



2021

Plastic Seas

Project:

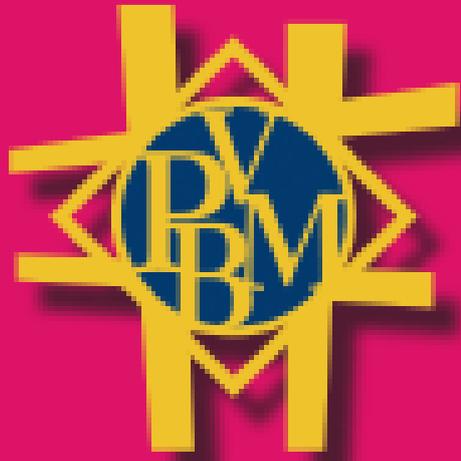
School:

Name:

PLASTIC SEAS
COLAISTE NANO
NAGLE

FATIMA BIBI

2021



*Plastic
Seas*

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Introduction:



Fatima Bibi

Age: 17

Hello, I am a Colaiste Nano Nagle Plastic Warrior student. My name is Fatima Bibi. I am here to tell you all about my special project Plastic Seas. I think that only a small percentage of our student body will have a very good understanding of the impact of single use plastics in our ocean and the alternative to single use plastics. My aim is to educate our student's fellows by giving them talk about Problem with Plastics. My other aim is to encourage my School to ban Plastics Bottles in the canteen and hopefully to become plastic free School. As disposable plastics bottles are bad for the environment. They are not environmentally friendly. The alternative for this worst disposable plastic bottle is to swap for a Reusable bottle. I will survey students about banning the Plastic Bottles in the School and I will then encourage my principal to ban plastics bottles in the school based on the results of the surveys. I want to change student's attitude towards plastic bottles.

I choose this unique and special topic because Single use plastic is the issue not only in Ireland but also all around the world. I wanted to highlight this global issue in the school community and raise awareness. I completely understand when we try to avoid and Break out with our Single use plastics we think as an individual it will not make any difference to the Marine life. Unbelievably, it makes an enormous difference and we all should always play our part. It starts with you, with us and with every single person in the world. Before I start to talk about my project, I would like to tell you what is Single-Use Plastics? Single use plastics are plastics that are used only once, e.g., plastic water bottles and plastic bags. I know they are cheap to produce, but pollute the environment, in particular the oceans, e.g. The Pacific Vortex. I know everyone loves to press their lips in to a new one every single day, but it is not too hard to use reusable one. I do understand right now this horrible plastic waste is so wonderful but afterwards you will only be left with a feeling of guilt and regret. That is it nothing else at all. To combat this – use reusable water bottles!

Introduction:



Plastic Pollution is choking our Planet. But you can make a real difference every day. Don't let nature Go to waste. You can swap your worst single-use plastics to the eco-friendly. Here are some of the **alternatives** to single-use plastics:

- Swap a disposable Plastic bottle for a Reusable bottle
- Swap a Plastic Straw for a Reusable Straw
- Swap a Plastic Drink Stirrer for a Celery stick.
- Swap Party Balloons for Floral Bouquets
- Swap Plastic Cotton Buds for Bamboo Cotton Buds
- If you can't use your Reusable Coffee Cup? Then Say No to the Lid!
- Swap Plastic Cutlery and use your own
- Swap Plastic Cups for Mason Jars
- Swap Plastic Containers choose Nature Friendly takeaway
- Swap Plastic Plates for Porcelain Plates

Plastics can travel thousands of kilometers from its origin over time. This subsequently damages thousands of kilometers of oceanic environment and has detrimental consequences for species ingesting such plastics. Please copy the link <http://plasticadrift.org/?lat=-4.6&lng=-26.9¢er=-5&startmon=jan&direction=fwd> for an interactive map of the movement of plastic waste around the world's oceans.

Introduction

As I already mentioned I gave talk to students in my School then I carried out a general survey about banning the plastics bottles. After getting the responses from survey I encouraged my principal to ban plastic bottles and take this action. I made a observation and said to her If every student in our school took a plastic bottle during lunch time, this would equate to over 65000 bottles per school year. I really inspired her by showing most fascinating and heart-breaking video about the level of plastics in our ocean and how they damage eco-system. The video can be access in this link <https://youtu.be/Oa8HGJid-Jo>. I also showed her results of Survey as well. She was happy with all the work, and we have started to take this action in the school. Hopefully, we will be a plastic free school, and this would then actually inspire other schools to do the same.

As I have been a member of a Green School Committee for about five years, and I am also a head girl of green school. Last year I encouraged my Green School mentor to order Reusable Bottles for the School which would have our school crest on. My principal had a issue with the bottles so we decided to order bottles this year as well which our principal liked. We took this action and sold as many Reusable Bottles as possible. I also went to Shannon Field to clean the area. The most usual item I found was Plastics Bottles. With the help of Green School, we then clean our Red Walk area in our School and the Wildlife area. Guess what! The most usual thing we found was Plastic Bottles. It was shocking to see again. This gave me the direction of my project and motivated me to focus on this area.

