



052 – ‘Sew & Stitch’ initiative

Overview	
Intervention Type:	Educational/ behavioural
Target:	Organisation/ Individual
Intervention Frequency:	Annual
Intervention Duration:	1-2 hours

Cost	Effort	Reward
Medium	Medium	Medium
ENERGE Rating		School Rating (School to complete)
★ ★ ★ ★ ☆		☆ ☆ ☆ ☆ ☆

Description of Intervention
<p>The sew and stitch initiative invites students and teachers to learn how to repair their own clothes. This reduces costs put on uniform budgets and reduces waste and your carbon footprint. Did you know that by doubling the life of your clothes from one year to two years reduces emissions by 24%!</p>

Commented [ED1]: Provide a

Impact Measurement
<p>After the workshop, a survey will be taken to see whether participants engaged with the content and if they would recommend it to the subsequent year.</p> <p>An exam based on sewing skills will motivate students to engage with the initiative and ensure they have learned how to repair clothing.</p>

Facilitators	Barriers
<p>The ENERGE Committee will provide the survey and assist in interpreting the results.</p> <p>The home-economics teachers should provide the education for this initiative and arrange an exam-based assessment of the students sewing skills.</p>	<p>Lack of self-efficacy</p> <p>Apathy</p>



Intervention Process

1. The school committee must supply a sewing kit to each student/ teacher in the school community.
2. The home-ec teachers will hold a 1-2 hour 'sew & stitch' workshop with each class within each year.
3. After each class has attended their sew & stitch workshop; they will be assigned an examination task to complete in a designated time. (The exam should be held around a week/ 2 weeks after the workshop took place).
4. The home ec teachers will grade students on their ability to sew accurately
5. If students are unable to complete the examination task or they fail; they will have to repeat until they're capable of stitching and/ pass.
6. 4 months after the sew & stitch initiative has taken place, a survey will be conducted by the ENERGE Committee. This will gauge whether participants have utilised their sewing skills since the initiative took place.

School Comments/Notes

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