



Ideas for your **action plan**

Your plan requires a total of **9** actions. Ensure you have a variety of **living simply**, **living sustainably**, and **living in solidarity** actions. (You do not need one of each on every row).

3 actions that will impact the **global** community, 3 actions that will impact your **local** community and 3 actions that will impact your **school** community.

From the 9 actions you then choose 3 actions that will become main actions and be able to “**go big**” (1 living simply, 1 living sustainably & 1 living in solidarity with our global community). This means you will involve lots of pupils (ideally whole school) **plus** include the wider community (parents, parishioners and/or the local community) in taking the action.

Retrospective actions are not valid for your plan. Existing, ongoing actions can be included, providing you can link the faith and learning elements. Please do include some new actions too.

Ensure you email schools@cafod.org.uk once you have filled in your action plan to register your plan **before** you start your actions.

Examples below, choose from these or create your own.

GLOBAL ACTIONS – have a direct impact on our global family.

We will take part in CAFOD’s Big Lent Walk to raise funds for CAFOD who work with our global family. www.cafod.org.uk/BLWSchools *Living in Solidarity*

As a whole school we will take part in CAFOD Family Fast Day in October to raise money for CAFOD. Our chaplaincy group will raise awareness of the work of CAFOD and its history. *Living in Solidarity* <https://cafod.org.uk/about-us/our-history-q-and-a>

We will engage with Fairtrade. Pupils will lead on the activities and host a Fairtrade stall. (Please note the next Fairtrade Fortnight is 9th-24th September **2024**)
[CAFOD Fairtrade resources for schools](https://schools.fairtrade.org.uk/)
<https://schools.fairtrade.org.uk/> *Living in Solidarity*

We will take part in CAFOD Campaigns. CST inspires us to stand up against injustice. We will use the Young People Demand Change resources, following this we will take part in a campaign to support our global community.

Resources can be found on the [primary](#) and [secondary](#) pages.
Living in Solidarity

Students/pupils will lead International Day of Peace (21 Sept). We will participate in saying prayers and learning about ways of developing PEACE. We will particularly pray for the countries and communities most impacted by war or conflict at the time of our assembly. Assemblies for [primary](#) and [secondary](#)

Living simply Living in Solidarity (alternatively you may wish to take part in World Day of Peace 1st Jan)

We will set up a virtual World Gifts village at our school and fundraise for life-changing gifts around the world. Pupils will be involved with choosing how we fundraise and which gifts we purchase.

<https://worldgifts.cafod.org.uk/>

We will invite a CAFOD volunteer in to lead an assembly on World Gifts so the pupils can learn more about the work of CAFOD and how our fundraising enables CAFOD to stand in solidarity with our global family. [Primary](#) & [Secondary](#) Resources *Living in Solidarity*

Each class will choose a [World Gift](#) and decide how they will raise the funds to purchase the gift. We will invite a CAFOD Schools visitor to deliver a World Gifts Assembly (in person/virtually).

Living in Solidarity

We will raise money for CAFOD through our annual “Global Community Tea Party” – this event promotes an understanding of injustice in the world. The children randomly choose a ticket – a red ticket means they are given a ‘luxury’ tea’, green means they receive an ‘ordinary’ tea, and white represents bread and water. Once seated, the children share what they have with those who have nothing, showing the children that if the world’s resources were shared fairly, then no-one would be in need. Ticket sales will be donated to CAFOD. *Living in Solidarity*

We will raise money to support refugees overseas and learn more about their plight through [“On the move”](#) (this could be a local action if you have refugees living local and you can support them directly by fundraising or providing necessities such as clothes, toiletries etc).

