

July 2018

The weather outside might be chilly, but the Global Challenge is heating up, almost half way so keep those steps going! We have a busy month ahead with Benestar providing another great seminar, join the Digital Detox Challenge and Plastic Free July.

Check out the loads of new information available including, updates to Poison Schedule, the new ChemAlert page and the inclusion of more online courses to complement our existing suite.

Plastic Free July

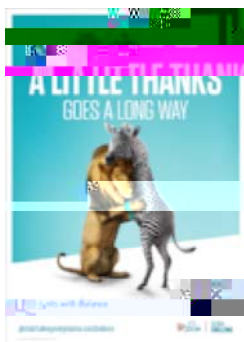
Plastic waste is shaping up to be one of the major concerns of the society. Studies suggest that inaction on single use plastics can result in [more plastic in world's oceans than fish by 2050](#).

The UNSW Sustainability team in collaboration with many other departments and faculties is running a campaign that encourages UNSW community to take strong action on reducing plastic pollution in recognition of Plastic Free July campaign 2018. We are urging everyone at UNSW to take the [Plastic Free July Challenge](#) and take [some simple steps](#) to reduce the amount of plastic in their lives. As part of this global campaign, retailers across campus are committing to reduce single - use plastic items including but not limited to plastic bags, straws and disposable cups. Full story [here](#)

Global Challenge

Only ten days to go and we will be at the half - way mark! July features three exciting events in the Global Challenge:

- Balance - Provides simple tips and activities to help us develop a positive mindset and appreciate the good things in our lives. The balance module is available from this Wednesday July 4th.
- Sleep - Opens on Wednesday July 18th and will help you eliminate your sleep stealers.
- Mini - Challenge 3 - Spin That Wheel runs from July 12th to 14th. Spin the wheel each of the three days to receive your daily step target and achieve it to win the trophy.







Poison Standard Update

A new Poisons Standard has just been released (June 2018), covering all the schedules.

The Schedules are published in the [Poison Standard](#) and are given legal effect through State and Territory Legislation. The Poisons Standard is
