

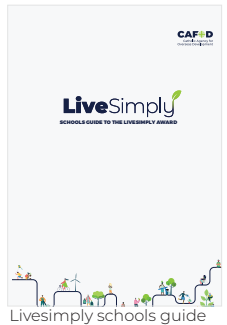
LiveSimply

SCHOOLS ACTION PLANNING GUIDE



The **Live**Simply action plan

We're here to help you every step of the way on your **Live**Simply journey. Read through the instructions below to start planning your **Live**Simply actions. with the planning form. Then, when you're ready, send in a copy of your completed action plan to receive your registration certificate to display in your school.



This *Schools Action Plan* serves as a guide to help you with your planning process. Before you start, make sure that you have read the **Live**Simply schools guide (left), which gives an overview of the award, as well as having viewed the short animation explainers.

When you have read through, download and fill out the **Live**Simply Action Planning Form (right), and email to CAFOD.



The award is based on Catholic Social Teaching (CST), and requires evidence of **faith inspired actions** relating to each of the core principles to

live simply (personal transformation), live sustainably (caring for creation), and live in solidarity (caring for the human family). Every action must consist of a faith, learn and act element. We are interested in the journey that led to the action, just as much as the action itself - this is part of the integral approach to the **Live**Simply award.

STEP 1

Does your planned action relate to one of the core principles of the award?

Does the action link to living simply, sustainably or in solidarity with the world's poorest?

STEP 2

Does your planned action include faith, learn and act elements?

Running a reducing waste and recycling scheme in your school is great. But have your students learnt *why* we need to recycle and reduce? Do they understand *how* this relates to their faith, and why we must protect our common home?



STEP 3

Which community is the focus of your action?

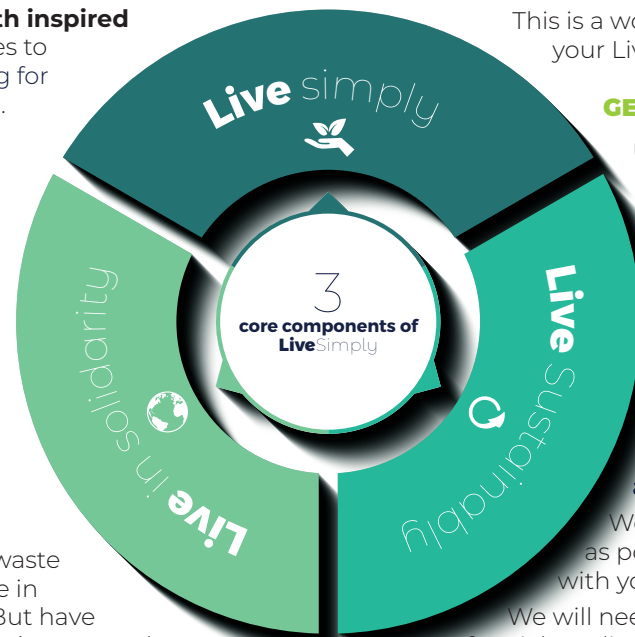
Each action has a focus on different communities; school, local or global. You need 3 actions for each community. A school-based Fairtrade group or CAFOD fundraiser/campaign will focus on the global community. Supporting a local foodbank, organising an afternoon tea for local elderly people or supporting a local environmental activity all have a local community focus. A school-based recycling scheme, eco-committee or LiveSimply pledges all have a school community focus.

STEP 4

Choosing your main actions.

From your nine actions, three of them need to "go big" and will be your main actions. These actions will include the whole school taking part and reach out to invite the wider community to take part. This may include: pupils families, local parishioners, local people, local businesses, MPs etc.

This is a wonderful opportunity for your school to include others in your **Live**Simply journey.



GETTING STARTED

Use these questions to help you plan your actions:

- How will your students be involved?
- Why are you taking this action?
- Which community will benefit?
- What difference will it make?
- Who will be involved in making it happen?
- Do you have a group to help you?
- When will you do it by? Be realistic.

EVIDENCE REQUIRED

What evidence will you need to provide to gain the award?

We want to make the process of getting this award as simple as possible, where you put more energy into doing great things with your students and less time filling out detailed forms.

We will need to see evidence (photos, videos, photocopies, screenshots of social media, etc) for all the actions. When you are ready to be assessed we will ask you to provide a powerpoint presentation/video of evidence. We hope that this can also be used by your students to present to the wider school community on what they have achieved throughout the **Live**Simply journey.

The **Live**Simply action plan

To help your school work towards an integrated and holistic vision of tackling the ecological crisis, we have created the following planning template to assist you.

