

# LiveSimply

**SCHOOLS GUIDE TO THE LIVESIMPLY AWARD**



**The LiveSimply award is an opportunity for your school community to respond to the Church's call to **live simply, sustainably and in solidarity** with the world's poorest. It is an invitation to follow in the footsteps of Jesus who lived and preached a simple life, and to take meaningful action on the ecological crisis we face today.**

The ecological crisis is a complex crisis that includes both the **social crisis** (global poverty, injustice, social inequality) and the **environmental crisis** (climate change, species loss, pollution of land, sea and air).



Responding to this crisis requires an *integrated* approach as we find in Catholic Social Teaching (CST), where we balance the need for personal reflection and prayer, with learning and action.

Through the **LiveSimply** award scheme your students will:

- Learn about the connection between their faith and the environmental and social crises
- Respond with faith inspired actions
- Be empowered as active citizens to bring about positive change

The **LiveSimply** award is not a tick box exercise.

Applying for the award sets the school on a journey that connects learning and personal transformation with practical action on both social and environmental issues.

This integrated approach will help your students find ways to meaningfully respond to today's ecological crisis.



The award requires evidence of **faith inspired actions** relating to each of the core principles: living simply (personal transformation), living sustainably (caring for creation), and living in solidarity (caring for the human family).



We are here to help you every step of the way on your **LiveSimply** journey by providing you with the practical tools and resources to get you up and running.

We will provide you with access to a wide range of free educational and faith based resources, as well as ongoing support to help your school community respond to the call to live more simply, sustainably and in solidarity.



To live simply is to set an intentional path towards slowing down, finding time to be with God, consuming less, connecting with the natural world, finding happiness and joy in the things that really matter, discovering a more meaningful life and opening our hearts to the needs of others.

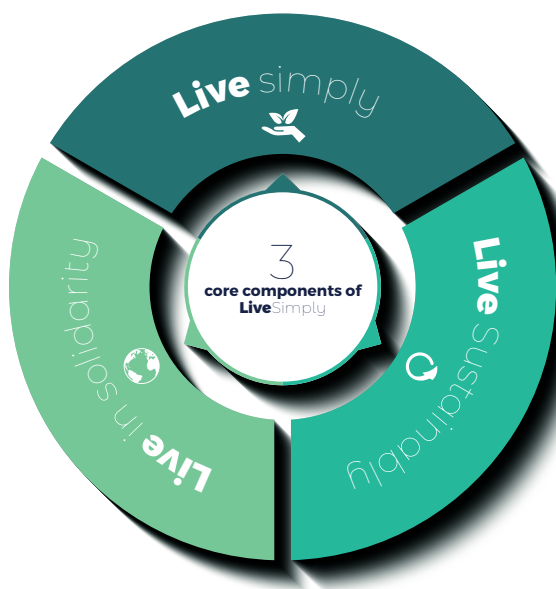
This work takes time, this is why the **LiveSimply** award is designed as a journey for your school to take throughout the year, to help your students to find ways of living more simply, helping them to grow and flourish as individuals.



## HOW IT WORKS

To achieve the **LiveSimply** award, your school community will need to provide evidence of faith inspired actions throughout the year that relate to one of the core principles of living simply, sustainably and living in solidarity.

The award builds on and celebrates the work that your school may already be doing, including eco clubs, environmental initiatives, fundraising and campaigning. The award helps your school community to go further by providing you with resources to help connect your actions with faith and learning, as well as resources to help you balance your response to both environmental and social issues.



## THE AWARD

To achieve the award you must provide evidence of 9 **LiveSimply** actions per year. This is split between 3 main actions (actions where you go big and include others), and 6 school based actions.

All actions must relate to one of the core principles of the award; to live **simply, sustainably** and in **solidarity** with the poorest communities around the world.

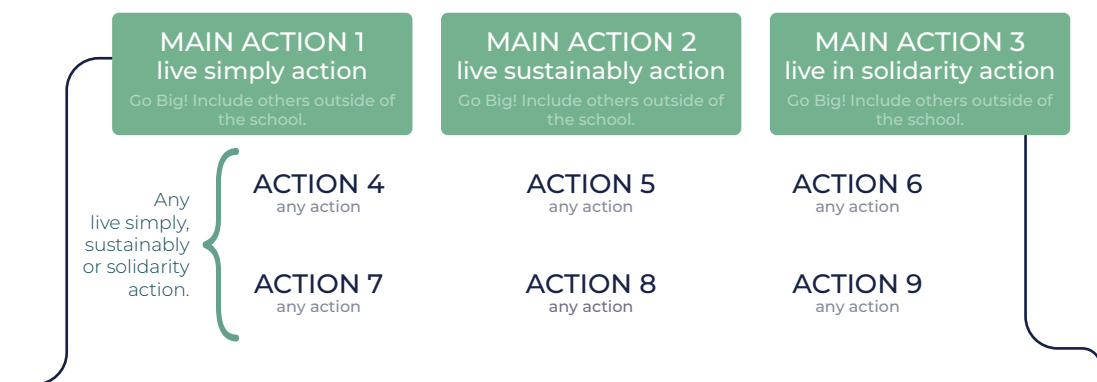
Actions must show impact on either **school, local** or **global** community.

