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 energy problems to solve

Pick at least two energy-wasting problems and tell us in 60 seconds or less how you can solve them in your home.

1. **Lighting:** Incandescent lightbulbs use four times more energy than LED bulbs.
2. **Cooking:** Ovens are less energy efficient than stovetops, microwaves, and toaster ovens for small cooking tasks.
3. **Laundry:** In your washing machine and dryer, the higher the heat setting you use, the more energy you're using than lower settings.
4. **Insulation:** Cold air may be creeping in without air sealing or insulation in the home.
5. **Plugged in electronics:** Unless plugged into a power strip that is turned off, electronics like your TV, gaming console, or phone charger will draw power even when not being used.

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6. **Dishwashing:** Using the dryer setting on a dishwasher uses more energy.
7. **Thermostats:** Leaving your thermostat at the same temperature whether you're at home or away will heat or cool rooms when not needed.
8. **Closed spaces:** Heating and cooling will be less consistent and efficient if interior doors around the home are closed, shutting off rooms from each other.
9. **Hot water:** Setting your hot water heater above 120° will use more energy to heat your water, plus it increases the risk of accidental burns.
10. **Fans:** Ceiling fans help circulate air, especially in the winter when they should be turning clockwise to push hot air down. If your ceiling fans are running counter-clockwise in the winter, they may be pulling up the warm air making you feel colder.

Step 3: Make a video to solve your energy problems

Video requirements:

- Your video MUST include AT LEAST 2 of the 10 energy-wasting problems given and MUST show what the problems are and how your plan to solve them.
- Your video MUST be one minute or less.
- Each student MAY ONLY SUBMIT 1 video.

Step 4: Submit your video

Submissions are due by December 18, 2020. Go to the form below and fill out every part. You will be able to upload your video directly through this form. This ensures we know whose video is whose! If you're having trouble uploading your video, please ask an adult to help you.

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! Family members, COVID-safe (could even be on Zoom) friends and neighbors, or anyone who will listen!
- Include 3 or more energy-wasting problems from this list or add your own.
  - You can find more energy-saving ideas **here**.
  - As long as you tell us how to save energy, it belongs in the video.
- Make your video in a unique way! This could be anything from how you film it to how you communicate your information, just make it your own!

H.E.A.T. Contest Prizes

We are giving away 2 Visa® gift cards to each age bracket! First place will get $100 and second place will get $50.

Age brackets:

- Elementary Students
- Junior High Students
- High School Students

Your video will be watched by a panel of judges, that includes 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!