My main aim is to get rid of plastic in my school as they are not environmentally friendly and to raise awareness. By giving the talk to classes and carrying out the survey, Green School members got profound knowledge and wanted to focus on this action. To raise awareness not just only in School but also outside of School as well. We decided to make a film about Plastics in our Ocean. We recently made a film, and it was funded by JCSP programme. With the help of our JCSP teacher we got money and we were very thankful to her. We will shortly publish the film online after editing. Another action I took was I interview the members of tidy town committee. I ask them different questions and got great feedback. I and other two Green School members helped them to clean the area. Now I understand how hard is to work as a volunteer and realised it is so hard to work on a Sunday morning. Imagine working on a Sunday wintry morning. It was freezing that day, but we tried our best to help those volunteers to clean the area.

Experimental method:

I went to Shannon Field to clean the area. This was my first action that I took during afterschool. As I already mentioned the most usual thing, I found was plastic bottles. It really annoyed me especially when I found plastic bottles with full of water near the river. Then I realised plastic garbage really destroys the whole beauty of nature. It really motivated me to take some action as we have one planet and we all should save it. I brought this action to my Green School Committee, and we decided to clean our red walk area and wildlife area in our school community to raise awareness. Here is a picture of us cleaning our school area and as you can see, we found lots of plastic bottles. This really gave me the direction for my project.



I gave talks to classes in my School, Green School members and local primary school students as well. There were prizes as well for students with great contribution to the talk. Everyone showed great interest and said they gained lots of new knowledge. It really raised awareness in my school community about this global issue which is Single use plastic. I explained to students the alternatives to single use plastics. We have alternatives to all Single use plastics eg Swap a Disposable Plastic Bottle for a Reusable bottle. We all have an option to use reusable bottles and we should all use. Your individual day action still has an enormous impact. Together we can beat this plastic pollution. You can click the link to access the PowerPoint, I made for the talk. https://ccllimerick-my.sharepoint.com/:p/g/personal/17bibif_cnnlimerick_ie/ERImLTLCY65Ku4sXy2AaCLcBYagX6ONNTt8u1m3KcV65Ow?e=98IOIs

Experimental method:

After giving the talks to students in my School I carried out the Survey about banning the disposable plastic bottles in the school. To carry out this Survey, I needed to get permission from my principal as this action could only happen with the help of our principal and most important with the help of student voice on this issue. I asked broad questions in the Survey related to plastic bottles. This really showed the knowledge of students about plastic waste. I asked ten questions that are as follows:

1. Do you use a Reusable bottle in the school?

- Yes
- No
- Sometimes

2. Do you prefer using a Reusable Bottle or Disposable Plastic Bottle?

- Reusable Bottle
- Plastic Bottle

3. Do you use a plastic bottle provided at lunch time?

- Everyday
 - 1/2 times per week
 - 3-4 times per week
-

4. Do you think plastic bottles should be banned in the school?

- Yes
- No
- Maybe

5. If you answered yes or no to banning plastic bottles in our school, can you explain why?

6. If plastic bottles are banned in the school, how likely would you

- Very likely
- Somewhat likely
- Very unlikely
- Somewhat unlikely

7. Can you guess how many plastic bottles we give out in our school on an annual School year basic?

8. Are you aware of the causes of plastic in the sea?

- Yes
- No

9. If yes, what are the causes of plastic in the sea?

10. What other item, that's environmentally packaged, would you like to see instead of plastic bottles at lunchtime?

I also carried out another survey which I especially designed for third year students. My survey was called "Sea full of Plastic." The survey was based on talk which I gave. I wanted to see were they listening to me or daydreaming. There were multiple questions so whoever got all the answers right were in a chance to win a great prize. In total I had two lucky winners. The questions are as follows.

Experimental method:

Please complete all the questions

1. What is Single use Plastic?
Enter your answer

2. What is Plastic Pollution?
Enter your answer

3. How long does the Plastic Bag take to break down in the ocean?
 20 years ✓
 10 years
 30 years

4. How long does the Plastic Straw take to break down?
 100 years
 200 years ✓
 400 years

5. How long does the Plastic water bottle take to break down?
 200 years
 450 years ✓

6. How much litter end up in world's oceans each year?
 10 million tonnes ✓
 15 million tonnes
 20 million tonnes

7. What is Microbeads?

8. How many microbeads do you think are in a facewash products?
 9,000
 100,000 ✓
 500,000

9. Do you know in Ireland how many Plastic bottles we purchase per year?
 11 million
 22 million ✓
 33 million

10. In Ireland, how much coffee cups we buy per day?

I also carried out experiment. Due to Covid we all use lots of wet wipes to clean our space. But wipes are not environmentally friendly. It could take 100 years or more for them to disappear from landfill. Wipes can easily find their way into oceans. Along with other types of plastic pollution, they can cause long-term problems for sea creatures and the marine environment. Wipes should never be flushed down. If you flush down the toilet, it can cause Blockages, Overflows and plastic pollution in our ocean. You also must remember wipes are made of plastic. Sometimes people do not remember by telling them facts and information so it's good to design an experiment which gives clear understanding and easy to remember.

Experimental method:

Think Before You Flush!

Introduction: This experiment is designed to show what really happens if tissue or wipe end up in the sea. How quickly or slowly does the tissue or wipe takes to break.

Equipment: Gloves, Two jars, normal water, one tissue and one wipe

Method:

- 1: Place two jars in the table
- 2: Add tap water to each of the jars
- 3: Place tissue in one of the jars and in another jar place a wet wipe
- 3: Stir each of the jar for 10 seconds
- 4: Take out tissue from a jar and see does it easily break up
- 5: Now take out wipe from a jar and see does it break up

Conclusion:

In conclusion, we found out tissue breaks up so easily but wipes don't break up even if you try to pull. We should all think before we flush. Always remember 3ps. Pee, Poo and Paper.

