

# What is Spirituality? Reviewed March 2025

Spirituality is about ` *Life in all its fullness* '. (John 10:10) It supports us recognising that having a positive relationship with ourselves and with others is foundational for a complete and fulfilled life.

Spirituality is about the relationship with ourselves, our family and friends, the world/beauty and beyond. ` *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

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

"*Spirituality is like a bird: If you hold it too closely, it chokes, And if you hold it too loosely, it escapes*". (Israeel Salanter Lipkin)

## Why is spirituality important to our school?

We believe in growing together, with a Christian community supported by a strong partnership with our local church, to unlock potential through reflection and a curriculum where pupils thrive and develop character. We offer a spiritual and moral basis for the development of the whole child where they learn who they are, why we are and what they might become.

### As a spiritual learner I can...

- be guided by my belief and values and be willing to take a stand to defend them;
- be self-aware and empathise with the experience of others in the school and wider community;
- love myself, care for myself, believe in my potential to achieve, and find inner strength and resilience when facing challenges;
- exercise imagination and creativity, appreciate beauty in the world and be alive to experiences of awe and wonder;
- be intrigued by mystery and be opened to what might be beyond;
- be comfortable with stillness and silence and open to engage in reflection, meditation and prayer;
- see rather than look, listen rather than hear, feel rather than touch;
- be ready to say sorry when mistakes are made, to forgive myself and to forgive others;
- be willing to take risks and to reflect, learn and grow following experiences of failure rather than success;
- demonstrate curiosity and open mindedness when exploring life's big questions;
- appreciate and be thankful for what is good in life and show generosity towards others;
- trust God to help me cope with life's ups and downs;
- recognise when I am dysregulated and calm myself;
- reflect and wonder about God.



**St Andrew's**  
**Primary School**  
growing together

### As teachers we will...

- offer opportunities to be still, look and wonder;
- recognise and nurture inquisitive minds;
- take spontaneous opportunities to wonder about & explore God's creation including taking children outside to encourage a love of nature;
- encourage self-awareness and reflection;
- look to nurture spirituality across the curriculum specifically through the arts;
- visit our church to appreciate its beauty;
- lead the children through stilling activities;
- encourage children to look inward and outward and serve accordingly;
- encourage the children to ask the big questions to gain a deeper understanding;
- value all individual achievements.