

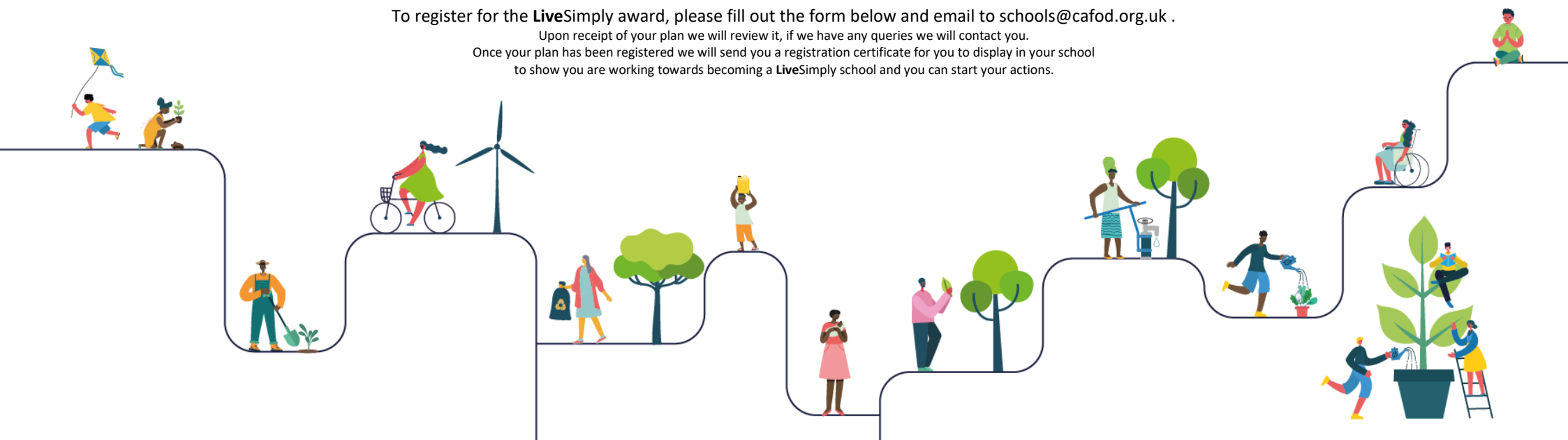
LiveSimply

NAME OF SCHOOL : Example Plan for Secondary 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.

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>GLOBAL</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>Solidarity Animation https://www.youtube.com/watch?v=MysRmBrpbeQ</p> <p>https://cafod.org.uk/Education/Secondary-and-youth-resources/CST-resources-young-people</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>www.cafod.org.uk/BLWSchools</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 https://www.daysoftheyear.com/days/world-day-of-peace/)</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</p> <p>Education input: https://cafod.org.uk/education/secondary-and-youthresources/peace-liturgy Students are given the chance to consider how their own actions can contribute to peace.</p>	<p>Description of action: LIVING IN SOLIDARITY We will take part in CAFOD Campaigns. We will use the Young People Demand Change resources and take part in a campaign to support our global community.</p> <p>Faith Input: https://cafod.org.uk/education/secondary-and-youth-resources/scripture-for-young-people</p> <p>CST - Solidarity, Human Dignity, Participation Human Dignity animation https://www.youtube.com/watch?v=sPfx2rVtgxs</p> <p>"Young people are not meant to become discouraged; they are meant to dream great things, to seek vast horizons, to aim higher, to take on the world, to accept challenges and to offer the best of themselves to the building of something better" Pope Francis, Christus Vivit 15</p> <p>Education input: Students will learn more about injustice in the world and how their voices can make a difference. https://cafod.org.uk/education/secondary-and-youthresources/young-people-demand-change</p>
<p>LOCAL</p>	<p>Description of action: LIVING SUSTAINABLY/LIVING IN SOLIDARITY Students will organise a termly clothes swap, where preloved clothes can be donated and swapped for another item. A nominal amount will be donated by each student participating. This will be donated to our local CARITAS organisation e.g. Nugent Care/Fr Hudson's Care Any clothes left over will be donated to a local organisation or charity shop.</p> <p>Faith Input: Catholic Social Teaching - Stewardship, solidarity Laudato Si'/Laudate Deum</p> <p>Education input: Students will research and learn more about the impact of Fast Fashion on our environment and how we all have a duty to be good stewards of God's creation. Students will gain a greater understanding of the benefits of pre-loved</p>	<p>Description of action: LIVING SUSTAINABLY In response to Care for our Common Home (Laudato Si'), students will organise a litter pick within the local community to protect the local wildlife and to enhance the appearance of the local area. Litter picked will be recycled where possible. Any student who can't participate in a group event will be encourage to pick up 3 items from their local neighbourhood. We will start each litter pick with a prayer.</p> <p>Faith Input: CST - The Common Good, Stewardship "The Climate is a common good, belonging to all and meant for all" Laudato Si' 23. The Common Good animation https://youtu.be/VmE5gWBzfao</p> <p>Education input:</p>	<p>Description of action: LIVING IN SOLIDARITY We will hold a regular collection for our local foodbank. Students will contact the foodbank ahead of any collection to ascertain what items the foodbank is in most need of. Students will assist in sorting the items (e.g. checking the dates, as advised by the foodbank) and taking them to the foodbank.</p> <p>Faith Input: CST - preferential option for the poor, solidarity, human dignity, https://cafod.org.uk/Education/Secondary-and-youth-resources/CST-resources-young-people Matthew 25:35 "For I was hungry and you gave me something to eat"</p> <p>Education input: A group of students will visit the foodbank to learn more about the work they do. They will share this information with the rest of the school.</p>

