

The logo features the text "The STPSB Energy Management Program" in a green, bold, sans-serif font. The text is centered within a stylized, multi-colored graphic that resembles a sun or a starburst, with yellow and orange tones at the top and bottom, and blue and white tones in the middle. The graphic has a layered, 3D effect.

# The STPSB Energy Management Program

## Morning Announcements Energy Savings Tips for Students

Did you know.....?

1. Saving energy means saving money, conserving fossil fuels, and helping to protect our environment. There are lots of ways to save energy.
2. You can save energy every day. One way to save energy on a sunny day is to open the curtains or blinds and use the sunlight instead of turning on the lights.
3. You can save energy every day. One way to save energy is to close the door and windows when the air conditioner or heater is on. Leaving doors and windows open while running the air conditioner or heater wastes energy by making the a/c or heater work harder.
4. You can save energy every day. One way to save energy at home is to open the dishwasher right before the drying cycle and let the dishes air dry.
5. You can save energy every day. One way to save energy at home is to decide what you want before you open the refrigerator. If you leave the refrigerator door open too long, the refrigerator motor has to run longer to cool the warm air that got in when the door was open.
6. About 25% of the energy used in schools is wasted. You can help save energy at school by avoiding waste whenever possible.
7. You can save energy every day. To save energy at school and at home you can turn off lights every time you leave a room empty.
8. You can save energy every day. To save energy at school and at home, you can turn off lights, computers, and anything that uses electricity when you are not using them.
9. You can save energy every day. To save energy at school and at home, you can turn off ceiling fans when you leave a room empty. Depending on its size and age, a ceiling fan that runs constantly can cost up to \$7.00 a month.
10. You can save energy every day. To save energy at school and at home, you can set the thermostat between 72° and 78° for cooling and to set it back to 80° when no one is in school or at home.
11. Electronics, such as TVs, DVD players, computers, and computer monitors, waste a lot of energy if left on when they are not being used. You can save energy by plugging electronics into power strips and turn the power strips off when the equipment is not being used.
12. You can save energy every day. In the computer lab or in your classroom, you can turn off the computer monitor when you are finished using the computer.
13. You can save energy every day. At home and in school, set your computer to go into sleep mode when it is not being used. Turn off the monitor when you leave the computer.

14. You can save energy every day. To save energy at home and at school, avoid using a screen saver on your computer monitor. Screen savers use energy.
15. You can save energy every day. At home and at school, turn off the computer at night when no one will be using it. Some computers at school may have to receive updates, it is okay to leave those computers on overnight.
16. Compact fluorescent light bulbs (CFLs) save energy. They produce the same amount of light, use one third of the electricity, and last up to ten times longer than incandescent light bulbs.
17. You can save energy every day. You can save energy at home and at school by replacing incandescent light bulbs with compact fluorescent light bulbs. According to Energy Star, if every American replaced one incandescent light bulb with a compact fluorescent light bulb, it would be save so much energy that it would be like taking 800,000 cars off the road.
18. You can save energy every day. You can save energy by using compact fluorescent light bulbs. Incandescent light bulbs waste energy because some of the energy they use is lost as heat. According to Energy Star, if every American replaced one incandescent light bulb with a compact fluorescent light bulb it would reduce about 75% of the heat generated from home lighting.
19. You can save energy every day. You can save energy at home and at school by replacing incandescent light bulbs with compact fluorescent light bulbs. According to Energy Star, if every American replaced one incandescent light bulb with a compact fluorescent light bulb, it would be save \$600,000,000 in energy costs.
20. You can save energy every day. You can save energy at home and at school by replacing incandescent light bulbs with compact fluorescent light bulbs. According to Energy Star, if every American replaced one incandescent light bulb with a compact fluorescent light bulb, it would be save enough energy to light 3,000,000 homes for one year.
21. You can save energy every day. You can save energy and money at home by turning off your entertainment devices when you are not using them. Estimates are that if you leave a game console on all the time, it will cost about \$250 a year.
22. You can save energy every day. You can save energy and money at home by asking your parents to install a programmable digital thermostat.
23. You can save energy every day. You can save energy and money at home by asking your parents to buy Energy Star appliances when new ones are needed.
24. You can save energy every day. You can save energy and money at home by unplugging cell phone chargers when the device is fully charged.
25. You can save energy every day. You can save energy and money at home by asking your parents to insulate the hot water tank and lower the water temperature to 120° or lower.
26. The Department of Energy estimates that about 20% of the energy you use at home powers electrical appliances like televisions, DVD players, stereos, coffee makers, toasters and microwaves - even when they're turned off.
27. You can save energy every day. You can save energy and money at home by asking your parents to turn off the clocks on microwaves, stoves, and coffee makers.
28. You can save energy every day. You can save energy at home and at school by recycling paper.
29. You can save energy every day. You can save energy and money at home by riding your bike or walking to your friend's house instead of riding in a car.

