

Spirituality at Long Mountain CE Primary School and Pre-school

What is spirituality?

Spirituality is a challenging term to define—especially when we think about using child-friendly language. We believe spirituality is fundamental to our mental and physical well-being, but it is not exactly the same as those things. In our setting, we have defined spirituality like this:



Spirituality is not something we can see or touch, we feel it inside all of us. It might be a sense of awe and wonder. It might be a sense of empathy and compassion. It might be a sense that there are important questions to be asked that might not have obvious answers. It might make us want to sing, laugh, cry, be creative or be still. We might share spiritual experiences with others or we might have spiritual experiences on our own. Spirituality is a sense of something bigger than ourselves.

How do we nurture spirituality at Long Mountain?

- Our school values (the Fruit of the Spirit) are taught, practised and celebrated. They support spiritual development.
- We make sure there are times of peace and times for reflection in the day
- Spend time in special places e.g. All Saints or other places of worship—be still, reflect, listen and just be.
- We share beautiful art, music and literature with our pupils
- Share moments of awe and wonder—all staff know it is important to stop and study a caterpillar with a child, for example, when their fascination leads them there
- We make our classrooms 'safe places for dangerous questions.' We foster respectful debate and questioning.
- We foster a love of creation through our beautiful grounds, forest school area and visits in our local area
- Share different ways of exploring spirituality in worship e.g. Taize style worship, different religious art and icons, use of candles and incense, worship outside, prayer club
- We practice gratitude—we take time to give thanks and show thanks for the things, the actions, the people that bring us joy.
- We learn about our feelings and how to recognise them, name them and live with them.
- Through prayer club—an open invitation to spend time in prayer with others.

Why is spirituality important?

Spirituality is fundamental to both physical and mental well-being. Spirituality is not necessarily tied to an expression of religious belief. People of faith and people of no faith can be deeply spiritual.

What are 'spiritual skills'?

- honesty and acceptance of oneself
- the ability to be still and focused
- the ability to relax and be calm
- a sense of empathy for others—the ability to consider and care about another person's feelings
- the capacity for forgiveness
- being able to find hope when things are difficult
- being able to let go of things that are causing hurt
- the ability to know when you need to stop and 'recharge'
- the ability to know and name your feelings



What will a spiritual learner be like?

- 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
- Recognise when I am stressed and calm myself
- Reflect and wonder about the bigger picture and God