

GETTING STARTED WITH ENERGY - SUPPORT PACKAGE



Phantom Friday Campaign

Phantom or vampire power is the electricity used by appliances when they are turned off or in standby mode. Devices that use phantom power include chargers, computers, televisions, DVD players, game consoles, speakers and stereos, microwaves, coffee makers, and more. Phantom power can account for up to 10% of annual household electricity use and can cost households more than \$100 per year. How can you stop phantom power? Unplug devices and chargers! Schools are not immune to phantoms. Just imagine how many computers in your school board are left in sleep mode or plugged in every night and all weekend. Cutting phantom power is a great way to stop wasting money and develop Earth-friendly habits. The objective of this school-wide initiative is to end the week with smart energy habits that teach everyone at school to waste less energy every day. A Phantom Friday Campaign will encourage students to:

- Power down computers
- Turn off speakers, projectors, smart boards and other school electronics
- Unplug devices or turn off power bars

Action Plan

Step 1- Ask each class to learn about phantom power and how to stop it. You could invite your Green School NS Engagement Officer for a virtual or in-person visit to get your school started on the path to energy efficiency. Check out the great videos listed below or ask your Engagement Officer for the Green Schools NS Phantom Friday Slideshow. Get excited to waste less energy and help the Earth!

Step 2- Find the phantoms! Each class can complete a [Green Schools NS Energy Navigators Activity](#) (available for various learning levels). After this activity students will find the lurking phantoms and develop a plan to save energy. The [Green Schools NS Classroom Energy Checklist](#) would be helpful as an activity or as a poster.

Step 3- Students can draw phantoms, ghosts or vampires to create reminders to turn off and unplug devices. These will be posted as visual prompts to remind everyone to waste less energy by powering down phantoms.



<http://www.inconvenientyouth.org/blog/?cat=5>

Step 4- Let the Phantom Friday Campaign begin! End every Friday with an announcement to remind everyone to save energy by shutting down and unplugging the phantoms. You know your school best, so compose an announcement that you think will inspire and energize your school!



Example announcement: “(Your School Name) is excited to end the week with Phantom Friday. Before you leave your classroom today we challenge you to power down your computers and any other electronics and unplug or switch off your power bars. Let’s stop wasting energy and help the Earth!”

Step 5- If you have an active Green Team, Environmental Club or keen class, this group could visit each classroom on Friday afternoons to see if any phantoms are still lurking at the end of the day. They could leave little notes or evaluations to help encourage classrooms to develop smart energy habits. The group could use an energy meter to calculate how much energy and money is lost when an appliance is left in standby mode. Use the [Green Schools NS Phantom Power Activity](#) to share results with your school. Ask Green Schools NS about the related Classroom Checks Support Package to develop energy monitoring and a prize incentive. Remember to stay positive and celebrate achievements!

CONGRATULATIONS !!		
Yes	No	
<input type="radio"/>	<input type="radio"/>	Lights Off
<input type="radio"/>	<input type="radio"/>	Computer Off
<input type="radio"/>	<input type="radio"/>	Printers Off
<input type="radio"/>	<input type="radio"/>	Power Bars Off
<input type="radio"/>	<input type="radio"/>	Personal Appliances off
<input type="radio"/>	<input type="radio"/>	Windows Closed
<input type="radio"/>	<input type="radio"/>	Blinds/Curtains Closed

** YOU'RE GETTING THERE! **		
Yes	No	
<input type="radio"/>	<input type="radio"/>	Lights Off
<input type="radio"/>	<input type="radio"/>	Computer Off
<input type="radio"/>	<input type="radio"/>	Printers Off
<input type="radio"/>	<input type="radio"/>	Power Bars Off
<input type="radio"/>	<input type="radio"/>	Personal Appliances off
<input type="radio"/>	<input type="radio"/>	Windows Closed
<input type="radio"/>	<input type="radio"/>	Blinds/Curtains Closed

Resources

[Green Schools NS Energy Bingo](#)

[Green Schools NS Energy Saving Game](#)

[Green Schools NS Energy Dashboard Project 9-12](#)

[Turn if Off Phantom Load Campaign - Saskatchewan Environmental Society](#)

[Turn if Off Computers Campaign - Saskatchewan Environmental Society](#)

[How to Fight the Phantoms - Ontario Hydro One \(interactive website\)](#)

[Plug Loads - National Energy Education Development Project \(for middle to high school\)](#)

Videos

[Phantom Power Tip from Hydro One - Ontario, P-2 students](#)

[Vampire Power Awareness from iGo - United States, Grade 3-12](#)

[Vampire Energy - Grade 7-12](#)

[How to use an Kill-a-Watt Device](#)

Books

[Why Should I Save Energy? - by Jen Green](#)

[10 Things I Can Do to Help the World - by Melanie Walsh \(Scholastic curriculum links\)](#)

[I Can Save the Earth! One Little Monster Learns to Reduce, Reuse, and Recycle - by Alison Inches](#)



