

Thank you for your interest in the LiveSimply award. We hope this guide will support your journey as you respond to the Church's call to live simply, sustainably and in solidarity with communities around the world experiencing poverty.

LiveSimply is an invitation to follow in the footsteps of Jesus who lived and preached a simple life. It is a journey where we can take meaningful action on the social and environmental crises we face today.

The LiveSimply award will:

- support the Catholic life and mission of your school
- build and enrich relationships with parents, parishioners, and the wider community
- contribute to creating a more just and fairer world

Your pupils will:

- learn about the connection between faith and the social and environmental crises
- respond with faith-inspired actions, applying CST principles
- be empowered as active global citizens to bring about positive change



CAFOD Catholic Agency for Overseas Development

What does CAFOD do and who are we?

CAFOD will support your LiveSimply journey with help and resources, but what does CAFOD do and who are we?

CAFOD is the Catholic Agency for Overseas Development. We work together with communities around the world to end poverty and build a more just and fairer world.

We believe in a world where

- all people have safe water to drink and enough food to eat
- where children can go to school
- where anyone who is sick can visit a doctor
- where everyone has a safe home and can live in peace.

Our work is funded by Catholic schools and parishes throughout England and Wales, and we thank you for your support.

Rooted in Catholic Social Teaching (CST)

Rooted in Catholic Social Teaching (CST), the LiveSimply award encourages your pupils to spend time in prayer and reflection, while also taking action together to respond to global poverty, injustice and the environmental crisis. A better world needs all of us.



The award reflects Pope Francis' encyclical **Laudato Si'** and is grounded in three fundamental and closely intertwined relationships, with God, with our neighbour, and with the earth itself (Laudato Si' 66).

Nine faith-inspired actions will enable students to respond in a holistic manner to the three core principles of the award.



These nine actions should have a direct impact on your school, local and global communities. a wonderful opportunity to build and enrich your school's relationships with parents, families, parishioners, and the wider community as you invite them to journey with you.

Each action will have a faith and learning element. Pupils will understand how faith underpins and inspires each action, and the learning element will deepen their understanding as to why they are taking an action and the impact it will have. Consider how this may link to the Catholic life and mission of your school.

Living simply, sustainably and in solidarity.

To help your school community understand each principle of the award, these are our definitions:



Living simply

This is the opportunity to slow down, spending more time in prayer and reflection, while building your relationship with God and with others. Living simply can include spending time in nature, appreciating God's creation, quality time with others (putting the electronic gadgets away!)

CST Demonstrating CST principles of promoting peace, participation, and the common good.



Living sustainably

This is caring for creation and the environment, hearing "the cry of the earth" (Laudato Si') and playing our part. Can we reduce, reuse, repurpose, re-gift, repair, recycle?

What about litter picking, pre-loved book/toy/clothes swaps or sales, creating habitats for insects/birds/wildlife, growing produce, involvement in environmental activities?

CST Demonstrating CST principles of stewardship and distributive justice



Living in Solidarity

This is caring for our human family, hearing "the cry of the poor" (Laudato Si') and standing in solidarity with communities around the world who are experiencing poverty.

CST Demonstrating CST principles of solidarity, the preferential option for the poor, human dignity and subsidiarity.



Your LiveSimply award journey

- 1** Visit cafod.org.uk/LiveSimplySchools for the resources you will need and read this LiveSimply Award for Schools Guide document in full.
- 2** **Sign up** for the award and you will receive an email with a unique link for your online **LiveSimply** action plan. You will need to submit this action plan for registration within eight weeks, and before you start your actions.
- 3** **The LiveSimply action plan** consists of nine actions. Three will directly impact our global community, three your local community, and three your school community.

You may wish to set up a pupil group to help with planning and leading any work associated with the award. Pupils must be involved in each action, not just the faith or learning element.

Retrospective actions are not valid for the award.

For each action you will be able to choose from three pre-set options, you can view these options on the "Actions for your **LiveSimply** plan" document.



Faith element

Think about how faith will underpin and inspire each action. You will be able to personalise this to suit your own school in the free form box on the action plan. You may like to use Catholic Social Teaching principles, scripture, references to Papal encyclicals, and quotes from saints or popes. It is important that your pupils understand the link between faith and action. You may also like to include links to resources that will support the faith element of each action.

Learning element

What will your pupils learn as part of each action? You will be able to personalise this to suit your own school in the free form box on the action plan. Will you invite a representative to tell your students more about the work of an organisation and the impact their action will have? Will they develop new skills? You may also like to include links to resources that will support the learning element of each action.