30. You can save energy every day. You can save energy and money at home by asking your parents to caulk and weather-strip around windows and door frames that leak air.
31. You can save energy every day. You can save energy and money at home and at school by dressing appropriately for the weather. In summer, wear light clothes to reduce the need for air conditioning. In winter, put on a sweater and avoid cranking up the heat.
32. You can save energy every day. You can save energy by riding the bus instead of riding to school in a car.
33. You can save energy every day. You can save energy and money at home asking your parents to use cold water to wash the clothes.
34. You can save energy every day. You can save energy and money at home by only running the dishwasher when it is full.
35. If 10,000 schools turned off their lights for one minute, \$81,885 in energy costs could be saved. You can save energy every day by turning off the lights every time you leave a room empty.
36. You can save energy every day by using natural sunlight instead of overhead lights.
37. You can save energy every day by using lights only where they are needed.
38. You can save energy every day by using task lamps with compact fluorescent bulbs on desks.
39. You can save energy every day by taking 5-minute showers instead of baths.
40. Most of the energy we use today is produced by burning fossil fuels. Coal, oil, and natural gas are the fossil fuels burned to make electricity. Burning fossil fuels to produce electricity pollutes our environment.
41. Much of the electricity used by Louisiana consumers is produced by burning natural gas. If you use electricity, you are consuming a non-renewable fossil fuel.
42. Almost 50% of the electricity used in the United States comes from burning coal. Only one third of the energy in burning coal reaches the consumer as electricity.
43. According to the American Solar Energy Society, enough sunlight falls on the earth's surface each minute to meet environment energy demand for an entire year.
44. Sunlight is a renewable resource. Solar energy from the sun's rays can be converted in other forms of energy. Solar energy can be converted to electricity.
45. All of us use energy every day—for transportation, cooking, heating and cooling rooms, manufacturing, lighting, and entertainment. The choices we make about how we use energy—turning machines off when we're not using them or choosing to buy energy efficient appliances—impact our environment and our lives.
46. There are many things we can do to use less energy and use it more wisely. Two main ways to save energy are energy conservation and energy efficiency. Many people think these terms mean the same thing, but they are different.
47. Energy conservation is any behavior that results in the use of less energy. Turning the lights off when you leave the room and recycling aluminum cans are both way of conserving energy.
48. Energy efficiency is the use of technology that requires less energy to perform the same function. A compact fluorescent light bulb that uses less energy than an incandescent bulb to produce the same amount of light is an example of energy efficiency. The decision to replace an incandescent light bulb with a compact fluorescent is an example of energy conservation.

49. Recycling means to use something again. Newspapers can be used to make new newspapers. Aluminum cans can be used to make new aluminum cans. Glass jars can be used to make new glass jars. Recycling often saves energy and natural resources through conservation.
50. Your house pollutes the environment more than your car does. The energy used in your home adds more greenhouse gases to the atmosphere than the gas used by your car.
51. You can save energy every day. Every time you put on a sweater instead of turning up the heater, you are saving energy and helping the environment.
52. You can save energy every day. Every time you turn out a light when you leave a room empty, you are saving energy and helping the environment.
53. You can save energy every day. Every time you take a quick shower instead of a bath, you are saving energy and helping the environment.
54. You can save energy every day. Every time you read a book instead of watching television, you are saving energy and helping the environment.
55. You can save energy every day. Every time you turn off your game console, you are saving energy and helping the environment.
56. You can save energy every day. Every time you turn off your computer, you are saving energy and helping the environment.
57. You can save energy every day. Every time you turn off the water while you brush your teeth, you are saving energy and helping the environment. Did you know that saving water also saved energy? Cleaning water so we can use it to drink, bathe, and cook uses energy. So, turn off the water to save energy.
58. You can save energy every day. Every time you open and close the refrigerator quickly, you are saving energy and helping the environment.
59. You can save energy every day. Every time you close the doors and windows when using air conditioners or heaters, you are saving energy and helping the environment.
60. Ceiling fans only cool people, not rooms. You can save energy, money, and the environment by turning off ceiling fans every time you leave a room empty.
61. You can save energy every day. You can save energy, money, and the environment by putting clean filters into your heater or air conditioner. Dirty filters block the air flow and make the heater/air conditioner run longer to keep you comfortable.
62. You can save energy every day. You can save energy, money, and the environment by unblocking heater and air conditioner vents. Heater and air conditioners use less energy to pump air when the vents are not blocked.
63. You can save energy every day. You can save energy, money, and the environment by moving furniture, boxes, etc. away from heaters and air conditioners. Heater and air conditioners use less energy to pump air when the vents are not blocked.
64. You can save energy every day. You can save energy, money, and the environment by reducing the number of energy vampires in your house or classroom. Look around your classroom. Do you see small red, green, or white lights glowing? Those are energy vampires. The electronics with the glowing lights are using energy even when they are turned off. To save energy, unplug electronics with glowing lights.

