





Tahukah anda Sekolah Convent pada awalnya bermula sebagai sebuah sekolah gabungan?

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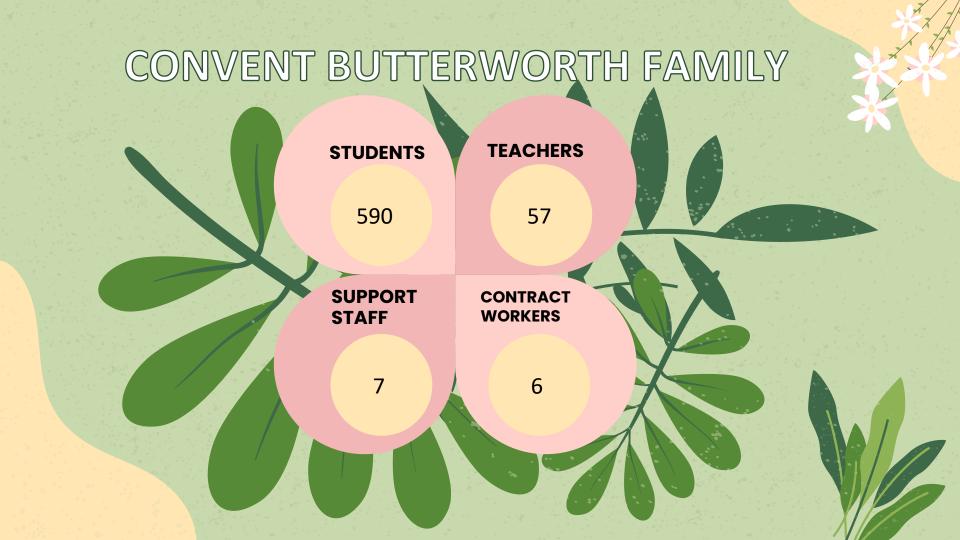


Do you know that the original Convent was started as a co-ed school?

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APPOINTMENT OF CLASS ELECTRICIAN











Minimise Electricity Usage



After 9.00 am: 4 fans



After 9.00 am: all lights must be switched off



From 9.00 am until 5.00 pm at 25°C



SAVE ELECTRICITY

Reminders at Switches









1 SAVE ELECTRICITY

From Flourescent to LED Lights



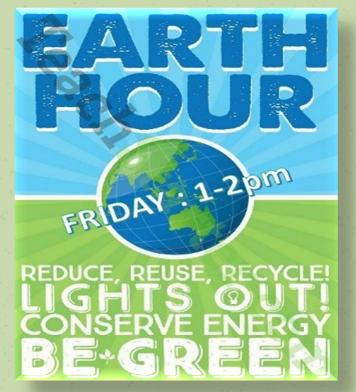




SAVE ELECTRICITY

Earth Hour - Every Fourth Friday







SAVE WATER

Reminders











2 SAVE WATER

Mineral Bottles in Cistern Tanks







2 SAVE WATER
Sprinkler System





ENVIRONMENTAL POLLUTION

Turn off Engine of Vehicle

(Bus, Car, Van and Motorcycle)









ENVIRONMENTAL POLLUTION My Shopping Bag









NO DUSTBIN IN CLASSROOM Recycling boxes in classroom















Star Metro NORTH

Sowing a culture of seed saving and sharing

By RENA LIM rena@thestar.com.my

A FORM Three student has used butterfly pea flower to give her health drink an intriguing shade

of deep blue. Sharing her tried and tested recipe via Zoom, P. Kirtanah said the drink is beneficial for health as it provides antioxidant support and improves skin health.

"It is easy to make, as it only needs a few ingredients like honey, lemon juice and butterfly pea

"Just prepare a cup of hot water, then add three to four flower buds

"Wait until the colour gets infused in the cup and remove the petals after that.

Then add honey or brown sugar, followed by lemon juice before stirring and serving." said the student of SMK Convent Butterworth, who picked up the recipe from her school's green community group.

