



What is Spirituality?

At Court de Wyck, spirituality is important to our mental and physical well-being. People of faith and people of no faith can be deeply spiritual.

We have defined spirituality as:

“The development of the 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 allows us to live our school vision. It ensures that everybody in our caring Christian community is inspired, nurtured and challenged to do their best in mind, body and spirit to achieve more than they ever thought possible. It helps us to relax and be calm, still and focused. It can make us wonder and ask big questions. It gives us an awareness of ourselves, other people, places and our place in the world.

At Court de Wyck Church School we are **CALM...**

We are
Curious
Aware
Loving
Mindful

I can show an understanding of others feelings.

I take joy in simple things.

I can recognise when I am stressed and calm myself.

I can reflect and wonder about the bigger picture and God.

I am comfortable with who I am and am happy being me.

I can respect people, places and things.

I can appreciate what is good.

I can see rather than look, listen rather than hear, feel rather than touch.

I can be at peace.

I can show an understanding of others feelings.