Another experimental method I carried out was last year I interviewed members of Tidy Town. It was great honor for me to interview them as they gave their time to me. It was especially important to know volunteer's opinion because they are the one who has profound knowledge of litter and waste. Members of tidy town talked about their commitment to their work and how they feel about doing this job. I and other two green school members helped them to clean the area on the Sunday freezing morning. I asked them variety of questions and got great response. Here is a picture of us with members of Tidy Town. This year I only helped them with their cleaning, and we had a wonderful time.

Experimental method:



As I already mentioned my main aim is to get rid of plastic bottles in the school and become a plastic free School. As you can imagine, this action is not so easily to take and hopefully by next year we will be a zero-plastic school. We got money from principal to order reusable bottles for school. We ordered bottles that has our school crest and then me and other green school members sold bottles during our lunch time to the students. This really had an enormous impact of amount of disposable plastic being recycle in our School. Our principal said this action will take place next year to ban plastic bottles in the canteen. Here is a picture of our Reusable bottle that we sold in our school last year. The issue with this bottle was they were not see through. My principal was concerned if students are putting fizzy drinks on them as we are only water school fizzy drinks are not allowed.



Experimental method:

This year I found great bottles online. I showed to my principal, and she contacted the companies so we will whichever is most suitable we will order from them.



To raise awareness about this global issue not just in my school community but outside as well we as a Green school community decided to make a short film about 'let's Break up with Plastic.' I wrote the script and some of green school members took part and we performed. The film was funded by JCSP programme. The film is a great source to teach the students and people about the issue and how they can play their part to protect the environment. Just simply copy the link to watch the documentary.

https://ccllimerick.sharepoint.com/:v:/s/GreenSchools/EYLr-7kbk8BPIMfx8amWVO0BGoCgevZhJaaKvEoU_3n72Q?e=m7NxkL

Highlights of Project:

All the work that I have done on this area was completed during any free classes I had or afterschool. Some of the action was done in Green School meeting.

Cleaning my local area Shannon Field and cleaning the School area.

- **Bringing the issue to the Green School Community about Single use plastics.**
 - **Presenting a presentation to classes in my School and raising awareness.**
 - **Carrying out Survey and gathering responses.**
 - **Bringing the issue to principal and asking her to ban the plastic bottles in School.**
 - **Ordering Reusable Bottles for the School and selling them during lunch time.**
 - **Interviewing the members of Tidy Town, helping them to clean the area.**
 - **Doing Sci-fest action such as making posters and sticking them on school boarder.**
 - **Designing an experiment such as Think Before you Flush!**
 - **Making a short film such as Break-up with Plastics.**
 - **Writing a report on Plastic is not cool**
 - **Sending the report to all students to raise awareness**
 - **Writing the speech and reading speech in the intercom**
 - **Ordering new reusable bottles and soup cups for school which are environmentally friendly**
-

Meet the Team:

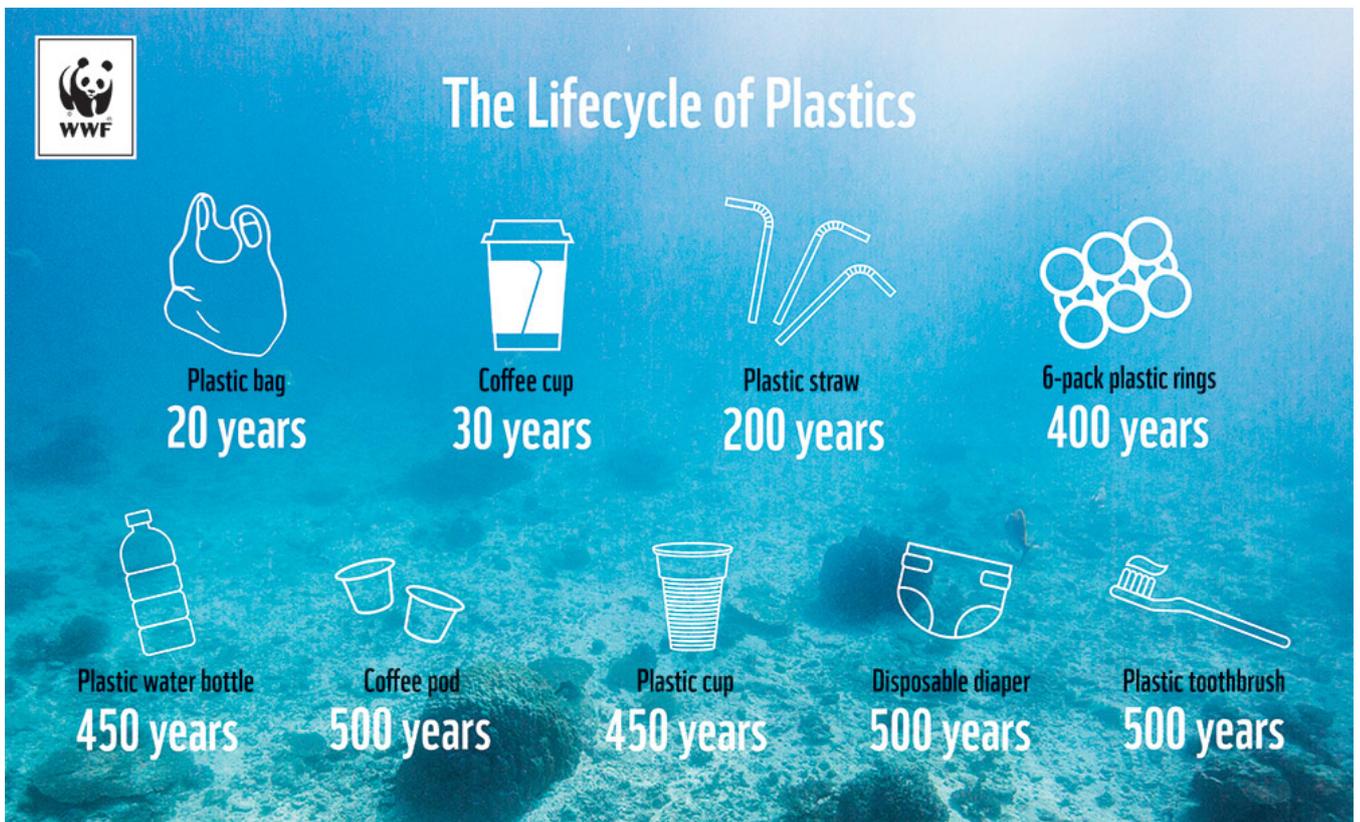
As I am doing my project as an individual, I stay back afterschool and work on weekend as well. When I need to get permission from teachers or principal in certain actions, I contact them during lunch time. I get great help from my Green School mentors, members and my Science teacher.



