

## What is Spirituality?

Spirituality is a difficult thing to define. At Court de Wyck, we believe it is fundamental to our mental and physical well-being. It is not necessarily tied to a religious belief. People of faith and people of no faith can be deeply spiritual. We have defined spirituality as this:

*“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*

## Why is spirituality important to our school?

Spirituality is essential to allow us to truly live out our school vision. To ensure 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. Spirituality is important to for our mental health and wellbeing. It enables us to relax and be calm, still and focused. To foster curiosity, wonder and ask big questions. To have an awareness of ourselves, other people, places and our place in the world.

### What will a spiritual learner be like?

- Be comfortable with who I am and be happy being me
- Be happy being silent sometimes
- Appreciate what is good
- Respect people, places and things
- Use my senses to reflect and learn
- See rather than look, listen rather than hear, feel rather than touch
- Take joy in simple things
- Be at peace
- Show an understanding and appreciation towards others
- Recognise when I am stressed and calm myself
- Reflect and wonder about the bigger picture and God

CALM:  
Curious  
Aware  
Loving  
Mindful

### How do we nurture Spirituality?

- Our school Christian values are taught, lived out and celebrated!
- We make sure there are times of peace and for reflection in the school day.
- We share art, music, stories and poems together.
- We share moments of awe and wonder
- We encourage respectful debate and questioning and make sure children feel secure enough to ask those 'big' questions.
- We encourage the spirit of 'courageous advocacy' and standing up for what we believe in, such as our school 'Eco Warriors' making small changes on our school site to help protect our precious planet
- We practice gratitude - we take time to give thanks and show thanks for the things, the actions and the people that bring us joy.
- We learn about our feelings, how to recognise them and live with them.
- We foster reflective thinking through our 'Window, Mirror and Door' activities linked to our Christian values, encouraging us to look inward at our own behaviour and thoughts, outward at the wonderful world around us and considering actions of ourselves and others which make a difference moving forward.