NUMBER OF ACTIONS

To achieve the award you will need to provide evidence of **3 main actions**, and **6 standard actions**.

Main action = 3 of your actions will become your main actions which will "go big" and include the whole school and reach out to invite others to also take part in the action (e.g. LiveSimply pledges being created by everyone in school and asking families and local parishioners to also create pledges, the whole school taking part in the CAFOD Big Lent Walk fundraiser and inviting parents and the local MP to walk with you etc).

One main action needs to demonstrate living simply and one main action needs to demonstrate living sustainably. These can be from any row. The main living in solidarity action needs to be one of your global actions.

Standard actions = The 6 standard actions may be taken by smaller numbers of pupils e.g. student groups or year groups. These include actions such as eco-clubs, creating a prayer garden, recycling, litter picking in the local area or setting up a relationship with a local care home etc.



All actions must evidence a faith, learn and act element.

Any action without evidence of learning or links to faith does not qualify for this award. For example, a non-school uniform fundraiser, where students give, but are not engaged with what they are fundraising for, nor how this relates to their faith, wouldn't qualify.



ACTION FOCUS

All actions will have a focus, on the school community, local community or the global community. This is to ensure that we keep a balance between personal, community and global community transformation. All three are equally important.

First make a plan of your 9 actions using the planning form.

Planning example

| | | | |
|---------------|--|---|--|
| GLOBAL IMPACT | Participate in CAFOD's Big Lent Walk to raise funds and awareness of global poverty. | Set up fairtrade stall or group for school. | Engage with CAFOD's latest campaign. |
| LOCAL IMPACT | Set up links and create a school action with the local foodbank. | Joint parish and school reduce, reuse and recycle scheme. | We will create a link with a local care home. Pupils to visit. |
| SCHOOL IMPACT | Create a live simply pledge wall and actions. | Set up eco-club to lead whole school in sustainable actions to save energy. | Create a prayer garden to pray and reflect on living simply. |

When you have your plans in place, decide what to scale up to a main action (an action that can "go big" and involves the wider community). The main actions will include a live simply action, a live sustainably action, and a live in solidarity action. For example:

Choose your three main actions

| | | | |
|---------------|--|---|--|
| GLOBAL IMPACT | Engage with CAFOD Lent fundraiser on global food poverty. 3 | Set up fairtrade stall or group for school. | Engage with CAFOD's latest campaign. |
| LOCAL IMPACT | Set up links and create a school action with the local foodbank. | Joint parish and school reduce, reuse and recycle scheme. | Create a family led eco-promise activity, where parents take action. |
| SCHOOL IMPACT | Create a live simply pledge wall and action. 1 | Set up eco-club, and target sustainable actions. 2 | Create a prayer garden to pray and reflect on living simply. |

Main actions example:

- 1 Live simply** - we will scale up the live simply pledges, we will reach out to parents and the local parish with a call for everyone to make a live simply pledge. We will display these pledges in the parish to help engage the wider community.
- 2 Live sustainably** - we will set up an eco-club to lead the whole school in sustainable actions including some take-home actions for families, we will share ideas with the parish for inclusion in their newsletter. We will also share our actions on social media to encourage the wider public to take action.
- 3 Live in solidarity** - the whole school will take part in CAFOD's Big Lent Walk to raise funds and awareness. Students will make posters to carry on our walk. We will invite parents, governors, and local parishioners to join our walk which will end with Mass at our local church where we will share the importance of prayer, fasting, giving things up and doing things for others.

The **Live**Simply action plan

Here are some further examples and some more details on the criteria to help you in your planning process. Remember the core purpose of the LiveSimply award is that we are looking for faith inspired actions, where there is evidence of a link between the action itself and the faith/learning aspect.

It is important that we build upon some of the excellent work that your school may already be doing in relation to the criteria of this award. But in order to achieve the **Live**Simply award we need to look at both the **breadth and depth** of the actions undertaken by your school. Here are some examples and whether they qualify:

School has an existing eco-club which encourages the school to turn off lights, recycle and to find other ways to refuse, reduce, reuse and recycle.

Does this qualify? Not necessarily.

In order to qualify you must link the action to learning and faith. For KS1, how we need to look after God's beautiful world. For KS2, how we respond to Pope Francis' call to undergo an eco-conversion, linking to Laudato Si'/Laudate Deum and prayer life of the school.

School has installed solar panels.

Does this qualify? It depends on how students were involved.

If the school has installed solar panels, how were the students involved in bringing about this change? Did they campaign for them? Or was this a local government initiative? Was the solar panel installation part of a faith, learning action? Or did it happen independently of these? Actions must be the result of student activity.

