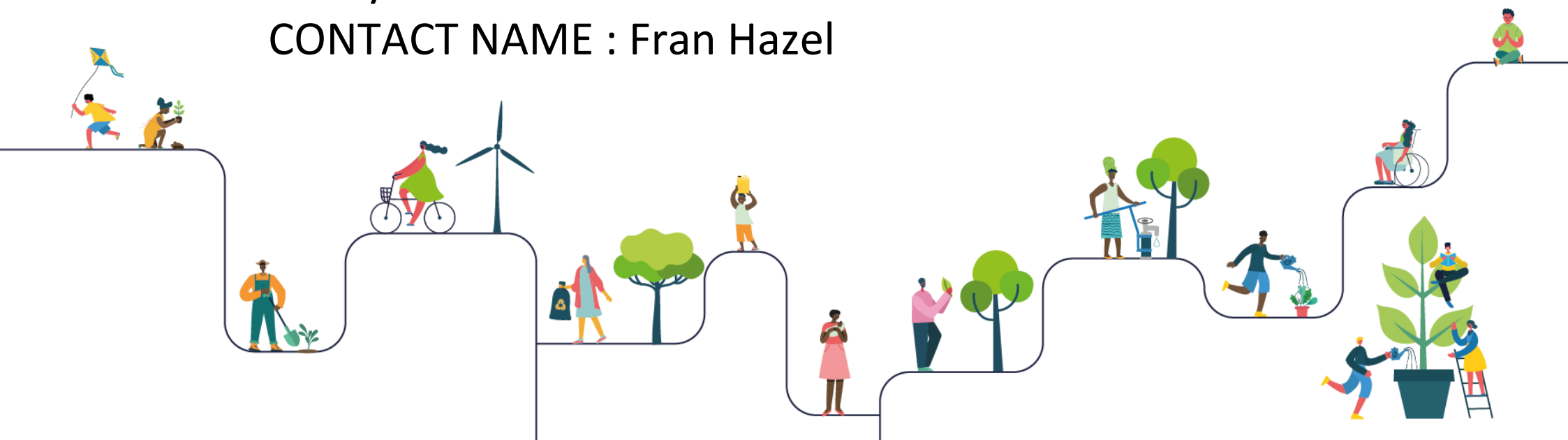


# LiveSimply

NAME OF SCHOOL : St. Mary's Catholic Voluntary Academy,  
Derby

CONTACT NAME : Fran Hazel



# 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: LIVING IN SOLIDARITY</p> <p>The whole school will learn about the work of Aid to the Church in Need who campaign for persecuted Christians and those of other faiths. Members of the Chaplaincy Team to become ACN Apostles to let the school and Parish communities know about what is happening and what they can do to help. We will take part in Red Wednesday (November 2023) and the Annual Rosary Rally.</p> <p>Faith Input: CST human dignity, solidarity, participation, preferential option for the poor.</p> <p>Education input: Children will learn what life is like in other countries for those not freely able to practice own religion. They will be aware of the 50 worst countries to be a Christian (Open doors research)</p>	<p>Description of action: LIVING IN SOLIDARITY</p> <p>Promote the online CAFOD World Gifts Village (December 23). School council members in each class will lead each class in choosing a CAFOD world gift that the children will raise money for instead of individual Christmas gifts for the teachers.</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, the Common Good.</p> <p>Education input: CAFOD World Gifts – CAFOD World Gifts Each of the World gifts has a story so the children will learn more about how their gift can help other. We will use the CAFOD World Gifts assembly to share what we are doing. <a href="https://cafod.org.uk/education/school-fundraising/world-gifts-for-children">https://cafod.org.uk/education/school-fundraising/world-gifts-for-children</a></p> <p><a href="https://cafod.org.uk/education/fratelli-tutti-for-schools">https://cafod.org.uk/education/fratelli-tutti-for-schools</a></p>	<p>Description of action: LIVING IN SOLIDARITY</p> <p>Inspired by CST we will take part in CAFOD Campaign actions. We will take part in the "Get Creative for Climate Justice" to stand in solidarity with our global sisters and brothers most impacted by climate change, who have done the least to cause it. (Images need to be emailed to <a href="mailto:schools@cafod.org.uk">schools@cafod.org.uk</a> by 10<sup>th</sup> Nov)</p> <p>Faith Input: CST - Solidarity, Stewardship</p> <p>Education input: We will use the CAFOD resources Young People Demand Change so the children can understand how as Catholics we are called to stand up against injustice. <a href="https://cafod.org.uk/education/campaign-in-your-school">https://cafod.org.uk/education/campaign-in-your-school</a> <a href="https://cafod.org.uk/education/campaign-in-your-school/get-creative-for-climate-justice">https://cafod.org.uk/education/campaign-in-your-school/get-creative-for-climate-justice</a></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: CST - 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 that support may be in the form of friendship, help with</p>	<p>Description of action: LIVE SIMPLY</p> <p>We will create a link with the Mercy Care Centre in Derby. Pupils will send letters and cards. Pupils in Foundation Stage 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" Pope Francis once 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 people connect, there will be more hope for the future of our society,"</p> <p>Education input:</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: 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. <a href="http://www.livinglaudatosi.com">www.livinglaudatosi.com</a></p>

