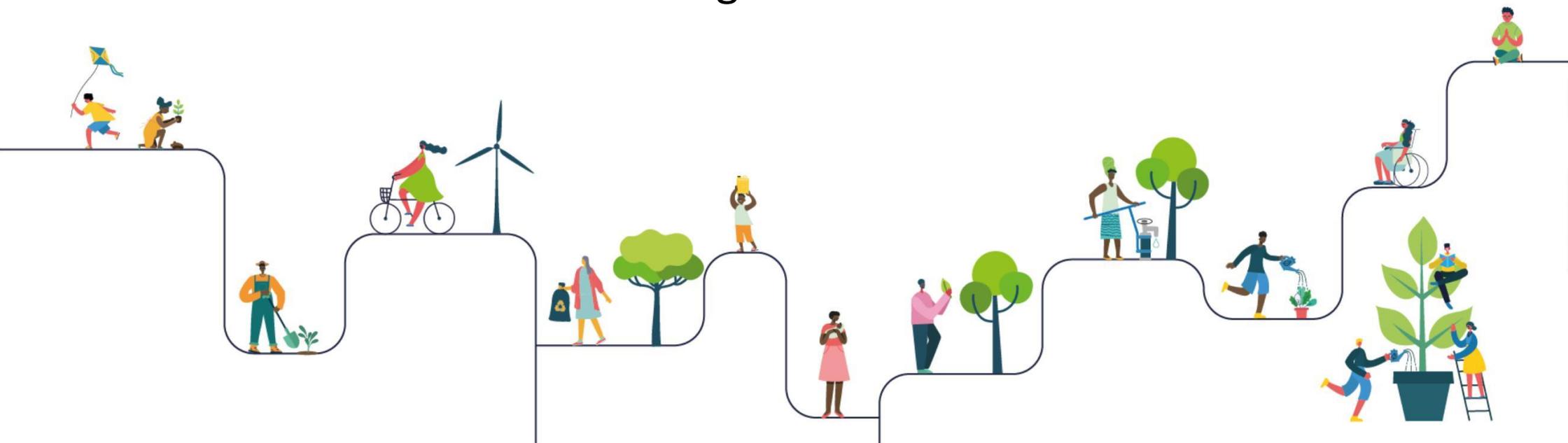


# LiveSimply

NAME OF SCHOOL : St. Leo's and Southmead  
CONTACT NAME : Megan Cullen



# The **LiveSimply** 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: LIVE IN SOLIDARITY</p> <p>The whole school will take part in CAFOD's Big Lent Walk to raise funds and awareness for our global family.</p> <p>Pupils will design a letter to invite families, local parishioners and governors to join us which we will share via our newsletter, church newsletter and on our social media.</p> <p>Faith Input: "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 CST human dignity, solidarity, participation, preferential option for the poor.</p> <p>Education input: <a href="https://cafod.org.uk/education/primary-teaching-resources/lent-resources-for-children">https://cafod.org.uk/education/primary-teaching-resources/lent-resources-for-children</a> We will invite a CAFOD school visitor in explain more about the work of CAFOD and how our action can help make a difference.</p>	<p>Description of action: LIVE IN SOLIDARITY</p> <p>We will take part in Fairtrade action. Pupils will identify how many Fairtrade products we currently in school, what else could be changed to Fairtrade products? We will hold a Fairtrade stall and encourage pupils &amp; families to look for Fairtrade products when shopping.</p> <p>Faith Input: "Whatever you did for one of the least of these brothers and sisters of mine, you did for me." - Matthew 25:40 Catholic Social Teaching - human dignity,</p> <p>Education input: <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>Description of action: LIVE IN SOLIDARITY</p> <p>We will take part in CAFOD Campaigns. CST inspires us to stand up against injustice. We will use the Young People Demand Change resources, following this we will take part in Get Creative for Climate Change to raise awareness of the impact of climate change on the world's poorest communities and how leaders need to put their needs at the heart of their decision making. (finishes 10th Nov 2023)</p> <p>Faith Input: Demonstrating CST values of participation, solidarity, preferential option for the poor, subsidiarity, common good &amp; stewardship. It will promote the Gospel Values that underpin CST and the Mission of the school. Fratelli Tutti - care for our sisters and brothers</p> <p>Education input: We will use the resources CAFOD produce to help the pupils understand more about the campaign and how they can help make a difference in our world.</p>
<p><b>LOCAL</b></p>	<p>Description of action: LIVE IN SOLIDARITY</p> <p>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>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</p>	<p>Description of action: LIVE SIMPLY</p> <p>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. (Live Simply)</p> <p>Faith Input: Matthew 7:12 - "Do to others as you would have done to yourself" At his general audience on 15th June 22 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</p>	<p>Description of action: LIVE SUSTAINABLY/LIVE SIMPLY</p> <p>Inspired by Laudato Si' we will organise termly litter picks in the local community and invite others to join us or collect litter when they can 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 will say a prayer at the start of each litter pick ensuring we keep God's creation in our thoughts and minds and why it is important to care for people and planet.</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.</p>