Kirtanah was speaking at the seed sharing session of the virtual Green Action Week online fair on Saturday.

It was organised by the Consumers Association of Penang (CAP) with the theme 'Sharing Community'.

CAP education officer N.V. Subbarow said the sharing session was held to popularise seed saving and sharing among Malaysian consumers in conjunction with the action week.

He said CAP had been promoting chemical-free farming in the past



Subbarow showing books on seed sharing at the Green Action Week

few decades, having realised there was a high dependency on others

for seeds. "The seeds that we purchase most of the time are chemically tainted

seeds. "We have been encouraging farmers and the public to save their own seeds and share it with their friends and neighbours.

"Seed sharing is a great way to source our plants.

"It not only saves money, as it is also a way to foster biodiversity. connect to our agricultural heritage and learn from other gardeners," he said.

Subbarow said one of the key advantages to saving seeds was that one could manage his or her own seed resources rather than depend on what big agri-businesses want to

'This allows free exchange of seeds and for everyone to determine their own rules, such as who manages breeding and what traits are important to focus on.

"When one saves seeds from the best plants each year, they are gradually making improvements," he said.

Subbarow said this meant future seeds would be more adaptive and



The germination process of mung beans being shared during the virtual



Kirtanah showing the process of making the butterfly pea drink via Zoom.

were able to grow in particular climatic and soil conditions.

Sharing on seed saving, he said some key tips were to always collect seeds from healthy plants and to dry the seeds under room temperature in a well-aired area.

The seeds must be fully drained after washing and allowed to dry properly.

"If one wants to check whether the seeds still have germinating capacity, they can put the seeds into

a container filled with water and let it sit overnight.

"Seeds that have germinating capacity will sink while the spoilt seeds will remain affoat.

We hope everyone will join us in reviving the culture of freely saving and sharing seed.

"If anyone needs more information on this, they can check out our books with pictorial guide on seed preparation methods," he added.

WEDNESDAY, 6 OCTOBER 2021









Vertical Garden (My Green Wall)









Cistern Tank, Sink, Tyre & Toilet Bowl as Pots













Egg Cartons for Seedlings



Bulbs And Glass Bottles As Pots







My Green Promise



1 WATER







WATER Air Conditioner Water

To water the plant and wash corridor







FOOD WASTE Segregation of Food Waste



2





FOOD WASTE Comfort Compost Unit











2 FOOD WASTE Pinear

Pineapple Peels Enzyme





FOOD WASTE En









Pallet











Plastic Broom





Coconut Husk Shell as Pots









UPCYCLE 1 Student 1 Eco-Brick





1 Student 1 Eco-Brick Project





3 UPCYCLE Determined to the control of the control

Detergent Bottle as Book and Stationery Racks







Detergent Bottles as Pots





PLANTS IN RECYCLABLE CONTAINERS









HANGING POTS FROM COOKING OIL BOTTLES







RECYCLE



rawpixe

3 UPCYCLE

Self-watering Pots





Shoot-In Project











2

E-Waste & Recycled Materials Collection Flyer

Go SMK Convent Butterworth Green Programme

OBJECTIVES:

- To create awareness on the importance of recycling to the environment
- To become a community activity under the PIBG Green School Programme
- To generate funds for the activities of the Green School Programme

Send recyclable materials to the school guard house Monday - Sunday Time: 8.00 a.m.- 6.00 p.m.

Papers, newspapers, aluminium cans, used cooking oil, plastic containers, unusable electrical appliances





2

E-Waste & Recycled Materials Collection Flyer

SMIK Convent Butterworth



Programme 2021

SMK CONVENT BUTTERWORTH JALAN NEW FERRY 12100 BUTTERWORTH 9.00 a.m. - 3.00 p.m. FOR MORE INFORMATION PLEASE CALL:-(O)- 6043237430

DROP OFF LOCATION



- · generated from the electronic devices.
- TVs, phones, batteries, computer monitors, printers, scanners, keyboards, mice, cables, circuit boards, lamps, clocks, flashlight, calculators, answering machines, digital/video cameras, radios, VCRs, DVD players, MP3, CD players and other electrical items.
- Kitchen electrical appliances (toasters, coffee makers, microwave ovens, blenders etc.)





