

# Spirituality at Hinton St George Church of England Primary School

## What is Spirituality?

Our spirituality statement encourages everyone to be reflective about their own beliefs on life and interests. The respect for other's faiths, feelings and values are of utmost importance. Spirituality differs from person to person and often changes within people during the own lifetime, therefore, putting a definition of 'spirituality' into words is difficult, as it is an experience that will be different to everyone. Spirituality does not necessarily mean having a religion or a faith, as a person can be spiritual without having a particular faith. Perhaps the most important aspect we feel, is creating a sense of enjoyment and fascination in learning about ourselves, others, and the world around us.

## In school we have defined spirituality as:

'It is not something that you can see, but something that you feel in yourself and share with others; it is the enjoyment of the journey and not just the destination; it is the awareness of something bigger.'

## Why is Spirituality Important to our School?

- For our mental health and well-being.
- To develop curiosity and questioning.
- To help us wonder.
- To think about other people, places and to see the bigger picture.
- To stop, reflect and be grateful and to appreciate the wider world that we live in.

## If I am a Spiritual Learner I can ...

- Be comfortable with who I am and be happy being me
- Be happy being silent – not always feeling the need to talk
- Appreciate what is good
- Respect people, places and things
- Use my senses, reflect and learn
- See rather than look, listen rather than hear, feel rather than touch
- Take pure joy in simple things
- Be at peace
- Communicate with empathy
- Trust God to help us cope with life's up and downs
- Recognise when I am stressed and calm myself
- Reflect and wonder about the bigger picture and God

## As Teachers we will ...

- Nurture inquisitive minds
- Take spontaneous opportunities to wonder about and explore Gods' creation
- Offer opportunities to be still, look and wonder
- Use our school environment and local environment to encourage a love of nature
- Devote time for 'Awe and Wonder'
- Value art, music, and dance in the curriculum
- Encourage self-awareness and reflection
- Go to St George's Church and just be
- Not be afraid to ask the big questions in R.E and about God
- Probe with questions to get a deeper understanding
- Encourage 'wholeness' mind, body and spirit
- Value achievement more widely than in curriculum subjects
- Model good personal habits and encourage children