	<p>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>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 and what jobs the residents may have had.</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> <a href="https://cafod.org.uk/Education/Secondary-and-youth-resources/Laudato-Si-for-young-people">https://cafod.org.uk/Education/Secondary-and-youth-resources/Laudato-Si-for-young-people</a></p>
SCHOOL	<p>Description of action: LIVE SIMPLY Pupils will design and help create a prayer garden/space. This will be used collectively and individually. Pupils will write LiveSimply pledges/prayers to demonstrate how they will be looking after others and God's planet as part of their LiveSimply journey.</p> <p>Faith Input: The greatest commandment, Love God and love one another. Matthew 23:36-40 Catholic Social Teaching - the common good</p> <p>Education input: We will use CAFOD's liturgical resources to support this action so pupils understand the importance of taking time to slow down and spend time in prayer or reflection and how that can enable all things.</p> <p><a href="https://cafod.org.uk/Education/Primary-teaching-resources/Liturgical-prayer-primary">https://cafod.org.uk/Education/Primary-teaching-resources/Liturgical-prayer-primary</a></p>	<p>Description of action: LIVE SUSTAINABLY/LIVE SIMPLY Inspired by Laudato Si' we will think about how we can refuse and reduce, re-use &amp; re-purpose, and finally recycle. We will hold a termly swop shop (books, games, clothes, toys). Pupils will promote the event and run the stalls. Pupils will create a display using recycled items to highlight the work. Pupils will choose a tip to be shared with parents in the newsletter and to the local parish.</p> <p>Faith Input: Laudato Si' Catholic Social Teaching - Stewardship</p> <p>Education input: We will use CAFOD's Laudato Si' resources to educate the pupils including the animation that explains more about Pope Francis' encyclical. Pupils will learn the value of not always needing to have brand new items and how this helps protect the planet.</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>	<p>Description of action: LIVE SUSTAINABLY/LIVE SIMPLY We will hold a "Disconnect to reconnect" day in school. We will hold a day within school when we do not use or use as little electricity as possible. We will commit not to use electric lights, photocopying, laptops, interactive whiteboards etc and we will commit to a day of using the outdoors, with each class participating in outdoor learning and getting to know others more. We will encourage this to continue at home for the evening with families.</p> <p>Faith Input: We will link this to Laudato Si and caring for our common home.</p> <p>Education input: The pupils will plan and participate in a day of outdoor learning. This could include science and art work.</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 will design and help create a prayer garden/space.

This will be used collectively and individually.

Pupils, staff and governors will write LiveSimply pledges to demonstrate how they will be looking after others and the planet as part of their LiveSimply journey.

How will you plan for a wider community engagement?

We will encourage families to make time to say a prayer each day, perhaps Grace before meals and for them to write their own LiveSimply pledge and to share it with us via social media.

We will invite the local parishioners to also create a LiveSimply pledge and we will help them create a display in church.

### FAITH | LEARN | ACT

What faith-based resources will you use?

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

Matthew 23:36-40 The greatest commandment, Love God and love one another.

Catholic Social Teaching - the common good

What educational resources will you use?

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

We will use CAFOD's liturgical resources to support this action so pupils understand the importance of taking time to slow down and spend time in prayer or reflection and how that can enable all things.

<https://cafod.org.uk/Education/Primary-teaching-resources/Liturgical-prayer-primary>

<https://cafod.org.uk/Education/Secondary-and-youth-resources>

## 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:

Inspired by Laudato Si' we will think about how we can refuse and reduce, re-use & re-purpose, and finally recycle.

We will hold a termly swap shop (books, games, clothes, toys). Pupils will promote the event and man the stands.

Pupils will create a display using recycled items to highlight the work.

How will you plan for a wider community engagement?

We will invite families and local parishioners to take part in the swap shop.

Pupils will choose a tip to be shared with parents in the newsletter and to the local parish and we will share online to encourage the wider community to also refuse & reduce etc

### FAITH | LEARN | ACT

What faith-based resources will you use?

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

We will use the Laudato Si resources and animation on CAFOD website . We will use the Prayer for our Earth reflection from CAFOD.

What educational resources will you use?

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

We will use CAFOD's Laudato Si' resources to educate the pupils including the animation that explains more about Pope Francis' encyclical.

We will use resources that promote recycling and the positive impact that it has on the enviroment. The children will learn about 'fast fashion' and the impact this has. Pupils will learn the value of not always needing to have brand new items and how this helps protect the planet. We will use resources such as Twinkl Debate Pack

<https://www.twinkl.co.uk/resource/is-fast-fashion-becoming-a-big-problem-t-e-2551122> and <https://www.globallearningni.com/resources/video-resources/fast-fashion-ks2>.



## 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.

Brief description of main action:

The whole school will take part in CAFOD's Big Lent Walk to raise funds and awareness for our global family.

How will you plan for a wider community engagement?

Pupils will write letters and design posters to invite their families, local parishioners and the governors to join us walking and sponsoring us. We will also invite the wider community to get involved with the walk.

### FAITH | LEARN | ACT

What faith-based resources will you use?

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

In addition to the resources CAFOD provide we will also relate the action to Catholic Social Teaching principles of Solidarity, preferential option for the poor and participation.

What educational resources will you use?

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

CAFOD Lent resources

We will invite a CAFOD School Visitor in to deliver a Lent assembly to learn more about the work of CAFOD.

We will remind pupils of the 3 elements of Lent, fasting, almsgiving and prayer.

To register for the LiveSimply award, please fill out the form below, and send in your completed action plan to the address below. Upon receipt of your registration we will send you a registration certificate for you to display in your school.

Name of School – St Leo's and Southmead Catholic Primary School

Address - Lickers Lane, Whiston, L35 3SR

Headteacher – Mrs Tambourini

Contact Name – Megan Cullen  
(Lead Person for LiveSimply)

Email Address – [megan.rainford@stleossouthmead.co.uk](mailto:megan.rainford@stleossouthmead.co.uk)

Date 2023 - 2024

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)