2

E-Waste & Recycled Materials Collection











Environmental Quiz

QUIZ Conducted Online For Pupils





OUR INITIATIVES

BIO-DIVERSITY AND NATURE

SCHOOL GROUNDS (SDG 4, 15)

HEALTH AND WELL-BEING (SDG 3, 4, 11, 15)

2-Minute Exercise
Stress Relief Corner
'Health Matters' Corner
Herbal Garden
Virtual Workout Competition
Mercury Awareness Talk











BIODIVERSITY AND NATURE

R







PASSION FRUIT WALL



FISH AMINO



















Instagram:
@eco_schools_smkconvent

more green projects!

MUSHROOM CORNER







CUPPY SUCCULENT PROJECT









CUPPY SUCCULENT PROGRAM















FOUNTAIN &
FISH POND









HEALTH AND WELL-BEING

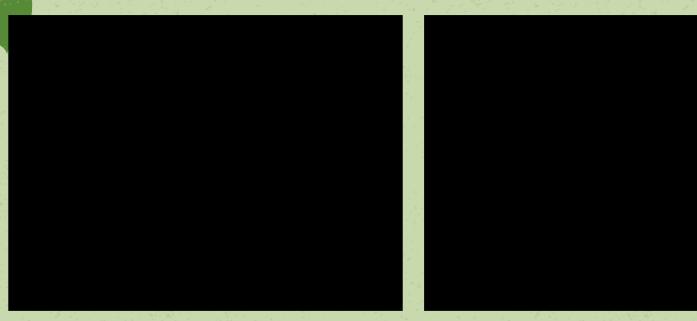


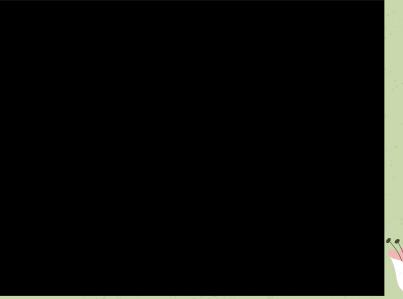






2- MINUTE EXERCISE (TEACHERS' & STUDENTS' INVOLVEMENT)







