

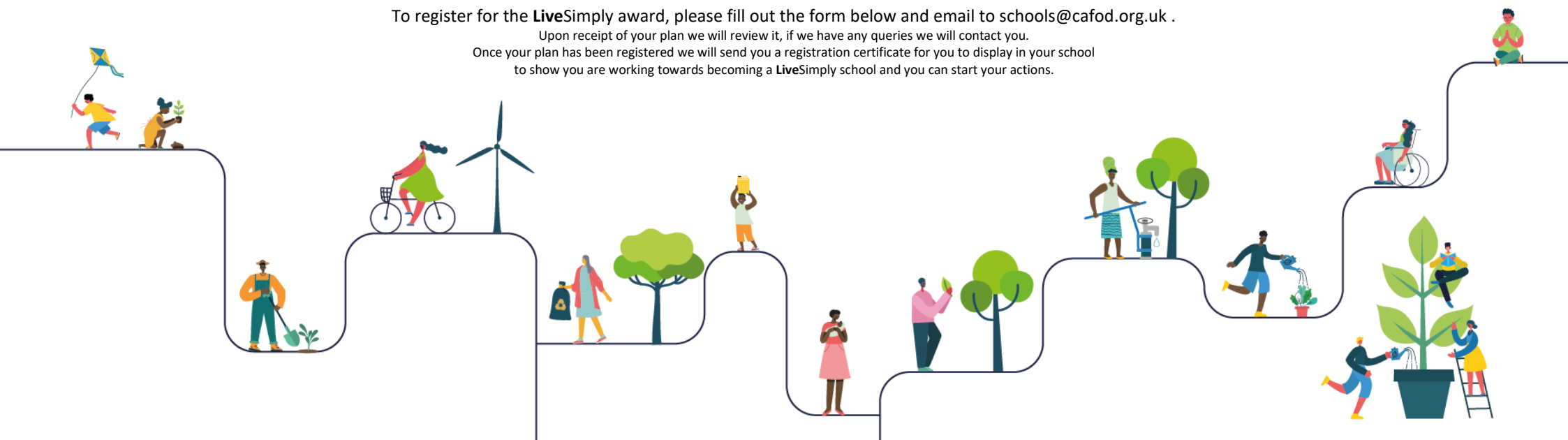
LiveSimply

NAME OF SCHOOL : St Mary's Catholic Primary School Bicester
CONTACT NAME : Sarah Horton

To register for the **LiveSimply** award, please fill out the form below and email to schools@cafod.org.uk.

Upon receipt of your plan we will review it, if we have any queries we will contact you.

Once your plan has been registered we will send you a registration certificate for you to display in your school to show you are working towards becoming a **LiveSimply** school and you can start your actions.



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>GLOBAL</p>	<p>Description of action: LIVING IN SOLIDARITY</p> <p>We will take part in CAFOD's Big Lent Walk to raise funds for CAFOD's work - supporting people around the globe who are in need.</p> <p>Faith Input: CST - Human dignity, Solidarity, Participation, Preferential option for the poor.</p> <p>Education input: Pupils will learn more about the principles of CST and put their learning into action.</p> <p>We will look at examples from the CAFOD website that show how our action helps to make a difference.</p>	<p>Description of action: LIVING IN SOLIDARITY</p> <p>We will take part in World Food Day (16th October 2024), we will particularly pray for people in parts of the world who have little or no food.</p> <p>The school will participate in 'a coin and a tin, it's a win, win'. Students will bring in a coin to support a global charity and a tin to support the Bicester Foodbank.</p> <p>Faith Input: CST - Preferential option for the poor, Solidarity, Distributive Justice</p> <p>Matthew 14:19 - Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves.</p> <p>Education input: We will use the CAFOD assembly resources to support children's understanding of the Feeding of the 5000.</p> <p>We will discuss Harvest and learn about how food is grown in different areas of the globe.</p> <p>We will invite a member of the Bicester Foodbank to visit school to talk about their work including the support they give and why there is a need for Food Banks.</p>	<p>Description of action: LIVING SIMPLY</p> <p>We will take part in World Day of Peace (1st January) when we return to school in January 2025. This will be led by children in our school. We will join in prayer, particularly for those countries and communities most affected by war or conflict at this time, and learn about ways of developing Peace.</p> <p>Faith Input: CST - Promoting Peace, Common Good</p> <p>Matthew 5:9 Blessed are the peacemakers for they will be called children of God. CAFOD Peace Liturgy</p> <p>Education input: Children will learn more about World Day of Peace and how we can all contribute to living in Peace.</p>
<p>LOCAL</p>	<p>Description of action: LIVING SIMPLY LIVING SUSTAINABLY</p> <p>We will introduce Meat Free Mondays and encourage those who bring in a packed lunch to participate in this. We will invite members of our parish to school to take part in these meat free lunches. As a school we will have our own vegetable garden (children will be involved in this) and invite those in our local community to do the same. We will share simple meat free recipes that can be made at home.</p> <p>Faith Input: CST - The Common Good, Participation, Stewardship</p> <p>Education input: We will use the Laudato Si resources https://cafod.org.uk/education/primary-teaching-</p>	<p>Description of action: LIVING SIMPLY</p> <p>We will create a link with a local care home. Children will write letters and cards. Some pupils will visit to spend time talking and playing simple games with the residents. We will visit with small groups, including the school choir at Christmas, to perform extracts from class assemblies, plays and songs.</p> <p>Faith Input: Matthew 7:12 Do to others as you would have done to yourself</p> <p>Pope Francis encourages us to bridge the gap between older and younger generations.</p> <p>Education input: This action will encourage children to develop relationships with the elderly in our community. Children will find out more about the residents in the care home and the similarities and</p>	<p>Description of action: LIVING SUSTAINABLY</p> <p>We will create a 'Live Simply' Team who will organise regular litter picks around our school grounds and in the local community to keep our school and parish tidy. We will also discuss how this protects wildlife in the area. Any litter picked will be put into the appropriate recycling.</p> <p>Each session will be started with a prayer to remind ourselves we are stewards of God's creation.</p> <p>Faith Input: Laudato Si - Pope Francis encourages us to care for God's world CST - The Common Good, Participation, Stewardship</p> <p>Education input: We will use the Laudato Si resources, focussing on looking after God's world.</p>

