

## **What is meant by Spirituality?**

At Trinity CE Primary School children are encouraged to have curious minds within an environment of inclusion, care and respect. We provide children with opportunities to become spiritual beings.

Spirituality concerns a person's relationship with themselves, with others, with God (or the transcendent), and with nature and the environment. These four elements: self; others; world and beauty form the basis of our work with children in developing a strong sense of spirituality.

Adults within the school community are encouraged to develop their own spirituality for their own well-being, so that they can effectively support and help our children and each other.

## **The Four Elements**

### **1. Self (mirror moments):**

Spiritual learners become increasingly aware of the concept of self. The inner person and the way that this shapes an individual's perception of themselves as a unique human being. Spiritual learners reflect on the relationship that they have with their sense of being a unique person.

This is shown at Trinity through pupils:

- Awareness of feelings; ability to reflect and express
- Awareness of our uniqueness; happiness with who we are
- Gratitude for the things we have and the person we are
- Exploration of personal faith
- Development of imagination and creativity

### **2. Others (door moments):**

Spiritual learners become increasingly aware of the concept of others. A growing empathy, concern and compassion for how to treat others. Spiritual learners reflect on how their values and principles affect their relationships with others.

This is shown at Trinity through pupils:

- Having empathy and understanding
- Respecting of others
- Tolerating others
- Allowing themselves to love and be loved
- Developing positive relationship with adults and their peers
- Making a difference

### **3. World and Beauty (window moments):**

Spiritual learners become increasingly aware of the concept of a physical and creative world, through responses to nature and art. A growing relationship with beauty through the ability to respond emotionally to experiences of the wonder of the natural world and the results of

human creativity. Spiritual learners explore their understanding of beauty and the effect this has on their perception of and relationship with the world.

This is shown at Trinity through pupils:

- Enjoying the miracles of everyday life
- Taking time for what really matters
- Appreciating beauty in art, music, nature

#### **4. Beyond (candle moments):**

Spiritual learners become increasingly aware of the concept of the beyond. A growing relationship with higher meaning or purpose in life and the ability to explore experiences beyond the everyday. Spiritual learners search for meaning in their very existence and their place in the greater scheme of things. Developing a sense of awe and wonder.

This is shown at Trinity through pupils:

- Encountering/experiencing God (having a sense of what lies beyond the material/physical)
- Formulating and discussing the 'Big Questions' (e.g., about life, death, suffering)
- Having opportunities for prayer, connecting with God
- Making sense of the world around them and the wider world

#### **What does Spirituality look like at Trinity C of E Primary School?**

- Staff have a secure understanding of spiritual development.
- We have a school culture that recognises the importance of spirituality to individuals, both children and staff.
- We revisit spirituality as an area for consideration in our staff meetings and CPD calendar.
- We use models to support our own thinking in spirituality, such as the 'Windows, Mirrors, Doors' approach.
- We actively use the language we have agreed on with staff to nurture an awareness of spirituality and its importance to well-being and development with the children.
- We aim to help each pupil to develop a spiritual understanding in terms of their own cultural context.

#### **Prayer**

Prayer is a central part of our Christian ethos at Trinity CE Primary School. Children are taught about what prayer is and given opportunities each day to engage in collective prayer, reflection, silent prayer and their own personal prayer if they choose to. Children often choose to pause and offer a prayer in their class reflection areas.

#### Our school prayer:

*Dear God,*

*Thank you for giving us diverse neighbours...*

*Neighbours who learn with us and teach us.*

*Neighbours who have curious minds.*

*Neighbours inside and outside of Trinity School.*

*Please help us show the respect, care and courage of God to all of our neighbours.*

*Amen*

**Reflection Spaces**

All classrooms have Reflection spaces. They include the school's spirituality definition and pupil voice about the children's understanding of what spirituality means to them. In addition to this, the school vision and values are displayed within the classroom. All children are encouraged to use this space creatively and to add things to the space.

**Forest School**

Across the year, all classes have forest school sessions. These outdoor experiences present children with opportunities to deepen their understanding of the circle of life. Forest School learners are encouraged to regularly reflect on themselves and learning experiences. This, in turn, translates into a deeper awareness of feelings and cultivates a broader sense of self.