

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.

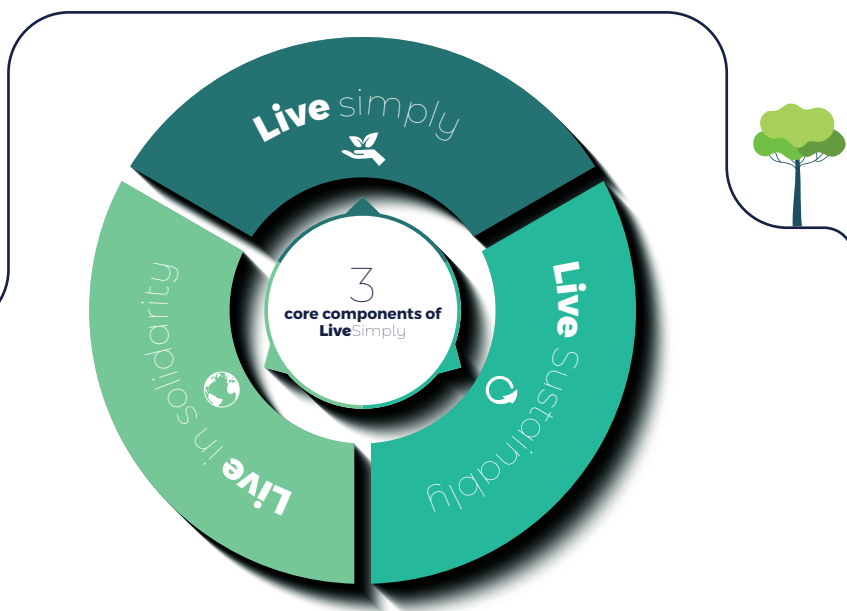
This work takes time, this is why the **LiveSimply** award is designed as a journey for your school to take throughout the year, to help your students to find ways of living more simply, helping them to grow and flourish as individuals.



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. This is split between 3 main actions (actions where you go big and include others), and 6 other 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

We encourage you to *go big* in your three main actions. This will include people outside the school, perhaps parents, the local parish, or with the wider local community. This is an opportunity for your school to reach out and spread the message.

OTHER ACTIONS

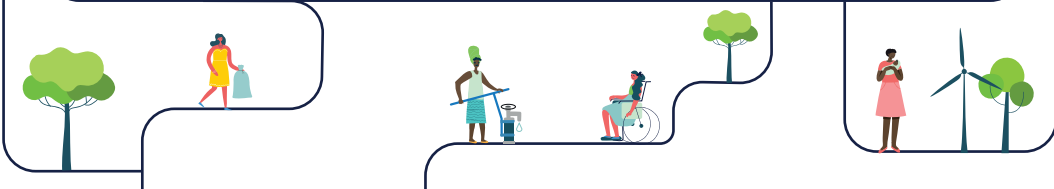
The other six actions can be school based. These can include activities you may already be doing, but you must show a connection between faith, learning and the action which is being taken. All actions must include a faith, learn and act element.



IMPACT OF ACTION

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

- Whole school**
Evidence is provided that the wider school has engaged with the activity, not just a class or year group.
- Local community**
Evidence is provided to show that the school's actions have impacted in some way on the local community, including local parish, parents and community engagement.
- 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.

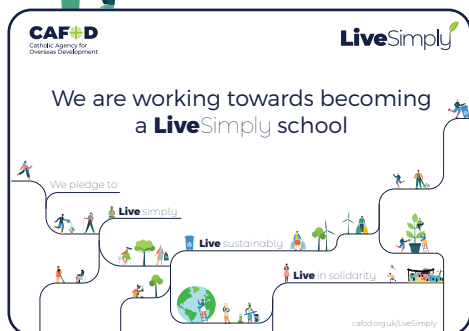


GETTING STARTED

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.

Send in a copy of your completed school action plan to **schools@cafod.org.uk**, and we will send you a certificate to display in your school to remind everyone that you are working towards becoming a **LiveSimply** school.

3.

Work with staff across the school to show them what the **LiveSimply** award is and the areas of work you intend to focus on. 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.

As you go along, collect evidence: pictures of students taking action, images of displays, copies of assemblies, and evidence of prayer and faith related activities. These can all help provide the necessary evidence that you are working in an integrated way towards the award.

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.

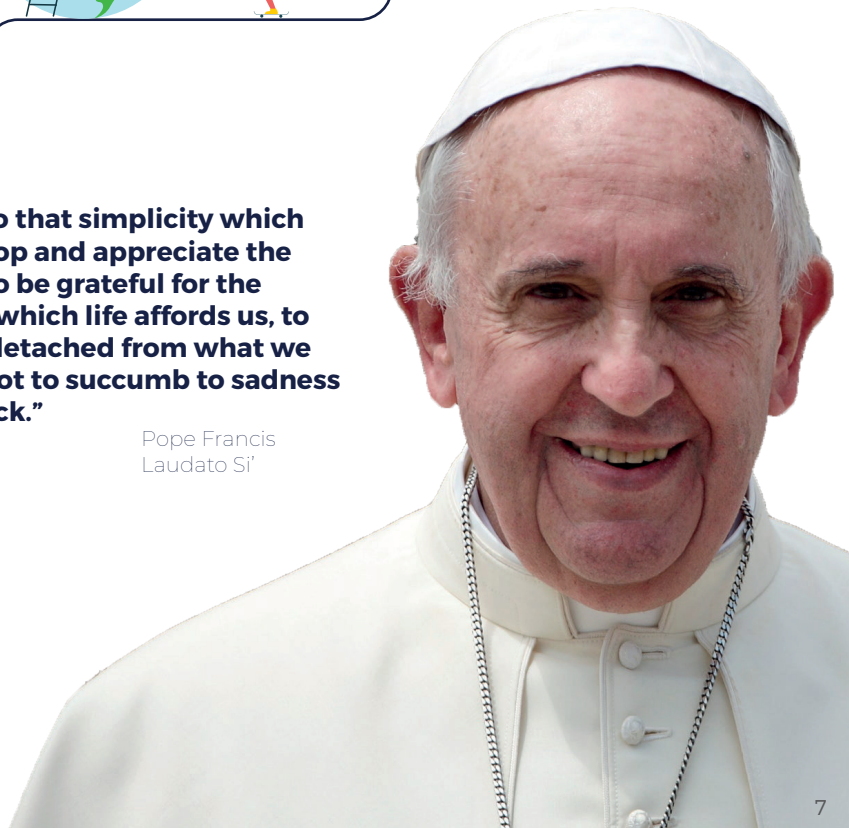
6.

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/LiveSimplySchools 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**

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