



## Spirituality Development

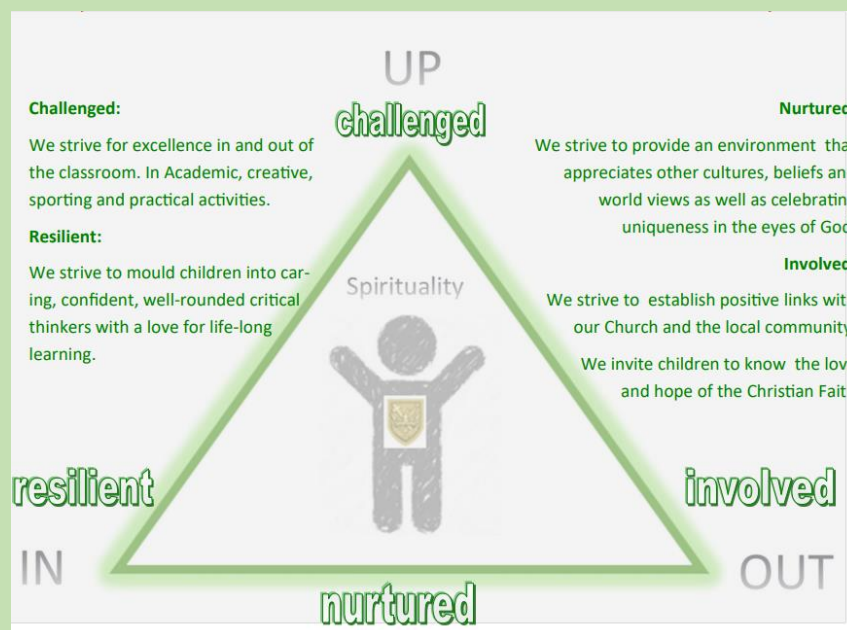
### What is spirituality?

The ability to be reflective about your own beliefs that inform your perspective on life and your interest in and respect from other people's faiths, feelings and values. A sense of enjoyment and fascination in learning about ourselves, others and the world around you. Using imagination and creativity in our learning and a willingness to reflect on our own experiences.

The development of awareness that there is **'something more to life than meets the eye, something more than material, something more than the obvious, something to wonder at, something to respond to.'** (Terence Copley)

Spirituality is an aspect of human experience that seeks to understand our connection to something greater than ourselves. It involves exploring questions of meaning, purpose, and identity, often through reflection, and engagement with values and beliefs.

In a Church of England context, spirituality can also encompass an awareness of God's presence, love, and guidance in our lives, as well as a deepening relationship with Him through faith, worship, prayer and acts of kindness and compassion towards others.



### What does spirituality look like in our school?

***With attention to all three directions, this triangle model symbolises and challenges us to develop spiritually in a balanced manner.***

Our school vision influences the ethos of our school and the policies and practices within it. We believe that spirituality is a core thread that runs through our school and we attach great importance to it for both children's development and for the growth and well-being of all within our school community.

We believe that a child's spirituality encompasses their entire being—**mind, body, and spirit**.

Our working definition of 'spirituality'

As a staff and governor team, we have agreed on a definition of spiritual development in our school community to support us as we talk about 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)*

**UP**

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

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

**As learners at Trull School we can ...**

- Use our senses to explore our world and learn to see, listen, hear and feel.
- Express ourselves in many ways.

In school ...

- A rich and challenging curriculum
- Outdoor Education/Forest School
- The Arts - music, dance, drama, art and creative writing.
- History - Remembrance
- Opportunities to be still, look and wonder.
- Being outside to appreciate the love of nature and God's creation.
- Daily collective worship
- Forest Church

**IN**

Love themselves, care for themselves, believe in their potential to achieve, and find inner

**As learners at Trull School we can ...**

- Have moments for silence, stillness, calm and prayer.

<p>strength and resilience when facing challenges.</p> <p>Be intrigued by mystery and be open to an awareness of the transcendent in the whole of life.</p> <p>Be comfortable with stillness and silence and open to engage in reflection/meditation/prayer.</p> <p>Be willing to take risks and to reflect, learn and grow following experiences of failure as well as success.</p> <p>Be guided by their beliefs and values and be willing to take a stand to defend them.</p>	<ul style="list-style-type: none"> <li>▪ <b>Be comfortable with who we are and be happy being ourselves.</b></li> <li>▪ <b>Appreciate what is good.</b></li> <li>▪ <b>Recognise our emotions and manage ways to self-regulate.</b></li> <li>▪ <b>Time for self-reflection</b></li> </ul> <p>In school...</p> <ul style="list-style-type: none"> <li>• Collective worship</li> <li>• Wellbeing days</li> <li>• Spirituality Through Play</li> <li>• Special celebrations</li> <li>• Mindfulness</li> <li>• Time for calm and peace</li> <li>• Reflection areas/spaces</li> <li>• Circle time and class discussions</li> <li>• Big questions to promote a deeper understanding</li> </ul>
<p><b>OUT</b></p> <p>Be self-aware and empathise with the experience of others in the school and wider community.</p> <p>Be ready to say sorry when mistakes are made, to forgive themselves and to forgive others.</p> <p>Appreciate and be thankful for what is good in life like friends and family, and show generosity towards others.</p>	<p><b>As learners at Trull School we can ...</b></p> <ul style="list-style-type: none"> <li>▪ <b>Respect places, people and our belongings.</b></li> <li>▪ <b>Communicate with empathy towards others.</b></li> </ul> <p>In school...</p> <ul style="list-style-type: none"> <li>▪ School values</li> <li>▪ School Council</li> <li>▪ Cards, letters and writing to the community</li> <li>▪ Trull Parish Newsletter</li> <li>▪ Eco Team</li> <li>▪ Charity work</li> <li>▪ Community links</li> <li>▪ School visitors</li> <li>▪ National charity events</li> <li>▪ Links with other schools</li> <li>▪ Community performances</li> <li>▪ Visit our local church</li> <li>▪ Value achievement more widely than just that of the curriculum.</li> </ul>