

# St John's Church of England Primary School: Spirituality

*Celebrate life in all its fullness. Let's learn together in God's love.*

## What is Spirituality?

*Spirituality is delighting in all things, being absorbed into the present moment, not too attached to self, and eager to explore boundaries of 'beyond' and 'other', searching for meaning, discovering purpose, open to more. (Rebecca Nye)*



Spirituality is not something you can see; It is...

- Something we feel and learn about ourselves (loving learning)
  - A connection to others (loving each other)
  - Awe and wonder in life (loving life itself)

*Spirituality is an inner sense of connection to the people and the world around us.*

*A sense of enjoyment and fascination in learning about ourselves, others, and the world around us.*

*The ability to be reflective about our own beliefs that inform our perspective on life and our interest in and respect for different people's faiths, feelings, and values.*

*Being imaginative and creative in our learning with a willingness to reflect on our experiences.*

## Why is Spirituality Important To Our School?

For our mental health and wellbeing.

To be calm and at peace. To stop, reflect and be grateful.

To exercise imagination and creativity, appreciate beauty in the world and be alive to experiences of awe and wonder.

To bring our community together. To be self-aware and empathise with the experience of others in the school and wider community.

To demonstrate curiosity and open mindedness when exploring life's big questions.

To marvel at the simple and beautiful. To enjoy colour, structure, and form.

To be comfortable with stillness and silence and open to engage in reflection/meditation/prayer.

To help our whole school community to develop a spiritual understanding in their own cultural context.

To appreciate and be thankful for what is good in life like friends and family and show generosity towards others.

To think about other people, places and see the wider picture and understand our place in the world.

## If I Am A Spiritual Learner I Can.....

- Be happy being me and believe in my potential to achieve.
- Be still and understand the importance of being reflective.
- Be self-aware and empathise with the experience of others in the school and wider community.
- Appreciate what is good.
- Exercise imagination and creativity, appreciate beauty in the world and be alive to experiences of awe and wonder.
- Be creative- expressing myself through the arts.
- Be comfortable with stillness and silence.
- Have confidence to ask why and challenge the thoughts of others.
- Be absorbed in a task and sustain interest in it.
- Respect places, people and things.
- Reflect and learn.
- See rather than look, listen rather than hear.
- Trust my beliefs to help me cope with life's up and downs.
- Recognise when I am upset and help myself.
- Reflect and wonder about the bigger picture.

**RESPECT**



**OPPORTUNITY**



**COLLABORATION**



**ASPIRATION**



## As a school community we will.....

- Develop learning environments of respect and acceptance.
- Work collaboratively with communities.
- Learn and grow together.
- Offer opportunities to be still, look and wonder.
- Nurture inquisitive minds.
- Ensure a spiritual space is available to the whole school community.
- Take spontaneous opportunities to wonder about & explore.
- Use our school and local environment and encourage the love of nature.
- Embrace moments of Awe and Wonder
- Encourage self-awareness and reflection.
- Value creativity in the curriculum.
- Regularly visit St John's Church, joint community celebrations, events and take an active role in leading worship and celebrations.
- Probe with questions to get to a deeper understanding.
- Not be afraid to ask the big questions in R.E. and about God
- Encourage "wholeness" mind, body and spirit.
- Give time for thinking, space for reflection and structured opportunities for pupils to listen and talk to each other.
- Value achievement more widely than just in curriculum subjects.

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