	<p>resources/laudato-si-for-children to learn more about how our actions affect our planet with a particular focus on growing our own food.</p>	<p>differences between each of their childhoods. The children can be encouraged to ask the residents if they have any top tips to help us live simply.</p>	<p>The children will learn about the importance of recycling and how this action will help future generations.</p>
<p>SCHOOL</p>	<p>Description of action: LIVING SIMPLY Pupils, Staff and Governors will write their own LiveSimply pledge which we will use to create a display. We will keep our pledges in our drawers so they can be referred to regularly including in our class worship sessions. This will remind us to live simply, sustainably and in solidarity with the world's poorest communities. At our Christmas Fayre we will have a CAFOD stall inviting families to create their own LiveSimply pledge which we will display in school. Children from our Live Simply Team will help at the stall and create posters to advertise it ahead of the event.</p> <p>Faith Input: LiveSimply is based on the teachings of Jesus and CST.</p> <p>Education input: The two LiveSimply animations will be shared 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. Live simply animations: https://youtu.be/ky6SCsKyTMw and https://www.youtube.com/watch?v=5ZDNgb7VBwQ We will use the CAFOD LiveSimply pledge powerpoint at www.cafod.org.uk/LiveSimplySchools</p>	<p>Description of action: LIVING SUSTAINABLY / LIVING SIMPLY Our school will take part in a 'Disconnect to Reconnect Day' in June 2024 to coincide with 'World Environment Day'. We will switch off as many electrical appliances as possible and we will not use any screens or technology. The children will take part in practical activities with as much learning as possible outside of the classroom. Our electricity usage and therefore our carbon footprint will be reduced. The children will have more opportunities to spend time with each other. We will encourage this to continue into the evening - enabling families to reconnect with each other. We will also encourage members of our Church community to take part in this day. We will ask pupils to share what they did in a whole school assembly and discuss how this made them feel. Our Live Simply Team will promote this day and monitor the school throughout the day.</p> <p>Faith Input: Laudato Si - caring for our common home</p> <p>Education input: The children will learn how each and everyone of us can contribute to using less energy and how simpler opportunities can be just as enjoyable as using technology and screens.</p>	<p>Description of action: LIVING SUSTAINABLY The children will help organise and hold a pre-loved book and toy sale. The children will bring in books and toys for the sale, which will be advertised in our Church and local community. They will then be able to purchase 'new to them' items for a small fee. The funds raised will be used to implement other sustainable actions such as equipment, seeds and plants for our school vegetable garden.</p> <p>Faith Input: Laudato Si CST - Stewardship</p> <p>Education input: The children will learn that they do not always need brand new things to and how this will help care for our common home. We hope to encourage a culture of buy less, share more. We will also consider those in the world who are less fortunate than ourselves and do not have access to as many material things as we do.</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 write their own LiveSimply pledge which we will use to create a display. We will keep our pledges in our drawers so they can be referred to regularly including in our class worship sessions. This will remind us to live simply, sustainably and in solidarity with the world's poorest communities.