	<p>clothes rather than always needing to buy brand new items.</p>	<p>https://cafod.org.uk/Education/Secondary-and-youthresources/Laudato-Si-for-young-people</p>	
<p>SCHOOL</p>	<p>Description of action: LIVING SIMPLY</p> <p>Students, 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 https://youtu.be/ky6SCsKyTMw Why LiveSimply animation https://www.youtube.com/watch?v=5ZDNgb7VBwQ</p> <p>LiveSimply Pledge PowerPoint www.cafod.org.uk/LiveSimplySchools</p>	<p>Description of action: LIVING SUSTAINABLY</p> <p>Students will review the current usage of energy and will look to see how we can cut down on energy usage/water waste. The results will be shared with the rest of the school to make a bigger impact.</p> <p>Faith Input: CST - Stewardship, The Common Good, Laudato Si'/Laudate Deum</p> <p>Education input: Students will learn more about Laudato Si' & Laudate Deum and how we are called to take action to protect God's world. They will also investigate how much energy the global north uses in comparison to the global south and how we need to be more thoughtful about our consumption. https://cafod.org.uk/education/secondary-and-youth-resources/laudato-si-for-young-people</p>	<p>Description of action: LIVING SIMPLY/LIVING SUSTAINABLY</p> <p>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/prayer to raise awareness re our call to respond to Pope Francis' message and be good stewards of creation - people & planet. (some art work may incorporate items that would have been binned).</p> <p>Faith Input: Laudato Si' https://www.vatican.va/content/francesco/en/encyclicals/documents/papa_francesco_20150524_enciclica-laudato-si.html</p> <p>Education input: CAFOD Laudato Si animation https://cafod.org.uk/Education/Secondary-and-youthresources/Laudato-Si-for-young-people</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:

Students, 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 to make their own LiveSimply pledges and we will share ideas on social media to encourage the wider community to also participate. Where possible, we will encourage local parishioners to also create 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), 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

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:

A group of students will review and monitor the usage of energy & water and they will look to see how we can cut down on energy usage/water waste. The results will be shared with all students. All students will play a part in ensuring lights/screens/gadgets are turned off when not in use and to reduce water waste. In the global north we waste far too much energy which is contributing to the climate crisis, which impacts some of the poorest communities in the world the most - those who have done the least to contribute to it

How will you plan for a wider community engagement?

Students will be encouraged to look at their home environments to see how further energy/water wastage can be reduced and to persuade their families to join in too.

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 - Stewardship <https://cafod.org.uk/Education/Secondary-and-youth-resources/CST-resources-young-people> The Common Good animation - <https://youtu.be/VmE5gWBzfao>

What educational resources will you use?

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

Students will learn more about Laudato Si' & Laudate Deum and how we are called to take action to protect God's world. They will also investigate how much energy the global north uses in comparison to the global south and how we need to be more thoughtful about our consumption.

<https://cafod.org.uk/education/secondary-and-youth-resources/laudato-si-for-young-people>

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 - Solidarity, Participation, Stewardship, Human Dignity

<https://cafod.org.uk/Education/Secondary-and-youth-resources/CST-resources-youngpeople> Solidarity Animation <https://www.youtube.com/watch?v=MysRmBrpbeQ>

What educational resources will you use?

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

<https://cafod.org.uk/education/secondary-and-youth-resources/lent-resources-youngpeople> <https://cafod.org.uk/Education/Fratelli-Tutti-for-schools> We will invite a CAFOD visitor into school to tell us more about the work of CAFOD. We will use the resources CAFOD provide for secondary schools <https://cafod.org.uk/Education/Secondary-and-youthresources/Lent-resources-youngpeople>

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

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 or 0303 303 3030. CAFOD will never share your data for marketing. For details, see our privacy statement on www.cafod.org.uk/privacy