

# LiveSimply

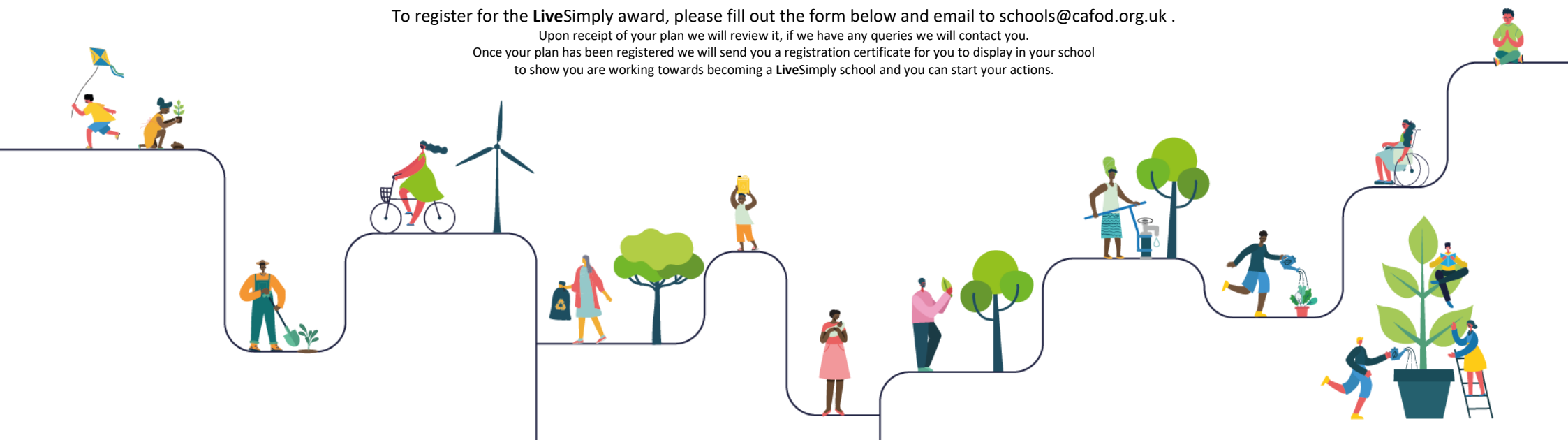
NAME OF SCHOOL : Example Plan for Primary Schools

CONTACT NAME : Lead person for your school's journey

To register for the **LiveSimply** award, please fill out the form below and email to [schools@cafod.org.uk](mailto:schools@cafod.org.uk).

Upon receipt of your plan we will review it, if we have any queries we will contact you.

Once your plan has been registered we will send you a registration certificate for you to display in your school to show you are working towards becoming a **LiveSimply** school and you can start your actions.



# The **Live**Simply action planning form

Please refer to the **LiveSimply** action planning guide for details on how to fill out this planning document.

<p><b>GLOBAL</b></p>	<p>Description of action: LIVING IN SOLIDARITY We will take part in CAFOD's Big Lent Walk to raise funds for CAFOD's work with our global family, supporting people in need and those living in poverty.</p> <p>Faith Input: CST - Human dignity, Solidarity, Participation, Preferential option for the poor.</p> <p><a href="https://cafod.org.uk/education/primary-teaching-resources/cst-pack-for-children">https://cafod.org.uk/education/primary-teaching-resources/cst-pack-for-children</a></p> <p>Education input: We will invite a CAFOD school visitor in to explain more about the work of CAFOD and how our action can help make a difference.</p> <p><a href="http://www.cafod.org.uk/BLWSchools">www.cafod.org.uk/BLWSchools</a></p> <p>What is CAFOD 3min film. <a href="https://cafod.org.uk/education/kidz-zone/about-cafod-for-children">https://cafod.org.uk/education/kidz-zone/about-cafod-for-children</a></p>	<p>Description of action: LIVING SIMPLY We will take part in International Day of Peace (21 Sept). We will participate with prayers and learning about ways of developing PEACE, we will particularly pray for the countries and communities most impacted by war or conflict at this time.</p> <p>(Alternatively we will celebrate World Day of Peace as we return to school in January <a href="https://www.daysoftheyear.com/days/world-day-of-peace/">https://www.daysoftheyear.com/days/world-day-of-peace/</a>)</p> <p>Faith Input: CST - Promoting Peace, Common Good</p> <p>Matthew 5:9 "Blessed are the peacemakers, for they will be called children of God." CAFOD peace liturgy <a href="https://cafod.org.uk/education/primary-teaching-resources/peace-liturgy">https://cafod.org.uk/education/primary-teaching-resources/peace-liturgy</a></p> <p>Education input: Pupils will learn more about International Day of Peace and how we can all contribute to living in peace. <a href="https://www.un.org/en/observances/international-day-peace">https://www.un.org/en/observances/international-day-peace</a></p>	<p>Description of action: LIVING IN SOLIDARITY We will take part in Fairtrade Fortnight. We will review the products we use in school and at home to see how many are already Fairtrade and where we can swop to Fairtrade products. We will hold a Fairtrade stall.</p> <p>Faith Input: CST - Human Dignity, Solidarity, Distributive Justice, Preferential option for the Poor.</p> <p>Matthew 7:12 when asked how we are to live, Jesus gives a two sentence summary. "Therefore treat others as you would have them treat you. This is the whole meaning of the Law and the prophets."</p> <p>Education input: We will use the Banana Game to help pupils understand how the price of an item should be fairly shared.</p> <p><a href="https://cafod.org.uk/education/education-resources/fairtrade-school-resources">https://cafod.org.uk/education/education-resources/fairtrade-school-resources</a></p> <p><a href="https://schools.fairtrade.org.uk/">https://schools.fairtrade.org.uk/</a></p>
<p><b>LOCAL</b></p>	<p>Description of action: LIVING SUSTAINABLY Inspired by Laudato Si' we will organise termly litter picks in the local community so our environment is safer for wildlife and more pleasant for residents.</p> <p>Faith Input: Pupils will watch CAFOD's Laudato Si' Animation. We start each litter pick with a prayer to remind ourselves we are guardians of creation.</p> <p>Education input: We will research what can currently be recycled by our local council / other options and ensure we put the litter into the correct bins. <a href="https://cafod.org.uk/Education/Primary-teaching-resources/Laudato-Si-for-children">https://cafod.org.uk/Education/Primary-teaching-resources/Laudato-Si-for-children</a></p>	<p>Description of action: LIVING IN SOLIDARITY We will support our local foodbank. Pupils will take the lead in regularly checking what items are needed and they will share this information with parents via our school newsletter. Pupils will be involved in sorting the donations (checking the items are in date) and helping to deliver them to the foodbank.</p> <p>Faith Input: Catholic Social Teaching - Human Dignity, solidarity, preferential option for the poor.</p> <p>"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in" Matthew 25:35</p>	<p>Description of action: LIVING SIMPLY We will create a link with a local care home. Pupils will send letters and cards, Some pupils will visit to spend time talking and playing simple games with the residents.</p> <p>Faith Input: Matthew 7:12 - "Do to others as you would have done to yourself"</p> <p>Pope Francis - "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</p>

