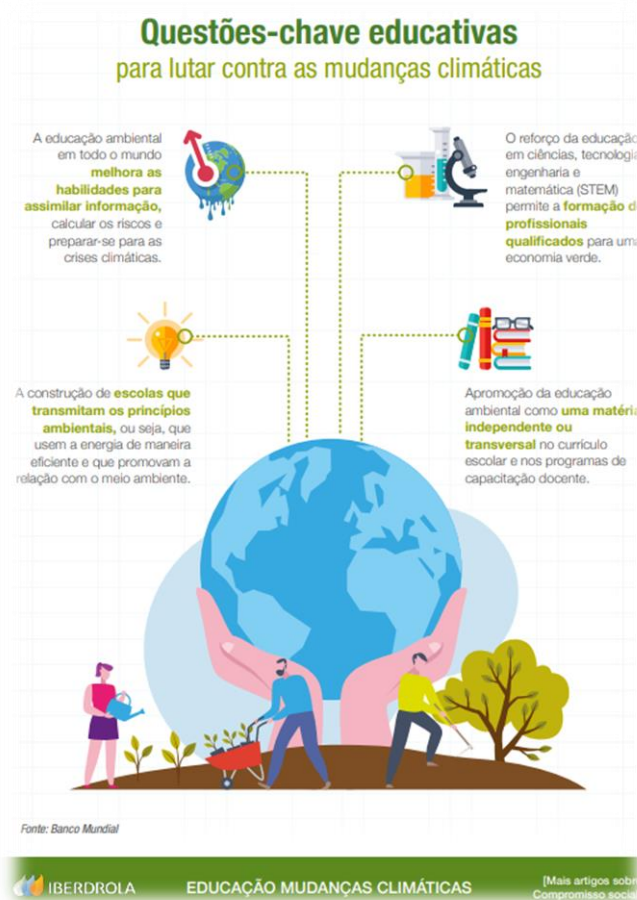


## October 2023 – Achievable goals for greater recycling

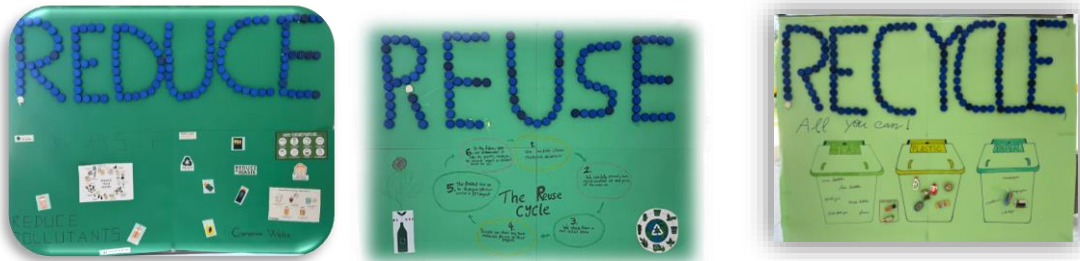
### Workable and readily available solutions to combat climate change

Climate change is the order of the day. The consequences are a concern for teachers and students. Schools are trying at all costs, and with various activities, to make students aware of this issue, encouraging them to adopt ecological and sustainable attitudes. While a few years ago this issue was only dealt with in a few subjects, such as natural sciences and biology, nowadays this issue is dealt with across the board in all subjects, as it is part of the school guiding documents for the various school years. It is urgent and very important to discuss with our students what is at the root of climate change, to understand the consequences of these changes for life on the planet and how changing our day-to-day conduct can help minimize these consequences.

Educating our students means educating their families and making them aware of environmental issues means making their families and friends aware. This way of approaching the problem is in line with UNESCO, which states that "education encourages changes in attitudes and behavior and helps to adapt to trends linked to climate change". The environmental literacy of the population, which is often unaware of environmental problems and political agreements, is fundamental to changing and improving behavior. One of the key educational issues in the fight against climate change is the role of schools in transmitting environmental principles and promoting a relationship with the environment.



To this purpose, in the various subjects, students carry out research work, information posters, debates, models with recycled materials and exhibitions about environmental change. They also take part in various activities promoted by external organizations.



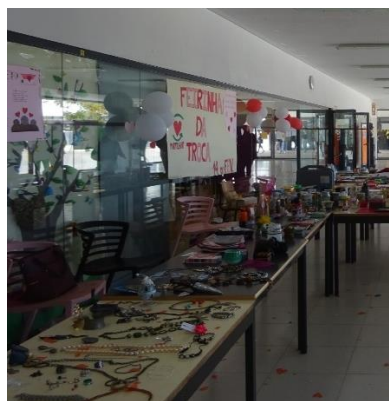
(Work done by Vanessa Teixeira's students using some recyclable materials - promoting the 3 Rs policy)



(Work done by Isabel Agostinho's students using Canva, as part of the theme of the environment and the promotion of sustainable and ecological attitudes)

Once a year, a trade fair is held under the slogan "if you got sick of it, squeezed, forgot it, hid it, let it go", where students, teachers and staff are invited to bring items they no longer use to trade for others of interest. This activity is associated with the commemoration of the Day of Affection, Love and Friendship (*Afeto, Amor e Amizade - 3'As*), while promoting a spirit of sharing and solidarity, raising awareness among the entire school community and, in particular in students of the importance of values such as friendship and respect for others, aiming to build an active and participated citizenship.





