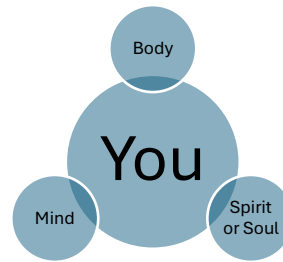


Spirituality Day

In school we had a special day exploring spirituality together. We want to support children not only in their physical and mental health but believe that spiritual health is important as it is about connecting with life's meaning and growing into the best version of ourselves.



We want children to flourish spiritually, which includes having time to be listened to, feeling respected, and having the space to explore and experience moments of awe and wonder.

We started the day with a special collective worship focussed on the understanding that spirituality can mean different things to different people. We looked at the definition of it being about the inner sense of connection to people and the world around us, based on the belief that there are things beyond human control or explanation. As a Christian school we discussed that a person's connection to God is at the core of spirituality development but spirituality doesn't have to include this in people's beliefs, for some this could be developing an inner peace and connection with nature.

We arranged our day exploring different themes within this by exploring ourselves, our relationship with others, with the beauty of the world and human creativity and the ability to explore experiences of the beyond and we kept coming back to do all this through our core value of love.

In our classrooms, we encouraged discussions about what spirituality means to them at an age-appropriate level.

I think spirituality means...

- **'Being kind, happy and nice to your soul' - Elm Pupil**
- **'Everyone has different faiths and beliefs so it is about what you believe' - Elm Pupil**
- **'Connecting with God' - Oak Pupil**
- **'What you love and find peaceful in nature' - Ash Pupil**

We explored different aspects of spirituality the lens of making connections to:



SELF

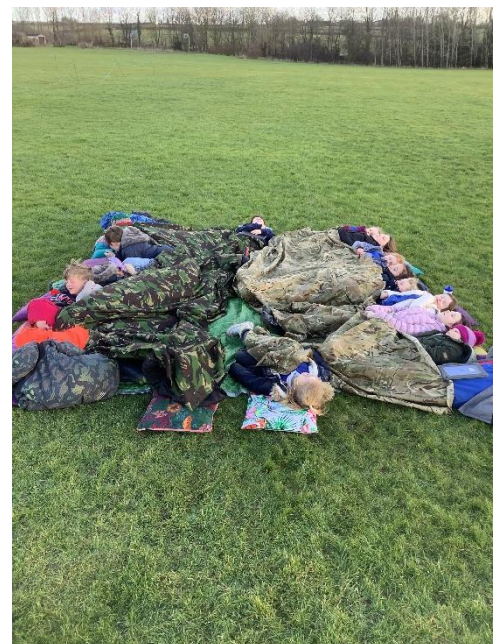
Starting with the focus on **Self**, we encouraged our students to delve into the concept of identity. Children were invited to explore the question, “What makes me, me?” This reflective exercise was not merely an abstract thought experiment but a genuine inquiry into their individuality. We discussed various strengths and characteristics, helping each child articulate and recognise their unique attributes. They created a piece of art starting to help them acknowledge their interests, skills, talents and personality traits. It was heartening to witness children reflect on what made their unique and special. This led to discussions for school classes about self-belief, instilling the idea that being different is not just acceptable, but something to be cherished.



As we transitioned to the theme of **Others**, the focus shifted to empathy. Empathy, an essential skill for forming healthy relationships, was explored through stories and discussion. The children engaged in meaningful conversations about kindness and understanding, fostering a sense of compassion that is crucial in today's world.

In the afternoon our exploration then broadened to include the **World and Beauty** around us. Recognising the physical and creative aspects of our environment is crucial in shaping children's perspectives. We took the time to enjoy our local surroundings in our coloured teams (a mix of children from Reception to Year 6), immersing ourselves in nature, and encouraging students to share "wow moments" and spend time outdoors developing that deeper connection with nature and the smaller details in our local area. For Christians we discussed how enjoying the natural world helped to appreciate the gifts God gives.

Before going on this walk, some members of our Pupil Parliament asked Mr Pitts-Smith that they had noticed some issues with litter and if we were walking around our local area maybe we could also do some litter picking to take care of it, which he agreed was a great idea.



When all the school got back we held a large circle time with 3 of the older classes. This segment was designed to encourage our students to reflect and think about our school values. Children had the opportunity to think and reflect on deeper questions in a moment of silence, then discuss these before sharing ideas with the school.

Which is stronger love or hate?

- **'Love is stronger because I see it more- Ash Pupil**
- **'In this school love is shown more, but some places hate is more'- Birch pupil**
- **'Love should be stronger because it brings people who are kind'- Ash pupil**
- **Father Matthew also shared his thoughts on the questions. ' For Christians love is more powerful than hate- hate caused Jesus to be crucified but love was stronger when he rose again.**

If you can't see something, is it still real?

- **'You can't see air but it's real, it's the same for religions'- Birch pupil**
- **'Yes because if someone dies, they are still with you'-Birch Pupil**