STRESS RELIEF CORNER





HEALTH HUB



HERBAL CARDEN



HERBAL GARDEN



SABAH SNAKE GRASS



BETEL LEAF



YELLOW STROBILANTHUS



INDIAN BORAGE

VEGETABLE GARDEN



BRAZILIAN SPINACH



WINTER MELON



CHIVES



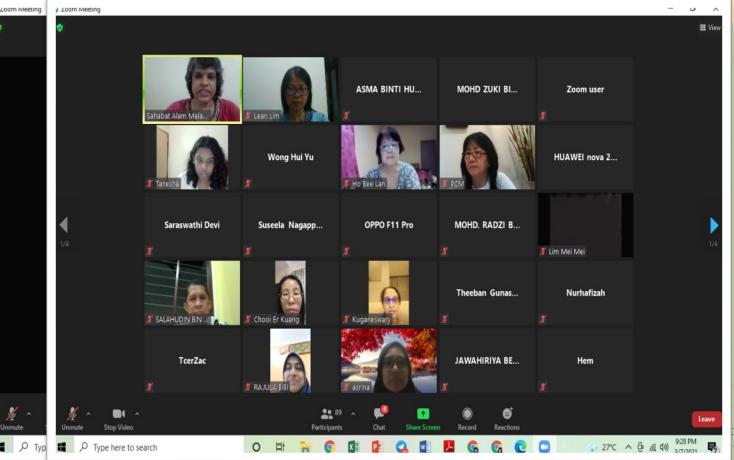
SCREWPINE



SABAH VEGETABLE



MERCURY AWARENESS TALK

















HUB CAPS MAKE-OVER









HUB CAPS MAKE-OVER









REFRESHING TOILETS



COMFORTABLE SEATS AROUND THE SCHOOL







GREEN NOTICE BOARD









Beach Clean-up 2019





Beach Clean-up 2022

住区注入活力。

年8月份,与北

师班,邀请该社

題学习舞獅的青

将这项中华文化

"GREW Hernes", 集合青年的

专业能力和力量、携手推动"联 修道院女中、槟城清费人协会、

合国永续发展目标及相关会议" 威省市政厅和全体工委的配合,

等活动, 并带领青年关注地球的 让活动顺利进行。



行动,培养对社会的责任心兼爱护环境的醒

何分类垃圾、并记录其数量和重量、拟出数

据让大家理解海洋污染的根源和严重性。

槟州消费人协会代表则向参与者讲述如





Flex (Hydroponic Program)







Grow Market at Auto City





Grow Market at Bagan Ajam Market



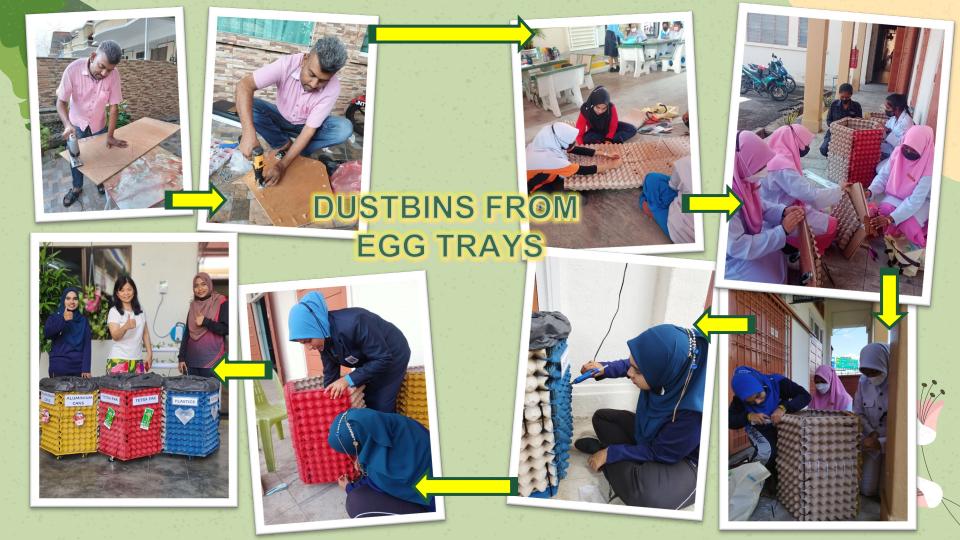




From Egg Trays To Recycling Containers









ACHIEVEMENTS BEFORE PKP 2019





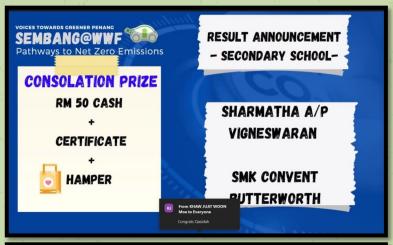


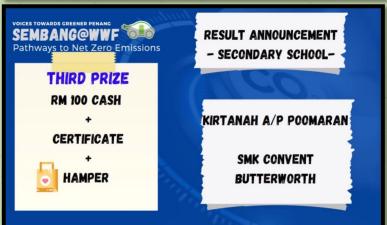




GREEN FLAG – ECO SCHOOLS INTERNATIONAL LEVEL

















Repainting







Repainting





Replanting







Replanting





Mural











Mural





S.C.S







see

collect

throw



S.C.S



see

collect

throw



S.C.S



see

collect

throw



Aquaponic





Aquaponic





Mentor-Mentee Session





"Every hand does its part to hold up **SMK Convent** Butterworth"



