



March Challenge

Spring is here
Time to make our schools greener!



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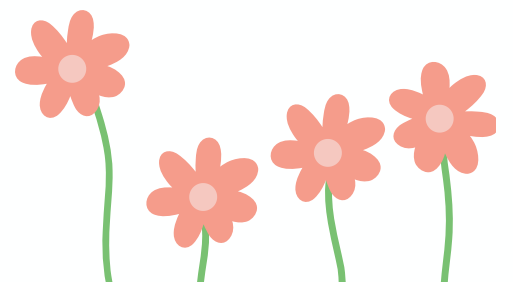
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March:

Using the school settings for green habits

Schools are the perfect place to build eco-friendly habits. This month, let's focus on waste reduction and recycling through fun and active challenges!

The school provides a key setting for creating a culture of **proper waste disposal and care for the environment** from a young age. If people are educated to have a conscientious attitude towards sorting and disposing of different types of waste from childhood, they will grow up to become responsible adults who limit their harmful impact on the environment.





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How and when to add new HKms

Here are some tips to make your school green during the March challenge and add HKms:

- **Pass the Trash** – Form teams and race to sort recyclables correctly! But here's the twist—each pass must be different (overhead, under the legs, behind the back)
- **Recycle Trace** – Create a colorful path with actions (hop, skip, run). Players step on colors and name which recyclable goes where—learning made fun!
- **Plogging Fun** – Pick up litter while jogging around school grounds or nearby green spaces.





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Bonus Challenge: Sport #WithoutWaste

Apart from the lovely atmosphere, sports events bring a lot of waste and we tend to pay little attention to where we throw it.

Plan an event where everything is properly sorted and disposed of!

The Sport #WithoutWaste initiative inspires waste-free grassroots sports events, promoting sustainable practices across the leisure and grassroots sport sectors.

Get ideas at the site www.sportwithoutwaste.org



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SPORT
#WithoutWaste



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How to

**LET THE
STUDENTS BE
THE LEADERS**

DETERMINING,
ORGANISING AND
RECORDING THE HKM

**DOWNLOAD
GUIDES AND
RESOURCES
YOU MAY NEED
AT MSC
WEBPAGE**

**PRINT A
MOTIVATIONAL
POSTER AND HANG
IT IN STRATEGIC
PLACES**

**PRINT AS
MANY
HEALTHY KM
REGISTERS AS
NEEDED**

**PLACE A
REGISTERING
TABLE IN EACH
CLASSROOM**

**SEE HOW
STUDENTS
ACHIEVE MORE
AND MORE HKM
EVERY WEEK**

***Don't forget to to record your activity on social media
to celebrate your success at the end of the month!***

Hashtag: #MovingSchoolsChallenger