**Úlla Beag Energy Management Pledge :**

**Keep doors Shut**

**Turn off lights when not in use**

**Turn off Tap water when brushing Teeth**

Energy is fundamental to the way we live our life today. Electricity is an amazing resource and should be used efficiently both at home and in school. Here are a few tips to help you use energy more efficiently and save money too.

Some facts & figures:

1. ****The recommended temperature for classrooms is 18ºC. Every 1ºC increase in temperature over the above figures could add up to 10% to cost of heating bills;
2. A photocopier left switched on overnight wastes enough energy to make 5,300 A4 copies.
3. The average person in America uses 15 times more energy then the average person in Turkey;
4. It is estimated that we only have enough oil in the world for another 50 years;
5. On average, a car in Ireland travels 20,000km a year, releasing 2,895kg of carbon into the atmosphere.
6. Ireland imported 89% of its energy needs in 2008.
7. Fossil fuels accounted for 96% of all energy used in Ireland in 2008.
8. Oil is the most dominant energy source used in Ireland.

Energy is all around us, and comes in different forms – heat (thermal), light (radiant), mechanical, electrical, chemical and nuclear energy. We use energy for everything we do, from running to catch a bus to cooking a pizza, from flying a kite to sending astronauts into space! Although there are many forms of energy, most can be put into two categories, kinetic (motion) and potential (stored). Perhaps your class can carry out a project examining different forms of kinetic and potential energy in more detail?Energy is present in every living system.Almost everything you eat can be traced back through the food chain to the sun. Energy changes form at each step in the food chain. Energy flow in living systems enables humans and other organisms to survive. Living systems use energy to grow, change, maintain health, move, and reproduce. The amount of energy that makes it from one level in the food chain to the next can vary, but will generally average about ten percent. Human societies, like natural ecosystems, need energy to organise and maintain themselves.

**General Tips :**

**Water:**

* A dripping hot water tap wastes energy and in one week wastes enough hot water to fill half a bath, so fix leaking taps and make sure they're fully turned off!
* Turn off taps - wasting water wastes electricity as a huge amount of electricity is used daily in supplying water and cleaning it after use

**Lighting:**

* **Save 75% on lighting costs** by replacing all standard incandescent light bulbs - (regular

screw-in light bulbs) in your home with compact fluorescent light bulbs (CFLs - oftentimes

the curly or squiggly bulbs).

Make sure to turn off all lights when you leave the room or when they are not in use.

**Appliances and Electronics:**

* + **Unplug electronics, battery chargers and other equipment when not in use.** Together, these small items can use as much power as your refrigerator. (Examples of electronics are computers,blenders, toasters, hair dryers, television, stereo, cell phone adaptors, video games etc).
  + **Enable "power management" (sleep mode) on all computers** and make sure to turn them off at night. A laptop computer uses up to 90% less energy than bigger desktop models.
  + **Plan what you will be getting out of the refrigerator BEFORE you open the door.** Try to keep the refrigerator door closed as much as possible.
  + **Locate air leaks in your home** by holding a lit incense stick next to windows, doors, attic hatches,and other locations to see the direction of the smoke stream. If the smoke stream travels horizontally,you may need extra caulking, sealing or weather stripping to seal the air leak.
  + **Water and Water Heater Usage:**
  + **Turn your water heater down "Normal" setting when home**, and to the lowest setting when away. Water heating accounts for about 13% of home energy costs.
  + **Wash your clothes in cold water.** About **90%** of the energy used in a clothes washer goes to water heating.Use high speed spin option on washer, if available.
  + Air dry clothes whenever possible.
  + Run your dishwasher and clothes washer only when fully loaded. **Fewer loads will help to reduce your usage of energy and water.**
  + Take shorter showers and use less water in the bathtub.

**In Winter : Keep The Cold Out**

* Keep windows and doors closed to prevent the loss of heated air.
* Close curtains and window coverings at night,

and open them during the day.

* Dress comfortably for the weather.
* Put a sweater on or other warm clothing to avoid turning up the heat (health permitting).
* Use an extra blanket while sleeping or to cuddle up with during the day.

**In Summer : Keep The Cold In**

* Turning the thermostat down by 1°C can reduce your heating bills by 10%.
* Maximize natural light.
* Turn off all unnecessary lights.
* Keep windows and doors closed to prevent the loss of cooled air.
* Adjust, and preferably close, as many blinds and windows coverings that receive direct sun during the daylight hours.Note: Do this in rooms where lights do not need to be on.