



Welcome to a new school year! Please share these easy and green back to school tips with your family, and help us make PHS and our community more sustainable.


- ♻️ Reuse backpacks and as many of previous years' school supplies as you can.
- ♻️ If you need to buy new supplies, purchase recycled notebook paper and other items made with recycled content, such as recycled pencils and markers, refillable or recycled pens, and 100% recycled, chlorine-free notebooks and printer paper.
- ♻️ If you decide to buy new binders, try to find brands that are PVC and lead-free. The chemical additives in PVC have been linked to chronic health problems including asthma, learning disabilities, and diabetes. Check out the information about toxic-free school supplies from Center for Health, Environment & Justice:
<http://www.chej.org/publications/PVCGuide/PVCfree.pdf>
- ♻️ Pack lunches in reusable containers that can be brought home to wash. Remind your student to compost food scraps in the compost bin in the PHS cafeteria.
- ♻️ Encourage the use of reusable water bottles instead of buying single use water bottles from school or using cups.
- ♻️ If your student drinks coffee/tea, provide them with a travel mug they can bring to school or their favorite coffee shop.
- ♻️ Encourage walking/biking to school.
- ♻️ Don't forget to recycle properly at school

RECYCLING BINS (blue/yellow/labeled):

- Empty/clean labeled #1 & 2 plastics without tops (**plastic cups go in the trash**)
- Empty/clean glass jars/bottles without tops
- Empty/clean metal cans
- Milk cartons
- Clean paper/cardboard (copy paper, notebook paper, newspaper; **paper plates, napkins, and paper cups go in the trash**).

When in doubt, throw the item out.

- ♻️ Use both sides of printer and notebook paper before recycling them.
- ♻️ Reuse scrap paper for printing at home; print longer assignments double-sided.
- ♻️ When working on computers at home, remind your student to take a few minutes to look away from their computer every hour.

 Remind your student to turn off lights and gadgets when they're done with schoolwork to cut back on wasted energy.

 Make time every day to get outside. See below for Labor Day hike ideas.

For more information on Princeton town recycling:

<https://www.princetonnj.gov/resources/recycling-in-princeton>

For more information on greener school supplies:

<https://earth911.com/living-well-being/eco-friendly-back-to-school/>

Sustainable Princeton: <https://www.sustainableprinceton.org>

Visit the PTO website for more sustainability tips and information:

<http://princetonhspto.weebly.com/wellness--sustainability.html>