65. We can all save energy every day. We can save energy in our classrooms by turning off the lights every time we leave the classroom empty.
66. We can all save energy every day. We can save energy in our classrooms by turning off the lights when the sunlight coming through our windows is bright enough.
67. We can all save energy every day. We can save energy in our classrooms by keeping our doors and windows closed when the air conditioner or heater is on.
68. We can all save energy every day. We can save energy in our classrooms by turning off the computers, projectors, TVs, DVD players, and other equipment when they are not being used.
69. We can all save energy every day. We can save energy in our classrooms by keeping the heater thermostat set between 68-72° and the air conditioner set between 72-78°.
70. We can all save energy every day. We can save energy in our classrooms by keeping our desks, books, and other materials away from the air conditioner or heater vents.
71. We can all save energy every day. We can save energy in our classrooms by recycling all of our classroom paper.
72. We can all save energy every day. We can save energy in our classrooms by reusing paper that only has printing on one side.
73. We can all save energy every day. We can save energy in our school by posting sign to encourage energy savings and recycling.
74. We can all save energy every day. We can save energy in our school by supporting our district-wide energy management efforts and following the directions on the Energy Management Tips cards.
75. We can all save energy every day. We can save energy in our school by reminding teachers to turn off unused electronic equipment.
76. We can all save energy every day. We can save energy in our schools by reporting leaks or maintenance problems to our teachers and asking them to report them to the principal.
77. We can all save energy every day. We can save energy and our environment by teaching others about being environmental stewards.
78. We can all save energy every day. We can save energy and our environment by telling our parents about the energy savings ideas we hear about in school.
79. We can all save energy every day. We can save energy and our environment by encouraging our friends to save energy at home and at school.
80. We can all save energy every day. We can save energy and our environment by opening curtains, blinds, and shades on cold sunny days. Let the sunlight help heat up the room and set the heater thermostat lower.
81. We can all save energy every day. We can save energy and our environment by closing curtains, blinds, and shades on hot sunny days. Keep the sunlight out of the room and set the air conditioner thermostat higher.
82. We can all save energy every day. We can save energy and our environment by opening curtains, blinds, and shades on mild sunny days. Let the sunshine light up the room and turn off the lights.
83. We can all save energy every day. We can save energy and our environment by turning off every thing that uses electricity when we are not using them.

84. We can all save energy every day. We can save energy and our environment by making sure that faucets do not leak.
85. We can all save energy every day. We can save energy and our environment by cleaning or replacing heater or air conditioner filters at least once a month.
86. We can all save energy every day. We can save energy and our environment by caulking or weather-stripping around doors and windows to help keep in heated or air conditioned air.
87. We can all save energy every day. We can save energy and our environment by remembering to turn off ceiling fans whenever we leave a room empty.
88. We can all save energy every day. We can save energy and our environment by turning off lights every time we leave the room empty.
89. We can all save energy every day. We can save energy and our environment by dressing appropriately for the temperature. Take off sweaters or sweatshirts if you feel warm, do not turn down the air conditioner.
90. We can all save energy every day. We can save energy and our environment by turning off air conditioners, heaters, and fans and opening windows when outdoor temperatures are mild.
91. We can all save energy every day. We can save energy and our environment by turning off air conditioners, heaters, fans, and electronics when we leave our classrooms to go on field trips.
92. We can all save energy every day. We can save energy and our environment by turning off air conditioners, heaters, fans, and electronics when we leave our classrooms to go out to field day.
93. We can all save energy every day. We can save energy and our environment by turning off air conditioners, heaters, fans, and electronics when we leave our classrooms to go to lunch or recess.
94. We can all save energy every day. We can save energy and our environment by turning off air conditioners, heaters, fans, and electronics when we leave our classrooms at the end of the school day.
95. We can all save energy every day. We can save energy and our environment by thanking our classroom energy monitor for remembering to turn out the lights and close the door when we leave the classroom empty.
96. We can all save energy every day. We can save energy and our environment by reminding each other to save energy,
97. We can all save energy every day. We can save energy and our environment by not wasting natural resources or products that come from natural resources, like paper and pencils.
98. We can all save energy every day. We can save energy and our environment by using natural resources wisely.
99. We can all save energy every day. We can save energy and our environment by using as little electricity as possible.

