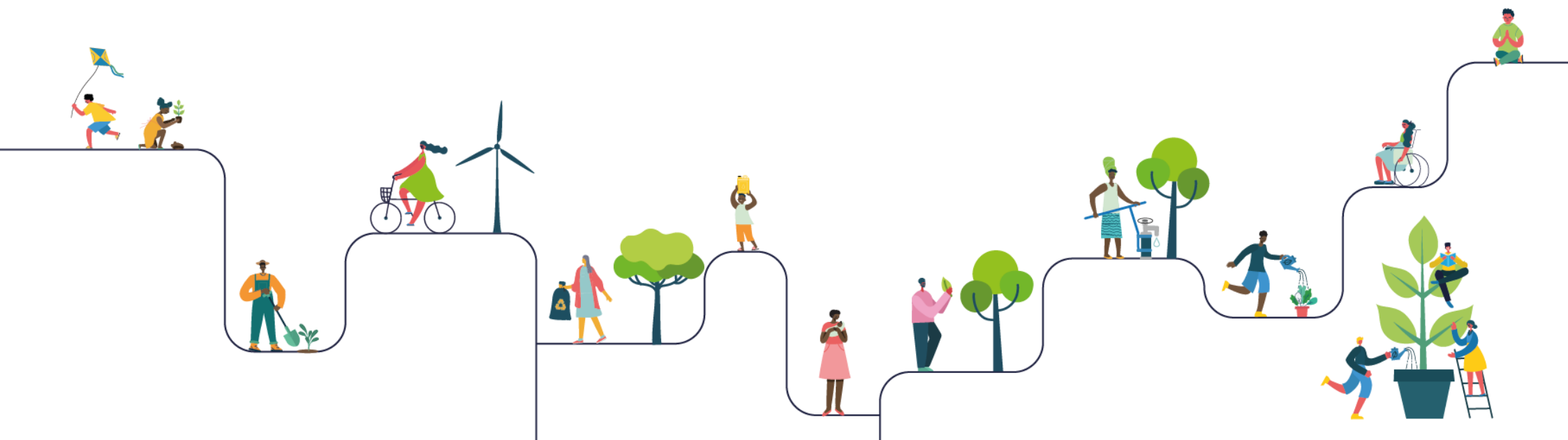


# LiveSimply

NAME OF SCHOOL : St Albert's Catholic Primary School  
CONTACT NAME : Rhianon Riddick



# 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><b>GLOBAL</b></p>	<p>Description of action: Spring LIVING SIMPLY On return to school in January we will celebrate World Day of Peace. We will particularly pray for people in countries and communities currently facing war or unrest.</p> <p>Faith Input: CST - Promoting Peace, Human Dignity, Common Good John 14:27 Jesus said "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid"</p> <p>Education input: <a href="https://cafod.org.uk/education/primary-teaching-resources/peace-liturg">https://cafod.org.uk/education/primary-teaching-resources/peace-liturg</a></p>	<p>Description of action: Spring 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. <a href="https://cafod.org.uk/education/primary-teachingresources/cst-pack-for-children">https://cafod.org.uk/education/primary-teachingresources/cst-pack-for-children</a></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. <a href="http://www.cafod.org.uk/BLWSchools">www.cafod.org.uk/BLWSchools</a> What is CAFOD 3min film. <a href="https://cafod.org.uk/education/kidz-zone/about-cafod-forchildren">https://cafod.org.uk/education/kidz-zone/about-cafod-forchildren</a></p>	<p>Description of action: Summer LIVING IN SOLIDARITY We will hold a "Pedal against Poverty" fundraiser 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. <a href="https://cafod.org.uk/education/primary-teachingresources/cst-pack-for-children">https://cafod.org.uk/education/primary-teachingresources/cst-pack-for-children</a></p> <p>Education input: <a href="https://blog.cafod.org.uk/2021/07/09/st-josephs-have-done-it/?_gl=1*18n2m5v*_ga*MTEyMzQ1MTM2MC4xNjM4NzMyMzQz*_ga_S7Z01NjESC*MTY5OTYwODYzNi4xMy4xLjE2OTk2MTEwOTguNjAuMC4w">https://blog.cafod.org.uk/2021/07/09/st-josephs-have-done-it/?_gl=1*18n2m5v*_ga*MTEyMzQ1MTM2MC4xNjM4NzMyMzQz*_ga_S7Z01NjESC*MTY5OTYwODYzNi4xMy4xLjE2OTk2MTEwOTguNjAuMC4w</a> We will work a school in the local area to raise money and see which school can pedal the most kilometers. School assembly with parents to encourage them to pedal at home.</p>
<p><b>LOCAL</b></p>	<p>Description of action: Autumn LIVING IN SOLIDARITY 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. "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</p> <p>Education input:</p>	<p>Description of action: Spring LIVING SUSTAINABLY Inspired by Laudato Si' we will organise termly litter picks in the school and the local community to make our environment a better place and everyone can enjoy.</p> <p>Faith Input: Pupils will watch CAFOD's Laudato Si' Animation. We start each litter pick with a prayer to remind ourselves we are guardians of creation.</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>Description of action: Spring LIVE IN SOLIDARITY Grandparents day, we will invite the childrens' grandparents or special person into school to share stories, crafts and a picnic. We will also invite local parishioner to join us on this day.</p> <p>Faith Input: Matthew 7:12 - "Do to others as you would have done to yourself" Pope Francis - "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</p>

