



Saint Paul Public Schools

THE HOME ENERGY ACTION TALENT (H.E.A.T) CONTEST

We're wasting energy at home - help us think about how to be more energy efficient!

Show us how for a chance to win a \$100 Visa® gift card!

Step 1: Learn about energy and climate change with these videos

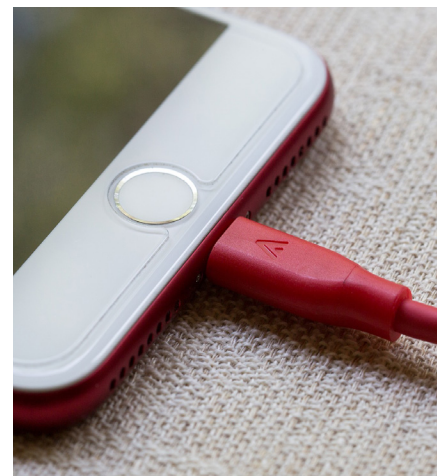
For some background on information on energy and how wasting it harms the planet, watch the videos below.

- [Energy, let's save it!](#)
- [Climate change \(according to a kid\)](#)
- [Human Activities and Carbon Dioxide](#)
- [Climate Science in a Nutshell #5: Where Does Carbon Dioxide](#)
- [Climate Change 101 with Bill Nye | National Geographic](#)

Step 2: Pick an energy problem to solve

Pick one energy-wasting problem:

1. **Lighting:** When lights are on in a room that no one is using, that wastes energy.
2. **Plugged in electronics:** Electronics like TVs, game consoles, and microwaves draw power even when they're turned off, unless they're plugged into a power strip that's turned off.
3. **Laundry:** In your washing machine and dryer, the higher the heat setting you use, the more energy you're using.
4. **Cooking:** Ovens waste more energy than stovetops, microwaves, and toaster ovens for cooking small things.
5. **Dishwashing:** Using the dryer setting on a dishwasher uses more energy



Step 3: Make a video to solve your energy problems

Video requirements:

- Tell us how to solve the energy-wasting problem you picked.
- Keep the video 1 MINUTE OR LESS.
- Each student MAY ONLY SUBMIT 1 video.

Step 4: Submit your video

Please ask an adult to help you upload your video.

Submissions are due by December 18, 2020.

First, make sure your video follows the timing requirements. If you need to cut out or add parts of your video, you can use iMovie on your SPPS iPad.

Second, click the link below and fill out every part. The last question in the form is where you can upload your video.

[Video submission link](#)

That's it, great job!

BONUS POINTS!

Add in bonus activities to give you a better chance to win!

- Include other people in your video! Anyone can participate.
- Include 2 or more energy-wasting problems from this list or add your own.
 - Ask your parent or guardian to help you think about other problems to solve. (Find more ideas [here](#).)
 - As long as you tell us how to save energy, it belongs in the video.
- Make your video in a unique way. How you film it, how you tell us to save energy, anything unique!

H.E.A.T. Contest Prizes

We are giving away 2 Visa® gift cards to the first and second place winners: first place will get \$100 and second place will get \$50.

Your video will be watched by members of the SPPS Energy Action Team that are working to make SPPS more energy-efficient, teachers, or school board members. Videos will be judged based on the rules and bonus points described in the instructions.

The final winners will be announced on January 11, 2021, and receive their prize!