		<p>Education input:          We will ask a representative from the foodbank to visit school to explain more about their work and the need for foodbanks.          We will ensure pupils are aware of human dignity and we all need support from others at times in our lives. Sometimes that support may be in the form of friendship, help with school work, learning a new sport/craft, a smile and sometimes the support comes in the form of food from the foodbank.</p>	<p>can help young people and old people connect, there will be more hope for the future of our society,”</p> <p>Education input:          This action will encourage relationships with the elderly in our community. The pupils will find out more about the residents and what they recall about their childhood, what is similar and what is different. What top tips/advise can our older generation share with us to help us live simply. .</p>
<p>SCHOOL</p>	<p>Description of action:          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.</p> <p>Faith Input:          LiveSimply is based on the teachings of Jesus and Catholic Social Teaching.</p> <p>Education input:          We will share the 2 LiveSimply animations so everyone understands why we are taking part in the LiveSimply Award and how our pledges can help us live simply, sustainably and in solidarity.          Introduction to LiveSimply animation  <a href="https://youtu.be/ky6SCsKyTMw">https://youtu.be/ky6SCsKyTMw</a>          Why LiveSimply animation  <a href="https://www.youtube.com/watch?v=5ZDNgb7VBwQ">https://www.youtube.com/watch?v=5ZDNgb7VBwQ</a></p> <p>LiveSimply Pledge PowerPoint  <a href="http://www.cafod.org.uk/LiveSimplySchools">www.cafod.org.uk/LiveSimplySchools</a></p>	<p>Description of action:          LIVING SUSTAINABLY/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.</p> <p>Faith Input:          Laudato Si' - caring for our common home.  <a href="https://cafod.org.uk/Education/Primary-teaching-resources/Laudato-Si-for-children">https://cafod.org.uk/Education/Primary-teaching-resources/Laudato-Si-for-children</a></p> <p>Education input:          Pupils will learn how we can all contribute to using less energy &amp; how simpler opportunities can be just (if not more) enjoyable and enable us to spend time with others.</p>	<p>Description of action:          LIVING SUSTAINABLY          As stewards of creation, 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 or seeds so we can grow our own food.</p> <p>Faith Input:          Laudato Si'          Catholic Social Teaching - Stewardship</p> <p>Education input:          Pupils will learn how they do not always need brand new items to experience joy and how this will help care for our common home. We will develop a culture of "buy less, share more".</p> <p><a href="https://cafod.org.uk/Education/Primary-teaching-resources/Laudato-Si-for-children">https://cafod.org.uk/Education/Primary-teaching-resources/Laudato-Si-for-children</a></p>

## LiveSimply

Criteria for live simply: To take action towards living a simpler lifestyle including slowing down and finding time to pray and reflect, refusing and reducing on what we consume, spending more time on the simpler things in life including reflective time with family and friends, time in nature.

Brief description of main action:

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.

How will you plan for a wider community engagement?

We will invite families and local parishioners to also make pledges.

We will share some of the pledges on our social media to encourage others to also make pledges.

