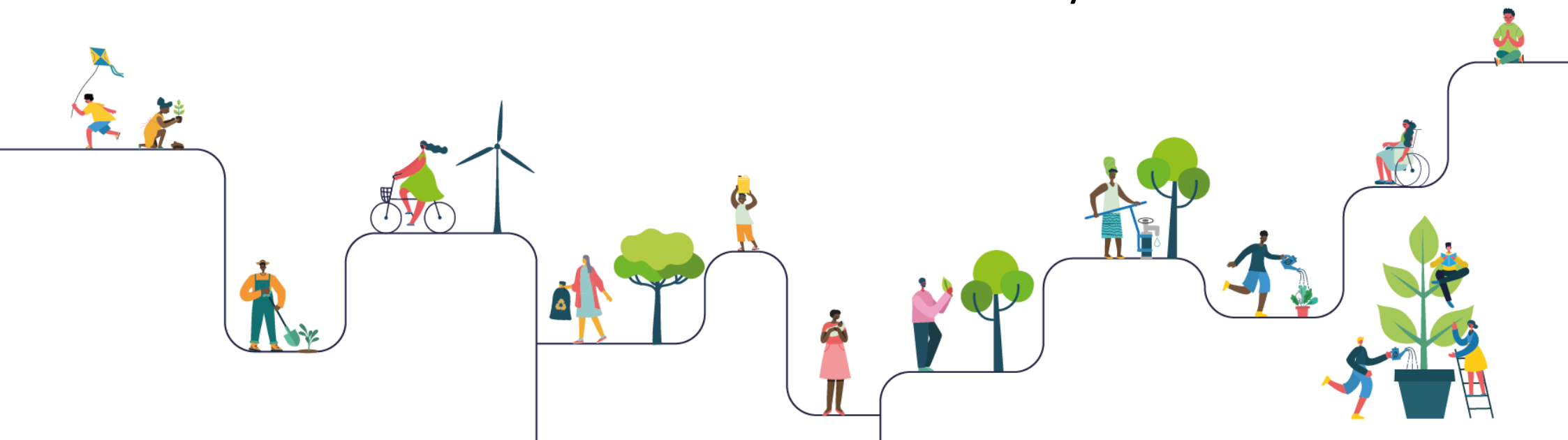


LiveSimply

NAME OF SCHOOL : St. Bernadette's Catholic Primary School
CONTACT NAME : Miss Catherine Corkery



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: CAFOD-Peace Retreat Day</p> <p>Faith Input: Blessed are the Peacemakers Hopeful & faith-filled-Jesuit Pupil Profile</p> <p>Education input: Emily and Dan Cafod resources International Day of PEace Cafod assemblies Fratelli Tutti Daisy the Dove prayer</p>	<p>Description of action: We will take part in the CAFOD Summer 23 Campaign to help fix the world's broken food system.</p> <p>We will also look at our own food waste and aim to reduce this.</p> <p>Faith Input: Catholic Social Teaching – Solidarity, Stewardship, Preferential option for the poor. https://cafod.org.uk/Education/Primary-teaching-resources/CST-pack-for-children Blessed are those who hunger and thirst for righteousness</p> <p>Education input: We will use the resources provided by CAFOD to help the pupils understand how they can stand in solidarity with small farmers around the world.</p>	<p>Description of action: Link with school from a developing nation/war-torn. Sponsored sleep-in. Where children experience what it is to sleep in without digital technology, in the school hall for a night. Simple meal and simple activities to be planned to occupy them.</p> <p>Faith Input: Several Beatitudes Curious & Active Compassionate & loving Hopeful & faith-filled Discerning and Attentive</p> <p>Education input: Emails/zoom calls/letters to build relationships, knowledge and understanding with another school Sleep in will show the children there are people in the world who sleep like this every night in a simple home or refugee tent. Children involved will experience a simple meal and how to spend their evening together playing simple games.</p>
<p>LOCAL</p>	<p>Description of action: Interaction with the aged and vulnerable in our community eg: Christmas cards, singing Christmas carols, invite for productions at Christmas and end of year 6. Creating affordable menu options with vulnerable families. Inviting elderly in for a lunch once a term to eat with Mini vinnies.</p> <p>Faith Input: Blessed are the pure in heart Compassionate & loving Generous & grateful</p> <p>Education input: Year band assembly (the group visiting the care home will inform the children what they will be doing and why). School kitchen to hold workshops for parents to share a low cost meal preparation. School kitchen staff to also cook for the</p>	<p>Description of action: Walk/Scoot/cycle to School week</p> <p>Parents will also be encouraged to walk/cycle or take public transport to work Parishioners will be encouraged to have a walk to church Sunday We will share on social media to encourage the local community to also walk so the impact on the local area is as big as possible.</p> <p>Faith Input: Blessed are those who hunger and thirst for righteousness Intentional & prophetic</p> <p>Education input: Bikeability assembly & sessions Registration time assembly to introduce the week</p>	<p>Description of action: Food bank- prominent food bank bins in places where parents pass. All food to be donated to Stetchford Food bank. Fireside to benefit from our Harvest Festival donations.</p> <p>Faith Input: Blessed are the merciful Blessed are the pure in heart Generous & grateful Compassionate & loving</p> <p>Education input: Mini-Vinnies (Vincent De Paul Society) Mini-Vinnies to collect donations, deliver with staff members and present information about their visit. Parent who has links with Fireside to deliver to children how they work and help people.</p>