Background Research:

I didn't know much information about my project Alternatives to single use plastics. As I started to work on my project, I gained lots and lots of information about my project. First, let's get real I knew not all plastic is bad. Plastic water bottles can bring clean drinking water to people who don't have it, and plastic straws can help people with disabilities drink. The problem is that most of us use and then throw away more plastics than we need. Things like grocery bags, drink bottles, straws, food wrappers, and plastic packaging. This kind of plastic that is used only once and then thrown away is called single-use plastic. Believe it or not, it makes up more than 40% of all plastic trash. Before we use any kind of single use plastic, we all should know how long each of this takes down to break down. It's shocking to see the lifecycle of plastic. If we have this lifecycle of plastic in our head this would stop us to use single use plastics. As we all know there are alternatives to single use plastics then why don't we use it?

How long does each of these take to break down?



Background Research:

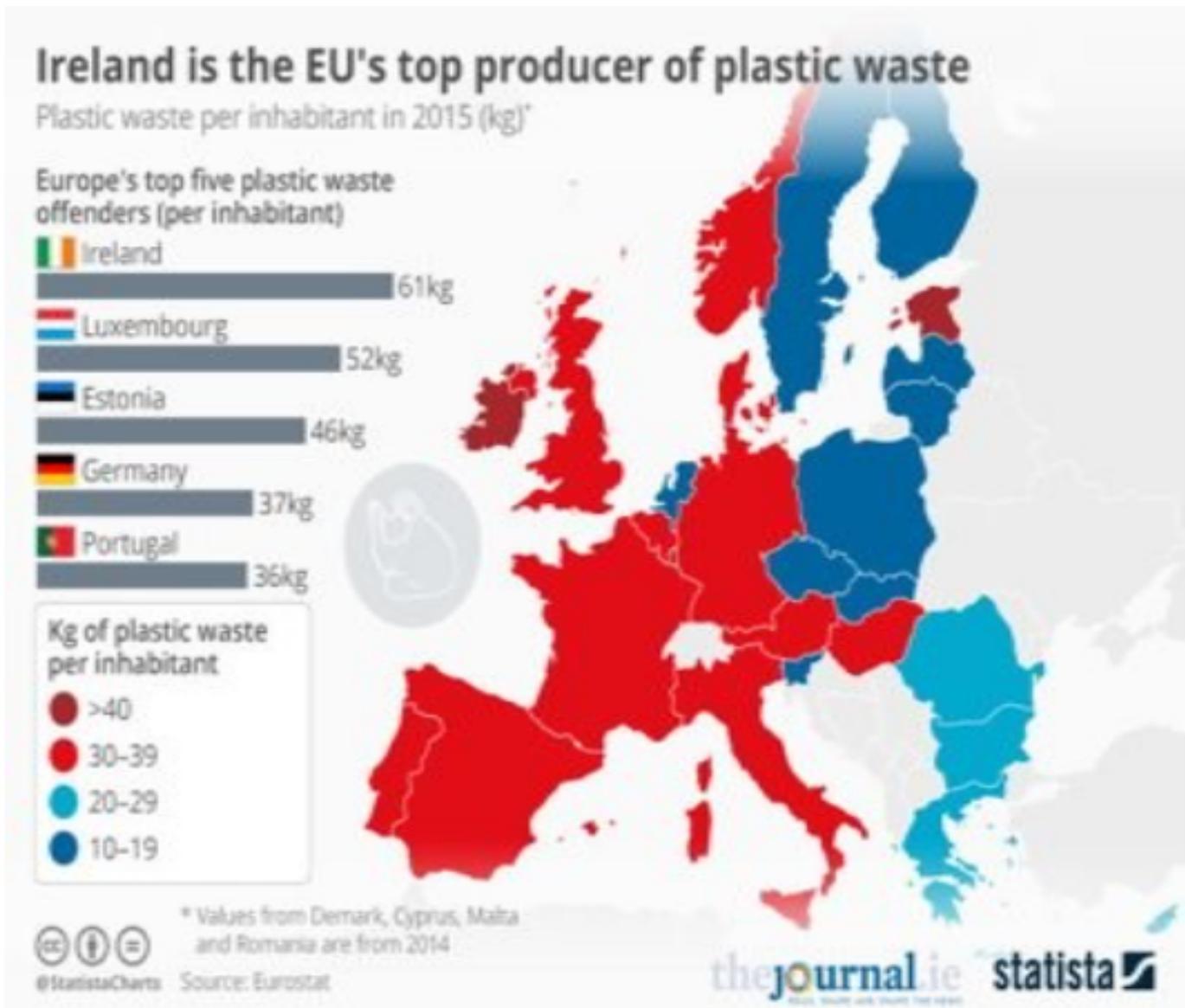
To be honest I didn't had so much information about Single use plastics but after creating presentations, interviewing members of Tidy Town, contacting green school mentor, science teacher and getting information from Water Ambassadors Training. I gained lots of knowledge. Whenever I had any Water Ambassador training or got information from other people, I took down notes of whatever they said. This really helped me during my project. Now, I know so many facts in relation to my project such as 8 million tonnes of plastics enter our ocean and guess what by 2050, we will have more plastic than fish. That's so shocking and, it will be true if we don't take any actions.