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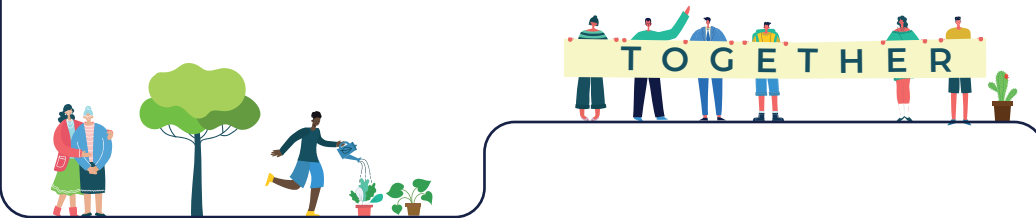
Main actions. Three of your actions will be your main actions, these are actions that will “go big” and include as many people as possible. Include the whole school and include the wider community taking part in the action too.

There will be a main action for each principle of living simply, living sustainably and living in solidarity.

Think about how you will invite the wider community to be part of the action. The wider community may be parents, families, parishioners, local people, local businesses or a combination of these groups. Don't forget to include your own staff and governors too!

This is an opportunity to build and enrich the school's relationship with these groups. Can you use social media to reach even further afield and inspire more people?

The other actions can also include the whole school should you wish them to, or they may be undertaken by a smaller number of students, for example: year groups, classes, chaplaincy groups, eco groups, and CAFOD clubs.



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Submit your online action plan. You will receive an email with a copy of your action plan in word format, a certificate of registration to show you are working towards becoming a **LiveSimply** school, and a letter of encouragement from Bishop Stephen Wright, Chair of CAFOD Trustees. The email will also include your next steps.



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Launch your LiveSimply journey. Ensure all pupils and staff are aware your school is working towards the **LiveSimply** Award and how this may link to the Catholic life and mission of your school.



Start your actions and embed the **LiveSimply** ethos. Most schools will take about a year before they are ready for their assessment, but if you would like to take longer, please do. We advise having your assessment within two years, so your pupils can recall the actions. There are resources to support this, including animations and an assembly.

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Keep evidence. Ahead of your online assessment, we will ask you to email a short PowerPoint to evidence the actions from your **LiveSimply** journey. Alternatively, you may like to have a dedicated **LiveSimply** section on your website.

You can share your whole journey in real time with your community and this link can also be used as your evidence.



Please ensure you include evidence for all the actions listed on your registered **LiveSimply** action plan. One or two slides per action is fine, and we recommend no more than 30 slides.

Include photos, videos, pupil voice, thank you letters/certificates, newsletters, social media screenshots, extracts from collective worship, learning and faith links in the slides.

For your main actions, please ensure you include evidence of how the wider community was involved in the actions.

We recommend the PowerPoint is produced in a way that will enable you to share it with your whole school and perhaps the wider community too. It's a great opportunity to celebrate all you have achieved.

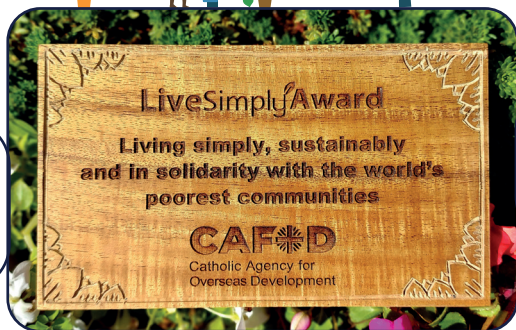


8 Ready for your online assessment?

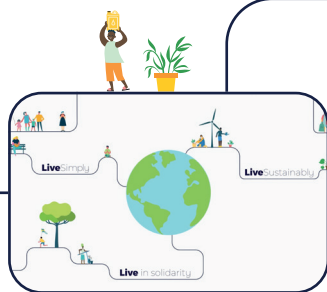
Email schools@cafod.org.uk with your evidence. Assessments are available throughout the academic year.



9 **Celebrate!** Once you have achieved your **LiveSimply Award**, celebrate with your school and wider community. You will receive a certificate, and you can choose to order a LiveSimply plaque which has been hand carved by sculptors living with disabilities in Cambodia.



We have a range of animations and other materials to help you get started on your **LiveSimply** journey.



Further information

For educational resources, visit cafod.org.uk/schools for a wide range of practical resources to use with your students.

These include CST resources, liturgies, workshops, animations, prayer reflections, as well as a range of activities and actions to help your pupils take faith-inspired action on social and environmental issues.

There are also resources to support the Catholic life and mission of your school, including CPD resources and guidance to support the Catholic Schools Inspection framework.



Schools who have already achieved the **LiveSimply** award have expressed how much they have enjoyed their journey and how their pupils have a greater understanding of how our faith inspires us to take action.

Many schools have said they are looking forward to continuing the **LiveSimply** ethos of living simply, sustainably and in solidarity and making an impact on their school, local and global communities.

CONTACT US

Get in touch with any questions:

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For all content related to the LiveSimply award, visit cafod.org.uk/LiveSimplySchools

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

The Catholic Agency for Overseas Development (CAFOD) is the official aid agency of the Catholic Church in England and Wales, and part of Caritas International. Charity no:1160384. Company no: 09387398