	<p>local vulnerable people (care home clients or dementia group) once a term to join us for lunch.</p>		
<p>SCHOOL</p>	<p>Description of action: waste management- recycling bins to include in dinner hall, classroom, as monitored by the eco team</p> <p>Faith Input: Blessed are those who hunger and thirst for righteousness Wise & learned Curious & Active</p> <p>Education input: CT presents information to the children about why we need an eco-team (one-off delivery). Friday pm election of eco-warden from class to form part of school-wide eco-team</p>	<p>Description of action: Digital down day- one a term. (School lights/computers/laptops off ICT suite/no photocopying)</p> <p>Faith Input: Blessed are the meek (being content with a simpler day) Learned & wise</p> <p>Education input: At the start of each Digital Down daywe explain the reason we are doing it to the children. Through the action they will learn and experience how to exist without digital technology. Link to mental health. Teachers will join in and lock their digital use down that day. Newsletter announcement of the dates nearer the time and the reasons behind it encouraging parents to continue it after school on the chosen days.</p>	<p>Description of action: Ocean Friendly Schools Award pilot- Earth Ambassadors after school group to complete by end of Spring term 2, 2023. Parents drop in on a Friday afternoon 1-3pm date TBC to see ways they could reduce [plastic use in lunchboxes and other applications in their homes. Earth Ambassadors to run this. Develop a plastic bottle free school where all children have a school water bottle and no other bottles are allowed for their daily drinking water.</p> <p>Faith Input: Blessed are those who hunger and thirst for righteousness Active & Curious</p> <p>Education input: Earth Ambassadors reporting to other year bands in assemblies after single-use plastic survey. Explain through Earth Ambassador representatives in year band assemblies the idea behind plastic free bottle school. Newsletter to address the issue and the impact this will have after publishing the results of the lunchtime survey.</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:

Interaction with the vulnerable in our community eg: Christmas cards, singing Christmas carols, invite for productions at Christmas and end of year. Creating affordable menu options with vulnerable families every Thursday afternoon, Mrs Worth is sharing how to prepare and that recipe then goes in the newsletter.

How will you plan for a wider community engagement?

Liaise with the old people's home to arrange visits. Residents to be brought by our minibus to the school for the shows. Use of social media to promote the community link and engagement. Use of newsletter.

FAITH | LEARN | ACT

What faith-based resources will you use?

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

Christmas Carols, Use the Fratelli Tutti off the CAFOD website liturgical prayer powerpoint to deliver in class registration, mission statement. Parable of the Good Samaritan, Assemblies from the Ten:Ten website, Prayer/Liturgy services with a focus on the poor and vulnerable

What educational resources will you use?

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

CST resources CAFOD website: Chikondi the giraffe- Thinking of everyone prayer Catholic Social Teaching resources prayers for children powerpoint- slide 5., Assemblies from the Ten:Ten website,

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:

Ocean Friendly Schools Award pilot for Marine Conservation Society (MCS) - Earth Ambassadors after school group to complete by end of Spring term 2, 2023. This involves engaging in a plastic-use survey of home, kitchen and school. Reporting on findings of lunchbox use in the newsletter in November and again in December. Parents drop in on a Friday afternoon 1-3pm date (TBC) to see ways they could reduce [plastic use in lunchboxes and other applications in their homes. Earth Ambassadors to run this. Develop a plastic bottle free school where all children have a school water bottle and no other bottles are allowed for their daily drinking water. Children asked to put a water bottle on Santa list for new term.

How will you plan for a wider community engagement?

Newsletter will inform parents of action plan- sent 14.11.2022 to all parents. MCS Jenny Griffiths to support journey through teams meetings with Earth Ambassadors. She will attend school to deliver the award when we complete. Use of twitter weekly after meetings to share what we have achieved. Newsletter to have regular entries to report our progress

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- Stewardship - Sofia the sloth. Laudato Si- CAFOD website animation (primary teaching resources/Laudato si for children). Children will learn a version of the Laudato Si hymn which will be used in Mass and Collective Worship

What educational resources will you use?

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

Use of MCS website (www.mcsuk.org) to guide through the process. Use of their videos and session plans and detail for how to achieve the award step-by-step. Children to use excel to report plastic usage. Parents exposed to some novel ideas of how to reduce plastic useage in the home. Links in some year group topic lessons. World Earth Day 2023

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:

Food bank- prominent food bank bins in places where parents pass. All food to be donated to Stetchford Food bank. Fireside to benefit from our Harvest Festival donations (2023).

How will you plan for a wider community engagement?

Newsletter, social media, Mini-Vinnies to create a poster for the entrances/around school, Holy Family newsletter. Parent with links to the Fireside centre to attend and share their message with children in assembly around Harvest time (October 2023)

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, Feeding of the 5000, values and virtues, mission statement, Harvest assembly from Ten:Ten, class prayer service linked to creation, harvest, giving thanks for what we have, parying for people in need

What educational resources will you use?

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

assemblies, Vocations Day resources - speaker from SIFA Fireside to speak with 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.Bernadette's Catholic Primary School

Address

Hobmoor Road, Yardley, Blrmingham. B25 8QL

Headteacher

Miss Angela Cowings

Contact Name

Miss Catherine Corkery

Email Address

c.corkery@stberns.bham.sch.uk

Date:17/11/2022

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