	<p>Our Mini Vinnies will lead on collecting the food and taking it to the local foodbank.</p> <p>We will ensure pupils are aware of human dignity and we all need support from others at times in our lives. Sometimes 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>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 and what school was like when they we children .</p>
SCHOOL	<p>Description of action: Autumn 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</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 <a href="https://youtu.be/ky6SCsKyTMw">https://youtu.be/ky6SCsKyTMw</a> Why LiveSimply animation <a href="https://www.youtube.com/watch?v=5ZDNgb7VBwQ">https://www.youtube.com/watch?v=5ZDNgb7VBwQ</a></p>	<p>Description of action: Summer LIVING SUSTAINABLY Inspired by Laudato Si', to live more sustainably, we will hold a book swop. Pupils will bring in a pre-loved book to swop with their classmates.</p> <p>Faith Input: Laudato Si' CST - Stewardship</p> <p>Education input: Pupils will learn how they do not always need brand new items to experience joy and how this will help care for our common home. We will develop a culture of "buy less, share more". <a href="https://cafod.org.uk/Education/Primary-teachingresources/Laudato-Si-for-children">https://cafod.org.uk/Education/Primary-teachingresources/Laudato-Si-for-children</a></p>	<p>Description of action: Summer LIVE SUSTAINABLY We will grow produce in our school allotments over the course of the year. Each class will then make food with their produce, showing the children that food can be grown locally to reduce our carbon footprint.</p> <p>Faith Input: Laudato Si' - caring for our common home. <a href="https://cafod.org.uk/Education/Primary-teachingresources/Laudato-Si-for-children">https://cafod.org.uk/Education/Primary-teachingresources/Laudato-Si-for-children</a></p> <p>Education input: Children will learn about where our food comes from and the impact that this has on our planet.</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, staff, and governors will each write a LiveSimply pledge which we will use to create a display. We will have a launch assembly where children will begin to learn about how living more simply will create a better world. These pledges will be put on display throughout the school so that they can be referred back to during the year ahead.

How will you plan for a wider community engagement?

We will invite all parents to make a pledge and share these on Twitter and display them in school.

### FAITH | LEARN | ACT

What faith-based resources will you use?

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

LiveSimply is based on the teachings of Jesus and Catholic Social Teaching.

The Bible

Wednesday Word

Mini Vinnies resources

Come and See resources

What educational resources will you use?

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

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>

Mary's Meals

Missio

## 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', to live more sustainably, we will hold a book swap. Pupils will bring in a pre-loved book to swap with their classmates.

How will you plan for a wider community engagement?

We already have a book swap in our school foyer for parents. We will have more publicity to drive more use of this opportunity.

### FAITH | LEARN | ACT

What faith-based resources will you use?

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

LiveSimply is based on the teachings of Jesus and Catholic Social Teaching.

Laudato Si' - caring for our common home.

<https://cafod.org.uk/Education/Primary-teaching-resources/Laudato-Si-for-children>

The Bible

Wednesday Word

Mini Vinnies resources

Come and See resources

CST - Human dignity, Solidarity, Participation, Preferential option for the poor.

<https://cafod.org.uk/education/primary-teaching-resources/cst-pack-for-children>

What educational resources will you use?

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

Children will learn about the impact of single use clothing and how their old clothes can help and benefit others.

## 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:

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.

We will order a free Big Lent Walk Banner to show we are taking part.

<https://shop.cafod.org.uk/collections/frontpage/primary-school>

How will you plan for a wider community engagement?

We will invite governors, parents/carers and local parishioners to join us on our walk and encourage families to go for walks. If anyone is unable to join the walk / cycle 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.*

St Albert was known for living simply and walking everywhere.

LiveSimply is based on the teachings of Jesus and Catholic Social Teaching.

The Bible

Wednesday Word

Mini Vinnies resources

Come and See resources

CST - Human dignity, Solidarity, Participation, Preferential option for the poor.

<https://cafod.org.uk/education/primary-teaching-resources/cst-pack-for-children>

What educational resources will you use?

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

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.

[www.cafod.org.uk/BLWSchools](http://www.cafod.org.uk/BLWSchools)

What is CAFOD 3min 30 film.

<https://cafod.org.uk/education/kidz-zone/about-cafod-for-children>

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 Albert's Catholic Primary School

Address

Steerscroft Stockbridge Village L28 8AJ

Headteacher

Lorraine McEvoy

Contact Name

Rhianon Riddick

Email Address

rhianon.riddick@stalbertsprimary.co.uk

Date 10.11.23

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)