We simply must step up and say No to the single use plastics. Our individual actions have a huge impact. It's just not plastic bottles that ends up in our ocean. Believe it or not, Microfibers from clothes enter our waterways from washing machine but there is alternative to this. Wash at 20 degrees would help or buy good quality clothes. Another thing that ends up in our ocean is Microbeads. They are found in body scrubs and are tiny bits of plastics. The most dangerous about Microbeads is they are swallowed by fish. But, there is alternative to this. You could use salt or sugar-based scrubs instead. We all need to have in our mind there are many alternatives to these horrible single use plastics. A plastic bag that ends up in ocean, it looks like jellyfish in the water. We know that the floating blob isn't a jelly. It's a plastic bag that could make the sea turtle sick. This sea creature isn't alone over 700 species of marine animals have been reported to eaten. Simple alternative to this is use a reusable bag. It is not too hard to use this alternative.

During my Water Ambassador training, I learned that in Ireland we purchase 22 million bottles of throwaway plastic bottles per week. It is hard to even imagine we buy two million coffee cups per day. I believe we can change, we must change for the sake of our oceans.

Background Research:

Ireland is a prime culprit for plastic waste.



We need to change this. As I mentioned I carried out survey in my school community and took other actions to raise awareness about this issue. My project links into real world as I am trying to help our planet especially our beautiful and magnificent beaches.

Acknowledgements:

My school is very supportive, and my teachers always gives me advice on different actions and how I can achieve my aim. They always ask me different questions in relation to my project. This really shows their interests to my project. I feel so proud when I see students in my school using reusable bottles that were sold in school during lunch time. I would acknowledge my Green School mentor who helped me to bring reusable bottles to school. We ordered bottles that had school crest and with help of some volunteer green school members they helped me to sell those bottles during break time and lunch time. We feel so lucky that our school community are using those reusable bottles.

My principal and green school mentor helps me to contact the members of Tidy town and gave me the opportunity to interview them. Some other two volunteers helped me to clean the area with members of tidy town. Also, green school members helped to clean our school red walk area.

As I thought the best way of raising awareness is to make a short film with a serious message. Green school members and I made a short film encouraging people to break out with their single use plastics. It was three-day workshop as part of JCSP programme.

Results:

I carried out survey before I gave out the presentation to classes in my school. Because of Covid-19 I conducted survey online and tried to get as many honest responses as possible. In my survey I carried out 10 questions. Based on my survey, I contacted my principal to show her our student's opinion.

1. Do you use a Reusable bottle in school?

• Yes	45
• No	56
• Sometimes	28

2. Do you prefer using a Reusable Bottle or Disposable Plastic Bottle?

• Reusable Bottle	70
• Plastic Bottle	42

3. Do you use a plastic bottle provided at lunch time?

• Everyday	53
• 1/2 times per week	37
• 3-4 times per week	16

4. Do you think plastic bottles should be banned in the school?

• Yes	35
• No	51
• Maybe	27

5. If you answered yes or no to banning plastic bottles in our school, can you explain why?

33 Responses

6. If plastic bottles are banned in the school, how likely would you remember to bring your own reusable bottle?

• Very likely	57
• Somewhat likely	20
• Very unlikely	21
• Somewhat unlikely	13

7. Can you guess how many plastic bottles we give out in our school on an annual school year basic? 85 Responses

8. Are you aware of the causes of plastic in the sea?

• Yes	84
• No	48

9. If yes, what are the causes of plastic in the sea?

76 Responses

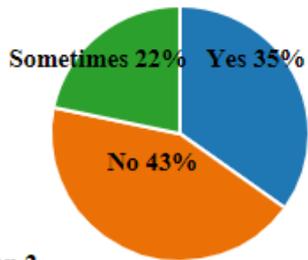
10. What other item, that's environmentally packaged, would you like to see instead of plastic bottles at lunchtime.