100. We can all save energy every day. We can save energy and our environment by turning off the television when no one is watching it.
101. We can all save energy every day. We can save energy and our environment by turning off our computers and printers when no one is using them.
102. We can all save energy every day. We can save energy and our environment by using solar energy instead of energy made from burning fossil fuels.
103. We can all save energy every day. We can save energy and our environment by asking our parents to find out if our power company sells green energy.
104. We can all save energy every day. We can save energy and our environment if we stop making excuses about why we cannot save energy.
105. We can all save energy every day. We can save energy and our environment by looking around and trying to figure out ways to save energy.
106. We can all save energy every day. We can save energy and our environment by bringing home information about energy savings to your parents.
107. We can all save energy every day. We can save energy and our environment by not drinking water from disposable plastic bottles. Making plastic water bottles uses energy. Refilling a non-disposable bottle uses less energy.
108. We can all save energy every day. We can save energy and our environment by asking our parents not to let the car idle while waiting to pick us up.
109. We can all save energy every day. We can save energy and our environment by asking our parents to use re-usable bags when we go shopping. Making plastic bags uses energy.
110. We can all save energy every day. We can save energy and our environment by using last year's school bag instead of getting a new one. Making new school bags uses energy.
111. We can all save energy every day. We can save energy and our environment by using paper products made from recycled paper.
112. We can all save energy every day. We can save energy and our environment by recycling all drink cans and bottles.
113. We can all save energy every day. We can save energy and our environment by using energy saving light bulbs like compact fluorescent light bulbs.
114. We can all save energy every day. We can save energy and our environment by reminding our parents to run the washing machine, dryer, and dish washer only with full loads.
115. We can all save energy every day. We can save energy and our environment by putting left-overs in re-usable containers instead of plastic wrap.
116. We can all save energy every day. We can save energy and our environment by writing on both sides of paper.

117. We can all save energy every day. We can save energy and our environment by erasing instead of starting over on a new sheet of paper every time we make a mistake.
118. We can all save energy every day. We can save energy and our environment by pouring water or ice on plants instead of throwing it away.
119. We can all save energy every day. We can save energy and our environment by carpooling with friends when going to parties.
120. We can all save energy every day. We can save energy and our environment by recycling newspaper.
121. We can all save energy every day. We can save energy and our environment by asking our parents to plant deciduous trees in our yard to shade our house in the summer.
122. Heating and cooling consumes the most energy in American homes each year.
123. We can all save energy every day. We can save energy and our environment by closing doors and windows whenever the heaters or air conditioners are on in our homes or classrooms.
124. We can all save energy every day. Wear short sleeves and light weight clothes when it is warm outdoors. Wear long sleeves when it is cool outdoors. When we wear appropriate clothing for the outdoor temperature, we can avoid having to adjust the thermostat to be comfortable indoors.
125. We can all save energy every day. We can save energy and our environment setting our thermostats between 72°-76° for air conditioning and 68°-72° for heating.
126. We can all save energy every day. We can save energy and our environment by setting our thermostats to 80° for air conditioning and 55° for heating when our homes or classrooms will be unoccupied for several hours.
127. We can all save energy every day. We can save energy and our environment by turning off individual room air conditioners or heaters when the rooms are unoccupied.
128. We can all save energy every day. We can save energy and our environment by closing blinds and doors to keep conditioned air in the room when we turn off the air conditioners or heaters.
129. We can all save energy every day. We can save energy and our environment by turning off air conditioners and heaters and opening windows when the outdoor temperatures are mild.
130. We can all save energy every day. We can save energy and our environment by cleaning or replacing the air conditioner and heater filters at least once a month.
131. We can all save energy every day. We can save energy and our environment by asking our parents to install a programmable thermostat to control our air conditioners and heaters at home.