Throughout the year, the school raises awareness among students, teachers and staff to the need of adopt sustainable attitudes, promoting a reduction in the use of paper, the waste separation, and the recycling of waste of various origins (paper, plastic, light bulbs, electronic equipment, toners). Students, teachers and staff have at their disposal, in various school spaces, containers where they can deposit various types of waste which will then be collected and processed by the competent authorities.



As a way of reducing water waste and minimizing the consumption of plastic bottles, the various members of the educational community (students, teachers and staff) have two water points at their disposal, where they can fill their bottles with filtered mains water, at room temperature or chilled.

The local water company "Águas de Vila Real de Santo António" has provided all the students with a reusable bottle with the slogan "We are water".



The latest activity for students, staff, teachers and their families is the result of a partnership between the Vila Real de Santo António School Group and the company "Águas de Vila Real de Santo António" and promotes the reduction of paper costs with monthly water bills. The campaign aims to encourage families to sign up to electronic billing. By signing up to the electronic bill, they are contributing to the laying of the floor in the Snoezelen room at VRSA Secondary School. The Snoezelen room is a multi-sensory room that aims to provide sensory stimulation and/or reduce levels of anxiety and tension. The main aim of our Snoezelen room is to offer our students with greater limitations (cognitive, language or interaction) a space where they can find the human and material resources, they need to establish quality interactions and build meaningful learning.

**águaS**  
de Vila Real de Santo António

Entre **agosto e outubro de 2023** a ADVRSA vai apoiar o Agrupamento de Escolas de Vila Real de Santo António e o seu grupo de Educação Especial

**O que é a Sala Snoezelen?**

A Escola Secundária de Vila Real de Santo António, escola sede, propôs-se criar uma sala Snoezelen capaz de auxiliar na promoção do autocontrolo e da autonomia, assim como na melhoria de competências e habilidades comunicativas, atendendo à que existem inúmeros testemunhos que comprovam que os seus efeitos terapêuticos e pedagógicos se mostram extremamente positivos.

A sala de Snoezelen é uma sala multisensorial que tem como objetivo a estimulação sensorial e/ou a diminuição dos níveis de ansiedade e de tensão. O ambiente, que este tipo de sala proporciona, promove o autocontrolo, a autonomia, a descoberta e a exploração, bem como a comprovação de efeitos terapêuticos e pedagógicos positivos. Este tipo de sala promove igualmente, o aumento do estado de relaxamento e mobilidade geral da criança/jovem, auxiliando na promoção do autocontrolo e da sua autonomia, eliminando comportamentos estereotipados e perturbadores, assim como a melhoria das competências e habilidades comunicativas.

Apesar de já estar em funcionamento, esta sala ainda se encontra bastante incompleta, uma vez que este tipo de equipamento é bastante dispendioso e o orçamento da escola comporta várias vertentes e não se pode entrar apenas neste projeto.

**Adira à Fatura eletrónica**  
e ajude na colocação do chão da Sala Snoezelen da escola Secundária de VRSA.

**Dê o seu contributo. Uma pequena ação com muito significado.**

Para sua comodidade e segurança, recomendamos adesão à fatura eletrónica.

Esta solução não tem custos acrescidos e apresenta as seguintes vantagens:

- Aumento da segurança e confidencialidade de dados;
- Fácil acesso e utilização das faturas em qualquer situação que exija a sua apresentação;
- Gestão e arquivo automático;
- Aumento da rapidez na receção das faturas;
- Redução dos riscos de extravios.

[www.aguas-vrsa.pt](http://www.aguas-vrsa.pt)

**Agrupamento de Escolas de VRSA**

**A Nossa Sala Snoezelen...**

Na Escola Secundária de Vila Real de Santo António, escola sede, o grupo de Educação Especial propôs-se criar uma sala Snoezelen capaz de auxiliar na promoção do autocontrolo e da autonomia, assim como na melhoria de competências e habilidades comunicativas.

O principal objetivo da nossa sala Snoezelen é oferecer aos nossos alunos (com maiores limitações cognitivas, de linguagem ou de interação) um espaço onde encontrem os recursos humanos e materiais necessários para estabelecer interações de qualidade e construir aprendizagens significativas. Há, contudo, outros objetivos e TODOS (com outras ou mesmo sem limitações) poderão ganhar com esse espaço, uma vez que o ambiente calmo que se pode construir propicia o relaxamento e a diminuição de comportamentos desadequados, bem como favorece outro tipo de aprendizagens que se relacionam com a melhoria dos resultados académicos.

Apoie este Projeto

[www.aevrsa.com](http://www.aevrsa.com)

<https://www.aevrsa.com/index.php?pag=menus&menu=Snoezelen>