(Secondary resources are also available for this action [here](#))

Living in Solidarity

Hold fundraising events to support CAFOD or a charity that works overseas (please specify which charity) with some of our poorest global communities. Fundraising ideas [here](#). *Living in Solidarity*

Soup lunch- During Lent to further understand sacrifice and solidarity with the world’s poorest communities, pupils will host a soup lunch for staff and students. This will encourage the school community to eat a simple meal and to donate the cost of their normal meal choice to a nominated charity (*this could be a global or local action depending on the charity being supported, please specify the charity you will be supporting*)

Living in Solidarity

We will take part in World Food Day; we will particularly pray for people in parts of the world who have little or no food (16th October) (Primary resources [Feeding the 5,000 resources](#)) ([Secondary resources](#)) *Living simply*

You may also wish to participate in “*a coin and a tin, it’s a win, win*”. Asking students to bring in a coin to support a global charity (e.g. CAFOD) and a tin to support a local foodbank/homeless shelter. *Living in Solidarity*

We will take part in World Toilet Day (19th November) We will raise funds to purchase [Terrific Toilets via World Gifts](#) We will use the Primary [education resources & assembly](#) or [Secondary resources](#) provided by CAFOD.

Living in Solidarity

We will hold a whole school sponsored walk to a local landmark in our area. At various points we will stop to say a prayer thinking of the world’s poorest communities. We will invite our parish community, governors and PTFA to join us for the walk from school and back. Funds raised will be donated to CAFOD. Pupils will learn how the funds will support people via CAFOD. *Living in Solidarity Living simply*

LOCAL ACTIONS - have a direct impact on your local community.

Pupils will host an afternoon tea for local parishioners who live on their own. They will spend time chatting with the parishioners. *Living simply*

We will create a link with a local care home. Pupils will send letters/cards and visit the residents. They will spend time talking together and learn games such as dominoes.

Pope Francis said, "Elderly people have so much to give us because there is the wisdom of life," He also urged Christians to bridge the gap between older and younger generations so that the elderly may pass on the "memory of life, the experience of life, the wisdom of life." "In the measure that we can help young people and old people connect, there will be more hope for the future of our society,"

Living simply

Pilgrimage: We will undertake a pilgrimage to a nearby place of pilgrimage/recreate a pilgrimage within our school or parish grounds. Chaplaincy teams will support pupils to have regular collective worship and whole school displays to raise the profile of pilgrimage and focus on the four purposes of pilgrimage; Prayer, Penance, Charity, and Solidarity. *Living simply*

Introduce Meat Free Mondays and invite parents into school for these lunches, an opportunity for parents to spend quality time with their child and eat meat free. As a school we will grow our own vegetables (pupils will be involved in this) and invite parents and the local community to do the same to be more sustainable. We will share simple meat free recipes that can be made at home.

Living simply living sustainably

Mini Vinnies will fundraise for St Vincent de Paul Society (SVP) and write to SVP to update them on activities. They will also make Christmas cards, out of recycled items, for the SVP. *Living in Solidarity*

Living simply Living sustainably

Inspired by Laudato Si' pupils will organise a litter pick around the school grounds and in the local community on a regular basis to keep the school tidy and to protect any wildlife. Any litter picked will be put into the appropriate recycling. We will start each litter pick with a prayer. *Living sustainably*

We will take part in "clean up" actions in local parishes & cemeteries. We will start each action with a prayer to remind ourselves we are stewards of God's creation. *Living sustainably*

A Stewardship Group will be set up to develop and nurture an allotment in the Peace Garden, this will provide fresh food for local people in need of support. *Living in Solidarity Living sustainably*

Inspired by CST principles of preferential option for the poor, human dignity, and solidarity we will raise funds for our local Caritas agency to support people in need who are living locally. *Living in Solidarity*

We will support the local foodbank; pupils will be involved in organising and promoting this. We will liaise with the foodbank to find out what they are in most need of. If possible, a group of students will visit the foodbank to find out more about their work and feed this back to the other students.

Alternatively, we will ask a representative from the foodbank to come and speak to students about their work. *Living in Solidarity*

We will support local people who are homeless by contacting the local charity to find out what they need, and we will then support them by donating items or raising funds to purchase what is needed.