	<p>school work, learning a new sport/craft, a smile and sometimes the support comes in the form of food from the foodbank.</p>	<p>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. There is evidence that there is mutual benefit for 4 year olds and the elderly to establish warm relationships.</p>	<p>Laudato Si' animation  <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>
SCHOOL	<p>Description of action:  LIVE SIMPLY/LIVING SUSTAINABLY  Pupils will help look after our prayer space/garden. This will be used collectively and individually.  In addition we will promote our new biophilic school through encouraging visits, talking to the children about the advantages of the new building.</p> <p>Faith Input:  CST Stewardship and Care of Creation, Laudato Si'</p> <p>Education input:  Children will learn about how to cultivate plants and look after the environment, encouraging the insects, especially the bees.</p> <p>The pupils and wider community to have a deeper understanding of the design and the principles around the types of plants and materials used which support Pope Francis' call for us all to be active in sustaining our beautiful world. Within this we can incorporate the liturgical celebration of creation (Sept/Oct 23). Working with ecological network started by Derby Cathedral &amp; St. Mary's church.</p>	<p>Description of action:  LIVE SIMPLY/LIVING SUSTAINABLY  Inspired by Laudato Si' we will plan to re-use, re-purpose and recycle, and commit to decreasing our carbon footprint. We will share the Parish weekly Green Tips with school community.</p> <p>Faith Input:  Laudato Si' Catholic Social Teaching - Stewardship</p> <p>Education input:  Pupils will learn the value of not always needing to have brand new items and how this helps protect the planet.  Living Laudato Si'</p>	<p>Description of action:  LIVE SIMPLY  Pupils and staff will write LiveSimply pledges/prayers to demonstrate how they will be looking after others and God's planet as part of their LiveSimply journey. We will create a display.</p> <p>Faith Input:  Genesis 2:15. CST stewardship</p> <p>Education input:  We will show the LiveSimply animations to help the pupils understand more.  Introducing LiveSimply  <a href="https://youtu.be/ky6SCsKyTMw">https://youtu.be/ky6SCsKyTMw</a>  Why LiveSimply  <a href="https://www.youtube.com/watch?v=5ZDNgb7VBwQ">https://www.youtube.com/watch?v=5ZDNgb7VBwQ</a></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 and staff will write LiveSimply pledges/prayers to demonstrate how they will be looking after others and God's planet as part of their LiveSimply journey. We will create a display.

How will you plan for a wider community engagement?

We will also create a display in our parish and encourage parishioners to add their own LiveSimply pledges on.

We will encourage families to also make their own family pledge.

### 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.

<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 show the LiveSimply animations to help the pupils understand more about living simply, sustainably and in solidarity.

Introducing LiveSimply

<https://youtu.be/ky6SCsKyTMw>

Why LiveSimply

<https://www.youtube.com/watch?v=5ZDNgb7VBwQ>

## 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 plan to re-use, re-purpose and recycle, commit to decreasing our carbon footprint. All of the pupils will be involved in these actions.

How will you plan for a wider community engagement?

We will share the Parish weekly Green Tips with school community through the school's e-newsletter to encourage everyone to live more sustainably.

### FAITH | LEARN | ACT

What faith-based resources will you use?

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

Laudato Si'

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

Catholic Social Teaching - Stewardship

<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.*

Pupils will learn the value of not always needing to have brand new items and how this helps protect the planet.

[www.LivingLaudatoSi.com](http://www.LivingLaudatoSi.com)

## 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 learn about the work of Aid to the Church in Need who campaign for persecuted Christians and those of other faiths.

Members of the Chaplaincy Team to become ACN Apostles to let the school and Parish communities know about what is happening and what they can do to help. We will take part in Red Wednesday (November 2023) and the Annual Rosary Rally.

How will you plan for a wider community engagement?

Through our weekly e-newsletter, the school's Parish Ambassadors speaking to the Parish and articles in the Catholic News.

### FAITH | LEARN | ACT

What faith-based resources will you use?

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

CST human dignity, solidarity, participation, preferential option for the poor.

What educational resources will you use?

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

Children will learn what life is like in other countries for those not freely able to practice own religion. They will be aware of the 50 worst countries to be a Christian (Open doors research)

Aid to the Church in Need | Home (acnuk.org)

Serving Persecuted Christians Worldwide - Home - Open Doors UK & Ireland

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. Mary's Catholic Voluntary Academy, Derby

Address

St James House  
St. Mary's Wharf  
Mansfield Road  
Derby DE1 3AD

(school due to move back to old site, but new building in Nov/Dec 2023.  
Postcode DE22 1AU).

Headteacher

Amanda Greaves (Executive Headteacher)  
Gill Novak-Lemmings (Head of School)

Contact Name

Fran Hazel

Email Address

fwickes@mde.srscmat.co.uk

Date 24.07.23

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)