132. Lighting consumes a lot of energy in American homes and schools. We can save energy and our environment by turning off lights every time we leave a room empty.
133. We can all save energy every day by opening curtains, blinds, and shades and using natural light when it is bright enough to do our work with turning on the lights.
134. We can all save energy every day. We can save energy and our environment by using lamps to light just the area where we are working instead of lighting the whole room.
135. We can all save energy every day. We can save energy and our environment by replacing incandescent light bulbs with energy efficient light bulbs.
136. We can all save energy every day. We can save energy and our environment by turning off light every time we leave the room empty.
136. We can all save energy every day. We can save energy and our environment by turning off electronic devices when we are not using them.
137. We can all save energy every day. We can save energy and our environment by buying energy efficient appliances and electronics.
138. We can all save energy every day. We can save energy and our environment by turning off the television when no one is watching it.
139. We can all save energy every day. We can save energy and our environment by turning off the computer, computer monitor, and the printer when no one is using them.
140. We can all save energy every day. We can save energy and our environment by reminding our teachers to turn off projectors and ceiling fans when we are leaving the classroom.
141. Renewable resources can be used to produce electricity. Renewable resources do not pollute or destroy the environment.
142. Two renewable resources that can be used to produce electricity are sunlight and the wind. Solar energy from sunlight can be used to make electricity. Wind turbines can use the wind to make electricity.
143. We can all save energy every day. We can save energy and our environment by encouraging adults to use renewable resources to produce electricity.
144. We can all save energy every day. We can save energy and our environment by not burning fossil fuels to make electricity. Burning fossil fuels pollutes our environment.
145. We can all save energy every day. We can save energy and our environment by solar energy or wind turbines instead of burning fossil fuels to make electricity.
146. We can all save energy every day. We can save energy and our environment by being careful about the amount of energy we use.
147. We can all save energy every day. We can save energy and our environment by taking short showers instead of a bath.

148. We can all save energy every day. We can save energy and our environment by taking what we need out of the refrigerator and closing the door quickly.
149. We can all save energy every day. We can save energy and our environment by reading a book instead of watching TV or playing video games.
150. We can all save energy every day. We can save energy and our environment by riding the bus to school instead of riding in a car.
151. We can all save energy every day. We can save energy and our environment by walking or riding our bikes instead of riding in a car.
152. We can all save energy every day. We can save energy and our environment by turning off ceiling fans when we leave the room empty.
153. We can all save energy every day. We can save energy and our environment by reminding others to save energy.
154. We can all save energy every day. We can save energy and our environment by being careful not to waste natural resources.
155. We can all save energy every day. We can save energy and our environment by teaching others how to save energy.
156. We can all save energy every day. We can save energy and our environment by recycling paper, aluminum cans, and glass.
157. We can all save energy every day. We can save energy and our environment by asking our parents to buy food grown close to our homes.
158. We can all save energy every day. We can save energy and our environment by using reusable cloth bags instead of plastic shopping bags.
159. We can all save energy every day. We can save energy and our environment by washing our clothes in cold water.
160. We can all save energy every day. We can save energy and our environment by turning off everything that uses electricity when we are not using them.
161. We can all save energy every day. We can save energy and our environment by unplugging all electrical devices in our classrooms during holiday and summer breaks.
162. We can all save energy every day. We can save energy and our environment by closing the blinds or shades in our classrooms at night and during holiday and summer breaks.
163. We can all save energy every day. We can save energy and our environment by closing our classroom door every time we leave the room with the air conditioner or heater running.
164. We can all save energy every day. We can save energy and our environment by keeping blinds or shades closed on hot days.

165. We can all save energy every day. We can save energy and our environment by being careful about the amount of energy we use.
166. We can all save energy every day. We can save energy and our environment by unplugging all electrical devices that we will not be using.
167. We can all save energy every day. We can save energy and our environment by avoiding careless use of electrical devices.
168. We can all save energy every day. We can save energy and our environment by turning off computer monitors when we are not using them. A computer monitor with a black screen is completely off. Screen savers use energy.
169. We can all save energy every day. We can save energy and our environment by unplugging the computers in our classroom during holiday and summer breaks.
170. We can all save energy every day. We can save energy and our environment by being careful about the amount of energy we use.
171. We can all save energy every day. We can save energy in our classrooms by not blocking air conditioner vents with furniture, books, or paper.
172. We can all save energy every day. We can save energy and our environment by thanking those who are saving energy.
173. The St. Tammany Parish School Board thanks everyone in every school who tries to save energy. Have a good summer!