Living in Solidarity

Sponsored Sleep out- develop students understanding of homelessness through an experience of sleeping outside. Highlight the need for compassion and support for those who are homeless. This will be a sponsored event to raise money for local organisations supporting people who are homeless in our area. *Living in Solidarity*

SCHOOL ACTIONS

We will create a prayer garden (or space). Pupils will be involved in the design and creation of the garden. Each pupil will be able to contribute to the prayer garden in some way e.g., planting bulbs, painting a prayer stone, maintaining the garden, etc. The prayer space will be available for collective worship and for pupils to visit at break time. *Living simply*

Pupils, staff, and governors will each write a LiveSimply pledge which we will use to create a display. We will also individually keep a note of our pledges in our planners so we can refer to them regularly reminding us to live simply, sustainably and in solidarity with the world's poorest communities as we are all part of God's family. *Living simply* ([Resources to support creating LiveSimply Pledges](#))

Inspired by Laudato Si' we will write our own song. *Living simply*

This is a wonderful example, with kind permission from the trust who invited Joseph Hammill in to work with their young people to create their Laudato Si song.

<https://www.youtube.com/watch?v=THFFPP7mBKI>

Song commissioned by NPCAT (Nicholas Postgate Catholic Academy Trust)

Written by Joseph Hammill (chosen.bespoke@gmail.com)

Pupils will collate photos of activities expressing their appreciation of nature and the joy of caring for each other, by using them to create a beautiful *LiveSimply* display, including the famous quote from Pope Francis: "To live simply is not a lesser life or one lived with less intensity. On the contrary, it is a way of living life to the full." *Living simply*

Each class will create their own prayer to reflect living simply. The pupils will say the prayer at the beginning of each week. *Living simply*

As Pope Francis calls us all to return to saying grace before and after meals in Laudato Si' 227, pupils will write their own prayer of grace and we will use a selection of these over the term in class or in the hall before and after meals. We will remember the people who have been involved in growing and preparing our meals. *Living simply*

During Advent, each class will use the CAFOD Advent calendar for daily prayers and actions. *Living simply*

In addition to creating our own pledges, we will have a CAFOD stall at our Christmas Fayre and invite families to create their own LiveSimply pledge which we will display in school. Pupils will help at the stall and create posters to advertise it ahead of the event. *Living simply*

We will hold a photography competition, celebrating awe and wonder of God's creations in our local landscape. Depending on the age group we will either provide quotations from scripture to inspire them, or they will choose one themselves to go with their photo. *Living simply*

Students will design and paint prayer stones to decorate our outdoor prayer area. Once finished the students will hold their stones and share a prayer before they are placed outdoors. *Living simply*

We will take part in a whole school "Disconnect to Reconnect Day". We will switch off as many electrical appliances as possible, no screens or technology will be used. We will take part in practical activities and teachers will be encouraged to take learning outside the classroom. We will be lowering our usage of electricity and our carbon footprint and giving the pupils opportunities to spend time with each other. We will encourage this to continue into the evening, enabling families to spend time together playing a simple game

or going for a walk. We will encourage the pupils to share what they did and how it made them feel. *Living simply Living sustainably*

Based on Pope Francis' encyclical Laudato Si' 49 "hear the cry of the earth and the cry of the poor" pupils will produce a piece of art or a poem to raise awareness re our call to respond to Pope Francis' message and be stewards of creation - people & planet. (Artwork to incorporate items that would have been binned). *Living simply Living sustainably*

We will create a vegetable patch where classes can grow produce. Each pupil will have the opportunity to spend time outside planting or nurturing the area. Once the produce is ready the pupils will have the chance to taste their school-grown produce. Where possible we will make simple meals such as soup to share with each other. *Living sustainably Living simply*

Instead of using cut flowers during our May procession the pupils will plant seeds and grow our own plants which can be used. *Living sustainably Living simply*

Inspired by CST – Stewardship, the pupils will help plant new trees on school grounds donated by the Woodland Trust. They will monitor and care for the trees. *Living sustainably*

Inspired by Laudato Si' we will hold a pre-loved book/toy sale. Pupils will bring in books/toys for the sale and will then be able to purchase "new to them" items (for a nominal amount). The funds raised will be used to implement other sustainable actions, e.g., purchasing bike racks to encourage more pupils to cycle to school. *Living sustainably*