How will you plan for a wider community engagement?

At our Christmas Fayre we will have a CAFOD stall inviting families to create their own LiveSimply pledge which we will display in school. Children from our Live Simply Team will help at the stall and create posters to advertise it ahead of the event.

We will invite parishioners to also make pledges.

We will share some of the pledges on social media to encourage our followers to make their own pledges.

FAITH | LEARN | ACT

How is faith inspiring this action?

You may wish to include links to scripture, Catholic Social Teaching principles, quotes from Saints/Popes, encyclicals, prayers and other faith-based material.

LiveSimply is based on the teachings of Jesus and CST.

What will your pupils learn as a result of taking this action?

For example, will specific educational resources be used (visit cafod.org.uk/schools), will you invite a visitor into school, will the students be doing research, will it be personal transformation?

The two LiveSimply animations will be shared 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.

Live simply animations:

<https://youtu.be/ky6SCsKyTMw> and <https://www.youtube.com/watch?v=5ZDNgb7VBwQ>

We will use the CAFOD LiveSimply pledge powerpoint at www.cafod.org.uk/LiveSimplySchools

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:

The children will help organise and hold a pre-loved book and toy sale. The children will bring in books and toys for the sale, which will be advertised in our Church and local community. They will then be able to purchase 'new to them' items for a small fee. The funds raised will be used to implement other sustainable actions such as equipment, seeds and plants for our school vegetable garden.

How will you plan for a wider community engagement?

We will encourage our Church to hold a similar event - perhaps clothing or other household items.

We will share photos of our children gardening and invite those from our local community to school to share a simple meal made with our produce.

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

CST - Stewardship

What educational resources will you use?

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

The children will learn that they do not always need brand new things to and how this will help care for our common home. We hope to encourage a culture of buy less, share more. We will also consider those in the world who are less fortunate than ourselves and do not have access to as many material things as we do.

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. The live in solidarity main action needs to be from your global actions.

Brief description of main action:

We will take part in World Food Day (16th October 2024), we will particularly pray for people in parts of the world who have little or no food.

The school will participate in 'a coin and a tin, it's a win, win'. Students will bring in a coin to support a global charity and a tin to support the Bicester Foodbank

How will you plan for a wider community engagement?

We will support the local Food Bank and Food Waste schemes (Bicester Hub and Bicester Community Fridge). Children across the school will be involved in organising and promoting this. We will liaise with the Food Bank to find out what they are most in need of. We will arrange for a group of children to visit the foodbank to find out more about their work and feedback to the rest of the 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.

CST - Preferential option for the poor, Solidarity, Distributive Justice

<https://cafod.org.uk/pray/prayer-resources/the-richness-of-your-harvest>

What educational resources will you use?

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

<https://cafod.org.uk/search?tags%5B0%5D=foodPublic>

https://assets.ctfassets.net/vy3axnuecuwj/68f8327d6dc73f2e9c5057cf000507a322ffc0f4a433359df37dae08d733eef4/b477fc6be643ce449a9b5766189d5a15/Step_up_to_the_pla te_guide.pdf

https://assets.ctfassets.net/vy3axnuecuwj/cf581de0cd73c6aaf05285a6d5525b04a5d7d6922eb4b20f23cb5b5248d6ad8c/3c3fefed1a48cfedc0a2d52d0632c695a/Baking_of_Bread.pdf

Before you email your plan please check:

- Are all 9 actions filled in, including faith and learning elements?
- Retrospective actions are not valid for the plan, are all of your actions either ongoing or new actions?
- Will your 3 global actions impact the global community?
- Will your 3 local actions impact your local community?
- Will your 3 school actions impact your school community?
- Across your plan, have you got a good mix of living simply, living sustainably and living in solidarity actions?
- Re your 3 main actions. Will the whole school be able to participate in each of these actions?
- Will the wider community be able to get involved with the action? (parents/parishioners/local people/local businesses/MPs etc.)

Name of School

ST Mary's Catholic Primary School

Address

Queens Avenue, Bicester, Oxon. OX26 3ED

Headteacher

Mr Daniel O'Connor

Contact Name

Mrs Sarah Horton

Email Address

shor2208@st-marys-bicester.oxon.sch.uk

Date 18th March 2024

Please email a copy of your plan to 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 or 0303 303 3030. CAFOD will never share your data for marketing. For details, see our privacy statement on www.cafod.org.uk/privacy