## MAIN ACTIONS

The three main actions need to “go big” and include as many people as possible, ideally the whole school. This is also an opportunity to involve the wider community taking the action. This may include parents, local parishioners, local people, local businesses, MPs etc.

## OTHER ACTIONS

All actions need to have student involvement. Retrospective actions cannot be included. Ongoing actions can be included, provided the link to faith and learning can be incorporated. All actions must have a faith, learn and act element. This is to ensure the pupils have a deeper understanding as to why they are taking part in an action and how faith inspires and encourages us to do so.



## IMPACT OF ACTION

Each action must demonstrate impact with school, local or global community.

### Whole school

Evidence is provided that the action has had an impact within the school.

### Local community

Evidence is provided to show the actions have impacted in some way on the local community.

### Global community

Evidence is provided that the school has engaged in action to help the global community, usually through fundraising, campaigning or any other global action.



## GETTING STARTED

1.

Download the **LiveSimply** Schools Action Plan, found on our main website.

This includes full information and further guidance to help you get started.



2.

Consider the actions you would like to take. Once you have filled in your action plan, email it to **[schools@cafod.org.uk](mailto:schools@cafod.org.uk)**. We will review it and will send you a certificate to display to remind everyone that you are working towards becoming a **LiveSimply** school.

3.

Ensure all students and staff are aware you are working towards the **LiveSimply** Award and how this may link to the Catholic life and mission of your school. You may wish to set up a student group to help with planning and any work associated with the award. This can be planning fundraisers, campaigns, promoting schemes or helping with displays and other activities.

4.

Ahead of your assessment, we will ask you to put together a PowerPoint to evidence all of your actions. Collect pictures of students taking action, images of displays, pupil voice, thank you certificates/letters. Ensure you include evidence of the faith and learning elements of each action too.

5.

When you are ready, and have covered all the aspects of the award, then contact us and we will talk you through the assessment process which will be online.

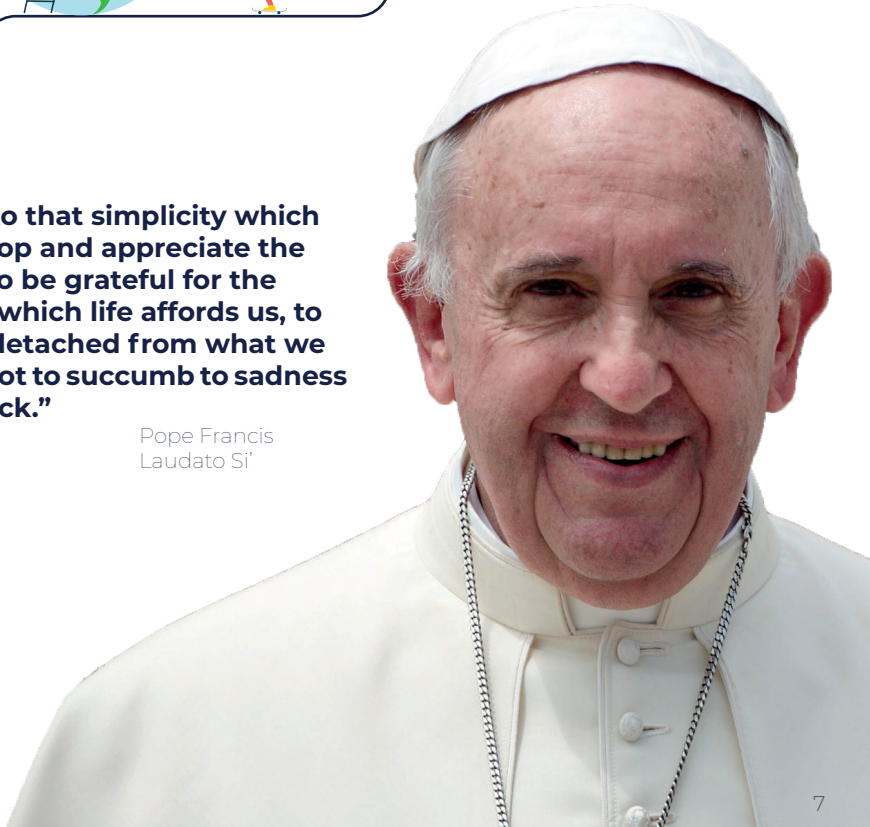
6.

Celebrate your award. We want to help you celebrate the good news and get the message out to the wider community with media templates and other advice and support.



**“It is a return to that simplicity which allows us to stop and appreciate the small things, to be grateful for the opportunities which life affords us, to be spiritually detached from what we possess, and not to succumb to sadness for what we lack.”**

Pope Francis  
Laudato Si'



## LIVE SIMPLY RESOURCES

To get you started on your **LiveSimply** journey, we have a range of animations and video content to help explain the award in more detail, as well as additional resources to help you get started on your **LiveSimply** journey.



**Go to [cafod.org.uk/livesimply](https://cafod.org.uk/livesimply) to find out more.**

Our resources include liturgies, workshops, animations, prayer reflections, assemblies, as well as a range of activities to help your students to take faith inspired action on environmental and social issues.

These are all free and available on our main website.



## 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](https://cafod.org.uk/LiveSimplySchools)**

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