

What is Spirituality?

Spirituality is the way we become aware of and connect with the world beyond ourselves. Spiritual development involves how pupils explore and reflect on deep questions about meaning, purpose, and the positive and negative experiences we encounter in life.

Everyone experiences spirituality in different ways. Some may feel most connected when they are in nature, while others may experience it through music, worship, creative activities, or acts of kindness. These experiences can change over time or vary depending on the situation. Individuals may also connect with their spirituality in a variety of ways, rather than through a single approach.

How Do We Support Children's Spiritual Growth?

We support pupils in exploring these ideas and questions through both the curriculum and collective worship. We use the framework of **Notice, Reflect, and Act** to guide this process:

- **Notice** – recognising the world around us and opportunities to encounter something greater, including moments connected to God.
- **Reflect** – thinking deeply about these experiences and considering their impact on ourselves and others.
- **Act** – responding to these experiences through our actions, whether in small personal ways or through wider community involvement.

We also aim to provide a wide range of opportunities beyond the classroom for pupils to develop their spirituality. This includes visits to our local church, access to our spiritual garden, and participation in a broad range of extracurricular activities.

We view spiritual development as an essential part of education and a foundation that supports all other areas of learning.

Our Aims for Spiritual Development

We aim to provide opportunities that enable pupils to:

- develop spiritual awareness through quietness, stillness, and reflection;
- explore and engage with significant questions about meaning and purpose;
- build confidence and self-esteem within their learning experiences;
- think critically and independently;
- develop emotional awareness and express their feelings appropriately;
- show empathy and understanding towards others;

- discuss their beliefs, values, feelings, and personal experiences;
- form and maintain positive and meaningful relationships.

Collective Worship

During daily collective worship, leaders use the **Notice, Reflect, Act** approach to nurture pupils' spiritual awareness:

- **Notice:** recognising people, the world around us, and opportunities to connect with something greater, including God.
- **Reflect:** considering how experiences may influence our own lives and the lives of others.
- **Act:** responding to these reflections through individual actions or as part of a wider community effort.