

## Spirituality Policy

### Church Langton Primary School

#### **What is Spirituality?**

Spirituality is the part of human experience that relates to questions of meaning, purpose, and connection. It involves exploring who we are, how we relate to others, and our sense of something greater than ourselves. In a Christian context, spirituality includes a relationship with God, inspired by the teachings of Jesus, and is expressed through love, compassion, reflection, and awe.

At Church Langton Primary School, our spirituality policy is theologically rooted by our Christian verse, Proverbs 22:6

**“Teach children how they should live, and they’ll remember it all their lives.”**

We understand spirituality as the development of a deep sense of identity, purpose, and connection—both with others and with something greater than ourselves. In line with the SIAMS framework, we see spiritual development as central to our Christian distinctiveness and integral to the flourishing of every child and adult in our school community.

Spirituality at Church Langton is not confined to religious education or collective worship; it is woven through all aspects of school life. Our enrichment curriculum plays a vital role in this, offering children opportunities to explore and express spirituality through:

**Art and Music** – nurturing creativity, imagination, and emotional depth

**Languages** – fostering empathy, cultural appreciation, and global awareness

**PE (Physical Education)** – encouraging resilience, teamwork, and respect for the body

**Outdoor Learning** – cultivating awe, wonder, and a sense of stewardship for creation

**Well-being** – supporting emotional literacy, mindfulness, and inner peace

These experiences help children to reflect on life’s big questions, develop moral and ethical understanding, and grow in confidence and compassion. We celebrate the uniqueness of each child’s spiritual journey and provide space for stillness, reflection, and dialogue.

In partnership with families, the church, and the wider community, we aim to create a nurturing environment where Christian values are lived out daily.

Through this, we support children in becoming thoughtful, caring individuals who carry the lessons of faith, hope, and love with them throughout their lives.

### **Exploring Spirituality: Look Up, Look Out, Look In**

At Church Langton Primary School, we recognise that spirituality is a deeply personal and evolving journey. To support children in exploring their spirituality in meaningful ways, we offer opportunities to reflect through three key dimensions:

#### **Look Up – Connecting to a Higher Power**

Children are invited to explore their relationship with God, inspired by the teachings of Jesus. Through collective worship, prayer, and reflection, they are encouraged to consider the presence of a higher power in their lives and to engage with Christian values such as love, forgiveness, and hope. This dimension nurtures a sense of awe, reverence, and purpose, helping children to understand that they are part of something greater than themselves.

#### **Look Out – Relationships and Care for Others and the World**

Spirituality is also expressed through our relationships with others and our responsibility for the wider world. Children are supported in developing empathy, kindness, and a sense of justice. Through our enrichment curriculum—particularly outdoor learning, languages, and well-being—they learn to care for the natural environment, appreciate cultural diversity, and contribute positively to their communities. This reflects the Christian call to “love your neighbour” and to be stewards of creation.

#### **Look In – Self-Awareness and Well-being**

Spiritual growth involves understanding and caring for ourselves. Children are given space to reflect on their thoughts, feelings, and experiences, developing emotional literacy and resilience. Through activities such as art, music, PE, and mindfulness, they learn to value their own uniqueness and to find peace within. This supports their mental health and helps them to flourish as individuals, in line with the SIAMS emphasis on dignity and wisdom.

Together, these dimensions help children to explore life's big questions, form their own beliefs and values, and grow in confidence and compassion. They are embedded across our curriculum and school life, ensuring that spirituality

is not an isolated experience but a continuous journey of discovery and growth.

### **Staff Wellbeing and Spirituality**

At Church Langton we recognise that spirituality is not confined to students alone—it is a vital aspect of the whole school community, including our staff. We are committed to nurturing the spiritual wellbeing of our staff through intentional practices, supportive structures, and opportunities for reflection and connection.

Our approach includes:

**Professional Meetings:** These meetings are not only professional reviews but also opportunities to reflect on personal growth, purpose, and wellbeing. These meetings include our performance management, collaborative coaching and pupil progress meetings.

**Staff Social Events:** We plan for regular gatherings foster community, connection, and joy—key components of spiritual wellbeing.

**Encouraging creativity:** Staff members are invited to 'pop-up' events such as pottery, music sessions, art. This offers spiritual expression.

**Retreats (e.g., Launde Abbey):** Staff are invited to participate in retreats that offer space for reflection, renewal, and spiritual enrichment.

**Mental Health First Aider:** We have a senior mental health lead at Church Langton Primary School. This includes peer mentoring with a focus on emotional and spiritual well-being.

**Subject Leadership Time:** These sessions are scheduled to allow staff to work with clarity and purpose, supporting their sense of vocation and professional identity.

**Planning, Preparation & Assessment:** PPA is a statutory entitlement for all teaching staff. However, at Church Langton, we ensure this is protected time, and is allocated at the same time each week. Many of the teachers have their PPA scheduled at the same time and this allows for collaboration and discussions when required. Staff also have the option to leave the premises and take their PPA at home if they wish.

**Newly refurbished Staff room:** A new kitchen and refurbishment was installed in 2024. This created a communal are where staff members can eat together and also use as a meeting space for collaboration.

**Flexibility:** We ensure that staff are supported when they need time away, recognizing the importance of balance and care. We value rest and restoration, and flexible working at the end of each term support staff in recharging spiritually and emotionally.

**Weekly Staff Meetings:** These include moments for shared reflection, celebration, and encouragement, contributing to a spiritually nurturing environment.

**Daily Collective Worship:** Staff are invited to be part of this special time to experience a sense of community and find moments of stillness and peace, which contribute to emotional and spiritual wellbeing.

**Pop-up Prayer Spaces:** A space for both pupils and staff members to reflect and be still.

**Church Communion:** Staff & Parents are invited to receive communion within the sacred space of St Peter's church. This deepens individual spirituality, renews a sense of purpose and invites personal reflection.

We believe that when staff are spiritually nourished, they are better equipped to support the spiritual development of our students and contribute positively to the ethos of our school.

### **Church Visits and Spiritual Enrichment**

As part of our commitment to nurturing spirituality across the school community, we regularly visit our local church for key services and celebrations, including Harvest, Christmas Carols, and Communion. These visits provide meaningful opportunities for both pupils and staff to:

Engage in shared worship, deepening their connection to faith and tradition.

Celebrate the seasons and milestones of the Christian calendar in a communal and reflective setting.

Strengthen ties with the local faith community, reinforcing the school's place within a wider spiritual network.

Experience awe and reverence, which are central to spiritual growth and flourishing.

Staff support pupils in preparing for services, guiding them in spiritual reflection, rehearsals, and liturgical understanding.

Staff members occasionally contribute directly by reading scripture, leading prayers, or coordinating music and worship elements.

Staff also use these moments to reflect on their own spiritual journey, model reverence and engagement, and strengthen their connection to the school's Christian ethos.

These services are inclusive, thoughtfully planned, and contribute to the spiritual life of the school, offering moments of reflection, gratitude, and unity for all who attend.

This policy has been formally adopted by the Governing Body of Church Langton School. The Governors and Headteacher, in conjunction with all staff, will review it as and when necessary.

Signed .....C Joseph .....1/10/2025.....

Mr Craig Joseph, Chair of Governors