



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 our **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 have registered your plan with CAFOD before starting your actions. You will receive a certificate of registration to display to show you are working towards becoming a LiveSimply School.

Examples below, choose from these or create your own.

GLOBAL ACTIONS – have a direct impact on our global community. (i.e. overseas, with particular consideration for the world’s poorest communities)

We will take part in CAFOD’s Big Lent Walk to raise funds for CAFOD who work with our global family, helping people as they overcome poverty.

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. In addition 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> [What is CAFOD? animation](#)

We will engage with Fairtrade. Pupils will lead on the activities and host a Fairtrade stall.

[CAFOD Fairtrade resources for schools](#)

<https://schools.fairtrade.org.uk/> *Living in Solidarity*

Inspired by Catholic Social Teaching we will take part in CAFOD Campaigns 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 such as “[Get Creative for Climate Justice](#)” 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 by writing 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)

Each class will fundraise to purchase [World Gifts](#), the pupils will decide how they will fundraise and what gifts they would like to purchase to support our global family.

We will invite a CAFOD Schools visitor to deliver a World Gifts Assembly (in person/virtually).

[Primary](#) & [Secondary](#) Resources *Living in Solidarity*

We will raise money to support refugees overseas and learn more about their plight through ["On the move"](#) (Secondary resources are also available for this action [here](#))

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

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

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

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 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*

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

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 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

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](#))

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*

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*

Inspired by Laudato Si' we will take part in a "Walk once a Week" initiative to help protect the environment, by cutting our carbon footprint, encouraging 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

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*

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

Inspired by Laudato Si' we will hold a pre-loved book/toy sale/swap. Pupils will bring in books/toys for the sale and will then be able to purchase/swap "new to them" items. Any funds raised will be used to implement other sustainable actions, e.g. wildflower seeds, bird boxes, reusable water bottle etc.

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*

Inspired by Laudato Si' we will think, and implement ways, 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*

We will reduce food waste in school. We will share the Laudato Si' assembly to launch our plans. Pupils will weigh the food waste from the school kitchen. We will request 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 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*