



## Our Definition of Spirituality



Spirituality is derived from Hebrew *ruach*, which had a range of meanings:

- spirit
- breath
- wind
- that which gives *life* and *animation* to something

By being spiritual we are exploring beliefs and our experiences; we respect all faiths, feelings and values; we enjoy learning about ourselves, others and our world; we use our imagination and creativity; we reflect.

At Vernham Dean Gillum's we offer endless opportunities for all children and members of the school community to explore spirituality. As a Church of England school this often reflects our distinctively Christian character.

In school we give opportunities for reflection. Be it in lessons or collective worship, children develop an understanding of looking back and reflecting on what they have experienced. This may take the form of looking back and taking from the past, from a Bible story, from a picture/icon/view/learning experience... The focus is to help us in our lives today and tomorrow.

We provide children with opportunities for spiritual development in three ways:

**WINDOWS:** giving children opportunities to become *aware* of the world in new ways; to *wonder* about life's 'Wows' (things that are amazing) and 'ows' (things that bring us up short). In this children are learning *about* life in all its fullness.

**MIRRORS:** giving children opportunities to *reflect* on their experiences; to *meditate* on life's big questions and to consider some possible answers. In this they are learning *from* life by exploring their own insights and perspectives and those of others.

**DOORS:** giving children opportunities to *respond* to all of this; to *do* something creative as a means of expressing, applying and further developing their thoughts and convictions. In this they are learning to *live* by putting into action what they are coming to believe and value.