### FAITH | LEARN | ACT

How is faith inspiring this action?

*You may wish to include links to scripture, Catholic Social Teaching principles, quotes from Saints/Popes, encyclicals, prayers and other faith-based material.*

LiveSimply is based on the teachings of Jesus and Catholic Social Teaching.

What will your pupils learn as a result of taking this action?

*For example, will specific educational resources be used (visit [cafod.org.uk/schools](http://cafod.org.uk/schools)), will you invite a visitor into school, will the students be doing research, will it be personal transformation?*

We will use the LiveSimply PowerPoint and share the 2 LiveSimply animations so everyone understands why we are taking part in the LiveSimply Award and how our pledges can help us live simply, sustainably and in solidarity.

Introduction to LiveSimply animation

<https://youtu.be/ky6SCsKyTMw>

Why LiveSimply animation

<https://www.youtube.com/watch?v=5ZDNgb7VBwQ>

LiveSimply PowerPoint - [www.cafod.org.uk/LiveSimplySchools](http://www.cafod.org.uk/LiveSimplySchools)

## Live Sustainably

Criteria for live sustainably: To take action towards protecting God's creation through personal actions. This can include taking action on how much we use and throw away, supporting the work of eco clubs and other eco initiatives, taking environmentally positive action in the local community.

Brief description of main action:

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.

How will you plan for a wider community engagement?

We will advise families and local parishioners about our "Disconnect to Reconnect" day and encourage them to switch off as many electrical items and to meet up with a friend or take a walk in nature to appreciate God's Creation.

We will share our plans on social media to encourage others to also take part.

### FAITH | LEARN | ACT

What faith-based resources will you use?

*Include resources linked to Catholic Social Teaching, liturgies, prayers and other faith based materials.*

Laudato Si' - caring for our common home.

<https://cafod.org.uk/Education/Primary-teaching-resources/Laudato-Si-for-children>

What educational resources will you use?

*These can include CAFOD educational resources, or other resources that provide a learning journey.*

Pupils will learn how we can all contribute to using less energy & how simpler opportunities can be just (if not more) enjoyable.

## Live in Solidarity

Criteria for live in solidarity: To take direct action to help our global family. This includes campaign action to raise awareness or challenge structures that impact negatively on our global neighbours, fundraising to help communities in need, and other global actions that make a difference to our global family. The live in solidarity main action needs to be from your global actions.

### Brief description of main action:

Our whole school will take part in CAFOD's Big Lent Walk to raise funds for CAFOD's work with our global family, supporting people in need and those living in poverty.

### How will you plan for a wider community engagement?

We will invite governors, parents/carers and local parishioners to join us on our walk. If anyone is unable to join the walk we will ask them to remember the walkers, CAFOD and our global family in their prayers. We will also encourage anyone in a position to do so to sponsor/donate to our walk.

We will share our Justgiving link on social media so the wider community can support our action.

### FAITH | LEARN | ACT

What faith-based resources will you use?

*Include resources linked to Catholic Social Teaching, liturgies, prayers and other faith based materials.*

CST - Human dignity, Solidarity, Participation, Preferential option for the poor.

<https://cafod.org.uk/education/primary-teaching-resources/cst-pack-for-children>

What educational resources will you use?

*These can include CAFOD educational resources, or other resources that provide a learning journey.*

We will invite a CAFOD school visitor in to explain more about the work of CAFOD and how our action can help make a difference.

[www.cafod.org.uk/BLWSchools](http://www.cafod.org.uk/BLWSchools)

What is CAFOD 3min 30 film.

<https://cafod.org.uk/education/kidz-zone/about-cafod-for-children>

## Before you email your plan please check:

- Are all 9 actions filled in, including faith and learning elements?
- Retrospective actions are not valid for the plan, are all of your actions either ongoing or new actions?
- Will your 3 global actions impact the global community?
- Will your 3 local actions impact your local community?
- Will your 3 school actions impact your school community?
- Across your plan, have you got a good mix of living simply, living sustainably and living in solidarity actions?
- Re your 3 main actions. Will the whole school be able to participate in each of these actions?
- Will the wider community be able to get involved with the action? (parents/parishioners/local people/local businesses/MPs etc.

Name of School

Address

Headteacher

Contact Name

Email Address

Date

Please email a copy of your plan to [schools@cafod.org.uk](mailto:schools@cafod.org.uk)

**CAFOD Education team,  
Romero House,  
55 Westminster Bridge Road,  
London SE1 7JB.**

- Yes, I would like to join an email list for the LiveSimply award where I will receive updates, ideas, links to action and further support.

CAFOD will process information you provide to us on this form for the purposes of sending you resources for the LiveSimply Award. CAFOD will keep some personal details about you on our database so we can stay in contact with you enabling us to administer and manage the LiveSimply award efficiently. You can change your communication preferences at any time by contacting us at [cafod@cafod.org.uk](mailto:cafod@cafod.org.uk) or 0303 303 3030. CAFOD will never share your data for marketing. For details, see our privacy statement on [www.cafod.org.uk/privacy](http://www.cafod.org.uk/privacy)