53 Responses

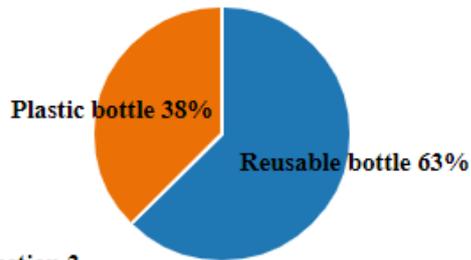
These are the ten questions I carried out in my survey. I converted those results into pie charts. As pie charts are most effective way to show results.

Results:

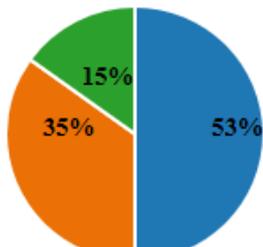
Question 1



Question 2

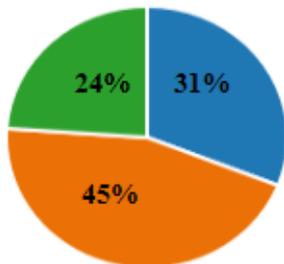


Question 3

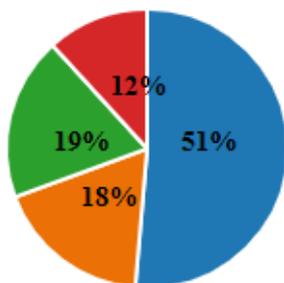


This was the survey that I carried out. Actual copy of survey can be found in the link.
<https://forms.office.com/Pages/ShareFormPage.aspx?id=KAQYgbTU3keE-fJpzTBLyImZtV4zA6VOtiqDA5H22UFUMUHEMTJQUTRBWEZFNFBXT0FITkc0RzVHRS4u&sharetoken=U7apPS68J5XVxx2Wijmz>

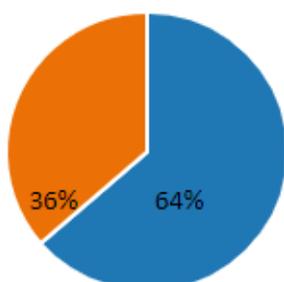
Question 4



Question 6



Question 8



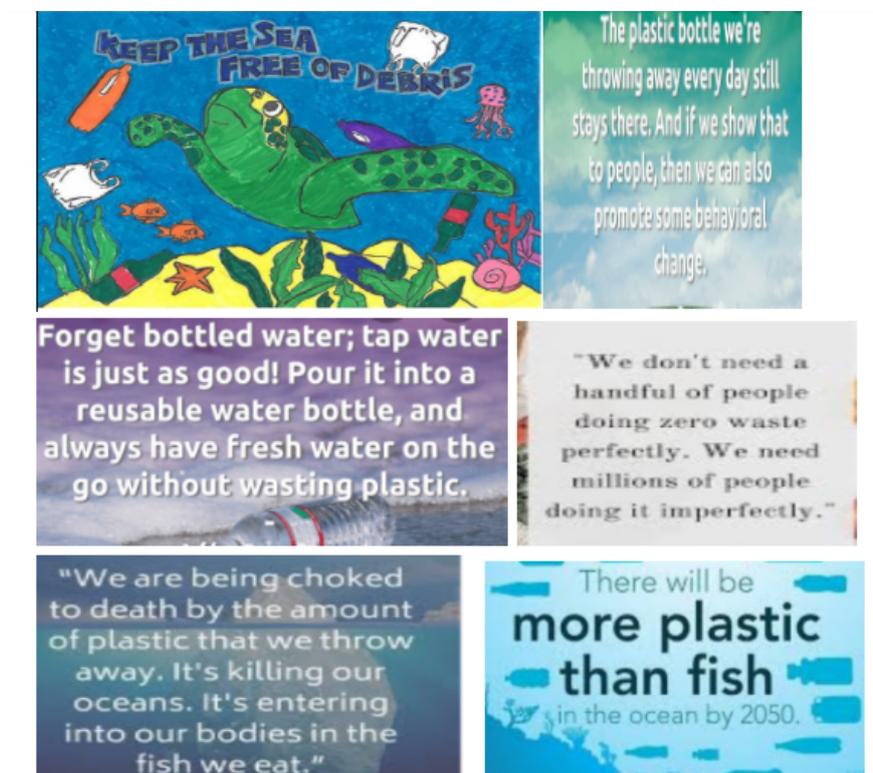
Results:

The second survey result can be found in the link.

[https://forms.office.com/Pages/DesignPage.aspx?
fragment=FormId%3DKAQYgbTU3keE-](https://forms.office.com/Pages/DesignPage.aspx?fragment=FormId%3DKAQYgbTU3keE-)

[fJpzTBLYImZtV4zA6VOtiqDA5H22UFUM1ZPTVBGNDVaVEJUMzg4RVhYWENES0IxR
i4u%26Token%3D6f0b2415720642a6aefcce339f805982](https://forms.office.com/Pages/DesignPage.aspx?fragment=FormId%3DKAQYgbTU3keE-i4u%26Token%3D6f0b2415720642a6aefcce339f805982)

I also stick some posters and quotes on school board to raise awareness about this global issue.