School invites a CAFOD speaker to come into school to give a presentation on CAFOD's work.

Does this qualify? Not necessarily.

We are looking for evidence of actions, not just inputs (visitors coming into school). If the school, as a result of the visit does an action, whether it is fundraising or campaigning, with clear links to faith and prayer, then yes this qualifies.

School donates food to local food bank as part of Harvest Assembly

Does this qualify? Not always.

Schools may already have a tradition of giving food to local homeless centres or foodbanks for Harvest. This is to be celebrated! However to qualify for the award we would like to see evidence that this is part of a stronger link to learning and faith development for the students, rather than an initiative carried out and organised by a teacher/parent. How did the students get involved in this? What did they learn about poverty in the local area? Was there a visitor to help explain? Was there a link to scripture and faith?

Each action targets a different audience; school, local or global. To understand what qualifies for school, local or global impact we have some examples here to help you. All examples assume that faith engagement and learning has taken place.

School creates a prayer garden to encourage a place to reflect and pray.

Community impacted? Most likely school, possibility of local.

If a school creates a prayer garden, the direct impact will be on those who attend the school. But if the local parish or others in the wider community got involved with the making and using of this garden, then it would qualify as local community impact.

School creates a Fairtrade stall, selling Fairtrade goods.

Community impacted? Global.

The supporting and selling of Fairtrade goods has a direct impact on members of our global family. But remember, we would need to see links to faith and learning for this action, as well as student participation.

Fundraising for charity.

Community impacted? Local or global, depending on charity.

Community fundraising is a great way to bring the wider community together, and fundraising for CAFOD has direct impact on the members of our global family. Fundraising for environmental charities will qualify, but you will need to evidence the link between faith, learning and action. This will need to be provided and evidenced by the teacher.

School promotes a walk to school scheme.

Community impacted? School.

While reducing carbon emissions does have a global impact, in this instance this activity qualifies as a school based action. The school is the focus of the action, and they are the primary target. If you involve the parish or wider community in ways to reduce carbon emissions, then this would qualify as a local community impact.

Other key criteria to be aware of:

- Fundraising or campaigning for other non-faith based charities qualify for this scheme, but evidence will need to be provided on how engagement with them was a result of faith input and learning.
- Environmental and global citizenship education is important, but to qualify we need to see actions, not just learning inputs.
- School links with schools overseas do not qualify for this scheme, as school linking is an educational relationship.

Filling in your **Live**Simply planning form

The **Live**Simply planning process is designed to help you develop an integrated and balanced approach for your school to respond to the call to live simply.

Livesimply planning form

Aim to get a good variety of actions to reflect the 3 core principles of living simply, living sustainably and living in solidarity across your 9 actions. Once you have identified your 3 main actions provide some additional information on each of them on the next section of the form.

Complete the final section with your schools details and submit for registration to schools@cafod.org.uk. We will send you a registration certificate to acknowledge your plan has been registered.

We appreciate that changes may occur. If you need to substitute an action, please contact us at schools@cafod.org.uk

Please note, we are unable to accept handwritten copies of the action plan.

Remember that you are not alone. Hundreds of schools across England and Wales are also on their **Live**Simply journey. When you register we will provide you with regular updates, guidance and links to new resources and ideas you may wish to use.

EXPLAINING ECOLOGY

Just a reminder that **Live**Simply is **not** an environmental award. When we hear the word ecology we may automatically think of eco-clubs, environmental activities, recycling, switching off lights and caring for our environment.

Ecology is the study of all living things and their environment. So in its broadest sense, ecology includes people, wildlife and planet, as well as the social and economic structures that support us. Together these all make up one *integrated ecology*.

The **Live**Simply award is designed to bring this balance with an equal focus on personal and spiritual transformation (live simply), caring for the environment (live sustainably) and caring for the human family (live in solidarity). When planning, you will need to consider how your school can respond to all three aspects of the **Live**Simply award.

The **Live**Simply action planning form

MORE INFORMATION

Understanding the scheme

We have a range of animations, videos and other materials to help you get started on your **Live**Simply journey. Go to cafod.org.uk/livesimply to find out more.



For educational resources visit cafod.org.uk/schools for a wide range of practical resources to use with your students. These include liturgies, workshops, animations prayer reflections, as well as a range of activities and actions to help your students to take faith inspired action on environmental and social issues.

CONTACT US

Please get in touch with any questions:

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For all educational content visit cafod.org.uk/schools

To sign up, get informed, get connected and to find out more about the **Live**Simply award head over to

cafod.org.uk/LiveSimplySchools