In response to Laudato Si' we will develop a culture of 'buy less, share more'. We will hold a book swop once a term. *Living sustainably*

As stewards of creation, we will hold a termly clothes swop and pledge not to buy any new clothes that month/term. We will combine this with learning about how fast fashion impacts the environment and how it impacts the workers in the manufacturing of the clothes. *Living sustainably*

We will hold a "park away" day every month to promote protecting God's creation by using cars less, and to encourage families to appreciate the benefits of a simple walk and chat with each other to start the day. *Living sustainably Living simply*

Inspired by Laudato Si' we will take part in the "Walk once a Week" initiatives to help protect the environment and to encourage walking/scooting/cycling to school. We will periodically ask the pupils to look for God's creations on their journey and share with us what they have spotted. *Living sustainably Living simply*

Inspired by Laudato Si' we will think about how we can refuse, reuse, reduce, repurpose, recycle. We will create a display using recycled items to highlight the living sustainably. Pupils will choose a tip to be shared with parents in the newsletter and to the local parish. *Living sustainably*

Inspired by Laudato Si' the CAFOD Club/Eco Club will implement and share methods with the rest of the school regarding the 7 Rs – Refuse, Reduce, Re-use, Re-purpose, Repair, Rot, Re-cycle – so we are able to live more simply and more sustainably. *Living sustainably Living simply*

Inspired by Laudato Si' we will reduce food waste in school. A group will be set up to weigh the food waste from the school kitchen and then share the Laudato Si' assembly with the rest of the school and explain our plans. We will ask the council to provide us with food waste bins for the kitchen and for classrooms for fruit snacks. A table will be kept of the food waste and will be shared with the school periodically to see our achievements. We will use the slogan "Take what you can eat, eat what you take" to ensure pupils are conscious of not wasting food each day. *Living simply Living sustainably*

Inspired by Pope Francis' encyclical Laudato Si' pupils will organise a litter pick around the school grounds on a regular basis to keep the school tidy and to protect any wildlife. Any litter picked will be put into the appropriate recycling. We will start each litter pick with a prayer. *Living sustainably*

Pupils will be set a Christmas holiday LiveSimply task to create an ideas board ready for January. We will review the ideas and implement some of them along our LiveSimply journey.

Living simply Living sustainably Living in Solidarity (Potentially all 3 depending on the ideas but the action of creating the board would be living simply.)

We will watch the Laudato Si' animation and each class will collectively write a letter to our local MP linking it to Care for Creation / climate change. *Living sustainably*

Inspired by Laudato Si' we will create bug hotels, bat boxes, and bird boxes to encourage more wildlife. Pupils will be involved in the construction of the bat and bird boxes. We will ensure the school grounds are kept litter free to protect the wildlife and to make it a more pleasant environment for pupils and staff too. *Living sustainably Living simply*

We will watch the [Fratelli Tutti animation](#) and write pledges on how we can be better global neighbours. *Living simply*

Pupils will work together to write a class prayer all about thanking God for his creation this will be shared in class newsletters to families at home and displayed in the classroom. *Living simply*

Inspired by Laudato Si' the students will take part in an Art competition to create a piece of art (through whichever media they chose) to represent God's gift of the world to us. *Living simply*

After hearing the creation story pupils will spend time outdoors and draw a plant / animal that they spot that God has created. *Living simply*

Having researched that the temperature of the water does not matter when washing our hands, we will wash our hands in cold water and soap to reduce electricity and water waste. This can occur with some heating systems waiting for the hot water to reach the tap. Inspired by Laudato Si' we will take care of our water resource and remember those who do not have easy access to water. We will encourage our families to do the same.

Living sustainably Living simply

We will use CAFOD pupil led collective worship resources to help children create "going forth" tasks linked to caring for their environment and praying for our common home. We will invite families and friends of the community to offer their personal intentions through a variety of prayerful experiences.

Living simply Living sustainably