This is a link to my report on Plastic is NOT Cool. https://ccllimerick-my.sharepoint.com/:w:/g/personal/17bibif_cnnlimerick_ie/EQP7ij_XWqINg-0YhkoR5ssBSGI10oBt_kYCwZ7FZm0rUQ?e=QzlrCu

Just simply copy the link to read most inspiring speech about single use plastic.

https://ccllimerick-my.sharepoint.com/:w:/g/personal/17bibif_cnnlimerick_ie/ESx6vZlaY3VHgJIFLGZWu_sBfiF5KzQwy5t81c6WpS6zOQ?e=yUdvaN

Conclusion and Recommendation:

I discovered that knowledge of problem with single use plastics has been increased in my school community. My aim was to educate our student's fellows by giving them talk about Problem with single use plastics. I was successful to raise awareness on this global issue in my school community. My other and most important aim was to encourage my school to ban disposable plastics bottles in the canteen and encourage students to use reusable bottles that were sold in our school or any other form of reusable bottles. I really hope my school to become plastic free school. Our school is trying best to get rid of all the plastic in the school and hopefully we can showcase our school and inspire others school to do the same. As I already mentioned I carried out survey in my school community before presenting presentation to classes. I surveyed 129 students through online because of Covid-19. I still tried to get as many honest responses as possible. I got good result and I was impressive to show my principal. I carried out small demonstration of experiment after the talk to give students good understanding of this global issue and how they can play their own part to save the planet. My aim has been achieved as our student's fellow's knowledge is being increased in my school community and now, they are much interested to play their part to get rid of single use plastics.

I could not be able to hand out surveys to students in the school so I could have gotten more responses. Due to restriction I had to send surveys online. Some others green school volunteers and I decided to make a short film on Single use plastics. Because of lockdown we had a 'three days' workshop online instead of in school. We tried our best to make a short film on plastic seas. We extended date to February as we thought we will be back to school at that month instead of doing online in January. It was hard to make film and writing script online, but we tried our best. Another clean-up was due to happen in February in my school, but schools were closed so then I decided to extend that date to April. Hopefully I will do clean-up in my school with members of green schools. As I carried out survey before I gave out the presentation. I must have done the survey after the talk as well. But due to time being, I didn't want to put students under pressure. Hopefully when I will return to school and during Water Ambassador day, I would try to do survey that time.

Summary/ Abstract:

My project is about alternatives to Single use plastics. My project mainly focuses on problem with single use plastics and banning plastic bottles in my school community. I wanted to encourage students to use reusable bottles and inspires them there are many alternatives to any form of single use plastics. I started this project in 2020 then I had to pause because we were in lockdown, but I was still trying to do work at home. I am so concern with this disposable plastic bottles. I don't want beaches to be spoiled by plastic garbage infact none of us want that. We all love our beaches. We simply must break up with our single use plastics. I did a clean-up in my local area in Shannon Field. I believe this really raised awareness as I was cleaning and was picking plastic bottles. Lots of walkers asked me questions and did help me to clean as well. I believe world of mouth is a great way of raising awareness and its very powerful. I also did a clean-up in my school community. The most usual item I found out on both different area of clean-up was plastic bottles. It was strange for me to see that. I had never thought of plastics bottles as a big issue. This really motivated me to do something with this global issue. I thought if we don't do anything than there would be more plastics than fish in the ocean.

I did not really had so much knowledge with this issue, so I brought that issue in my Green School Committee and I discussed with my mentor. I gained knowledge and I had to research a lot in google. While I was researching, I got so inspired by Sir David Attenborough. His videos and interviews really motivated me so much and influenced my whole opinion. With the permission of my principal, I carried out survey in relation to disposable plastic bottles. I wanted to find out student's opinion and what's their thoughts of single use plastics. As student voice is very powerful. When I gathered responses in some of responses, I found out some of the students wants to have a talk on this issue. I decided to prepare a presentation and with the permission of teachers I gave a talk to classes in my school community. It was impressive for me to see student's knowledge were increased on this issue as they were engaging more and asking lots of different questions. I made lots of posters and I also print them out. I stick those on school boards to raise awareness. I then contacted principal and had discussion with her about plastics in our school. It would be great if we become plastic free school. All disposable plastic bottles would be ban. As this issue is links to environment. My green school mentor decided to order reusable bottles which would have our school CNN crest on. We sold them during our break and lunch time.

Summary/ Abstract:

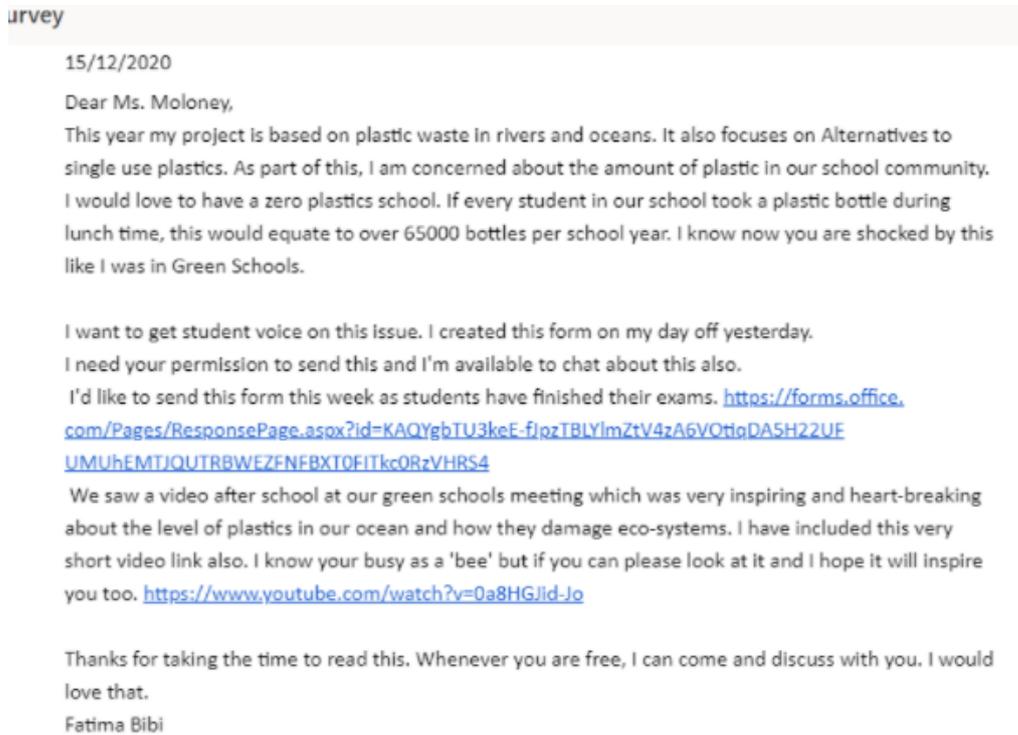
We are pleased to see many students in our school are using reusable bottles. I also contacted members of Tidy Town Committee. I had a chance to interview them on the Sunday morning

I also helped them with their cleaning area. I did get such a great inspiration from those volunteers and believe it or not one of the members of Tidy Town said to me the most usual item they found are single use plastics and chewing gum.

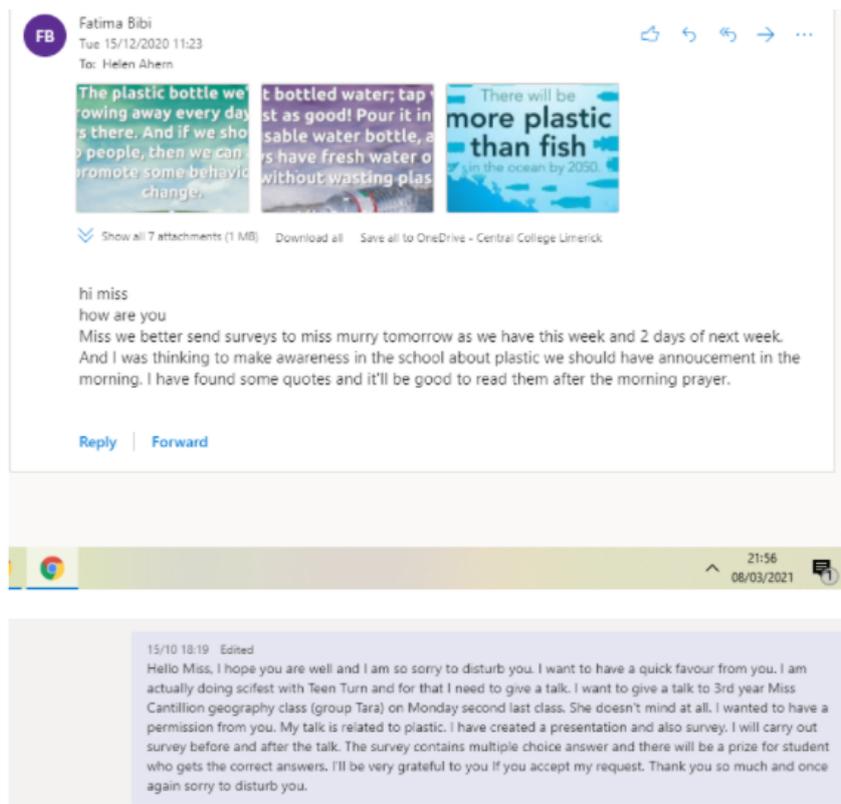
I also designed short experiment which is called Think before you flush. I believe too many facts and information doesn't really suits everybody. They like to visualize and in science it is good to have experiment which gives clear evidence. As I mention seeing things really affect everyone. It grabs people attention. As a green school committee, we decided to make a short film on plastic seas. We wanted to raise awareness on this such an important global issue. I believe my project has a great link to everyday life. As we humans are using single use plastics and we are the one who are harming our beautiful and magnificent beaches. If we stop this single use plastics, we will be able to save our ocean and especially Marine life. My project is to raise awareness and help our planet. We only have one planet, and we should save it. We need to say No to the single use plastics.

Appendices:

I send surveys to students online which can be access here. I also send out the presentation to my teacher to see if its ok before I present to classes which can be access here. I am also attaching a screenshot of email that I send to my principal for asking permission to carry out my survey.



Below is another screenshot when I had to contact my teacher involving actions.



References:

I got lots of information from my green school mentor and my science teacher. I interviewed members of Tidy Town, so I learned lots of interesting facts from them. I also got information from website [Global-Citizenship-Marine-Environment.pdf](#). This website really helped me during my project.

I also watched so many interviews and documentary by David Attenborough related to plastic pollution. I gained lots of knowledge from his interviews and documentaries. I am also a Water Ambassador for my school.

When I had training, I took down lots of notes and facts. Our topic on that day was in relation to Litter & Waste and Water. I gained lots of new knowledge from that training. I am also involved with Friends of Earth. I am highly involved with their campaign Sick of Plastic. I also used website called www.askaboutireland.ie.
