

Welcome back to school! As we stock pile supplies, lined paper will be high on the lists for note taking as will printer paper for printing off all that Internet research students are doing these days.

Before we fill up on paper at the local big box office supply store, let's sit back for a moment and think about ways to reduce the amount of paper we will use this year.

Schools, tight on money, could also reduce their paper use, saving precious paper and money. Here are some suggestions

- Take **notes on your computer** whenever possible and only print them out when absolutely necessary.
- Rethink the hard copy. If you or your child is researching on the web, does you really need to print out everything you find? **Read it online** and bookmark it for future use.
- It may seem obvious, but run a spell check and use the preview feature before printing so that you reduce the number of drafts that you print out.
- If the teacher is in the habit of handing out singled sided worksheets, use the other side for

r note taking.

- Ask your child's teacher to email you notices home rather than sending all those duplicate paper copies that never make it home, although I must say my kids make great paper airplanes.
- If the school administration send newsletters home, ask them to email them and/or put

them up on the school website, if available.

- If they must send out paper copies, encourage them to send only one copy to each household instead of each child. This may take a bit of organization at the beginning of the year but will pay off.

- Ask your school to encourage teachers to **use both sides of the paper**, instead of single sided handouts this year.

- If your child's school does not have a **paper recycling program**, start one. If the school has one but you still see lots of paper in the garbage, work with the school to improve the percentage of paper that goes into the recycle bins vs. the garbage bins.

How much paper does Canada use anyway, and what effects does this have on our lives: what is the cost? Here are some [paper facts](#) to consider.

- Canada uses 7,476 metric tons of paper and paper board products each year, which puts us in the top ten paper product consuming countries in the world.

- BC is home to **one quarter of the world's remaining ancient temperate rainforests**, which now cover only 0.2% of the the world's land surface. This makes them the most endangered type of forest in the world.

- 90% of logging in BC happens in ancient forests with 40% of felled trees becoming paper. The rate of forest destruction is one of the main reasons that **one of eight animals species in BC is at risk of extinction**

For **every collective ton of 100% post consumer paper** we use, we together **save 24 trees and 7000 gallons of water**

- . Start by reducing your paper needs by reusing paper as much as possible.

So when you are out shopping, choose the paper with the highest content of post consumer waste. I know that 100% post consumer paper is near impossible to find so if you can't find it, don't be surprised. Just buy the best choice you can and use paper wisely.

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