

What is Spiritual development?

We believe spirituality is the exploration and development of inner qualities, values, and beliefs that contribute to a sense of purpose, meaning, and connection to something greater than oneself.

It encompasses aspects such as self-awareness, empathy, ethics, mindfulness, compassion, and the cultivation of a harmonious relationship with oneself, others, and the world.



Spirituality at St Mary's

Spirituality is a key component of our vision; Learning, Transforming, and Growing can emphasize the holistic development of our school community, nurturing their inner selves alongside academic pursuits. It involves fostering a sense of purpose, mindfulness and regulation practices, ethical education and cultivating empathy and compassion.

Based on David Smith's work we have adopted and developed our own spiritual capacities;



Spiritual Capacities

*Be guided by their beliefs
and values and respectful of
others.*



Spiritual Capacities

Be self-aware and empathise with the experience of others in the school and wider community.



Spiritual Capacities

Love themselves, care for themselves, believe in their potential to Learn, Transform and Grow. Draw on inner strength and resilience when facing challenges.



Spiritual Capacities

Grow imagination and creativity, appreciate beauty in the world and be open to the 'wow' moments in life.



Spiritual Capacities

Be comfortable with stillness and silence and open to engage in reflection and prayer.



Spiritual Capacities

Know that mistakes are a part of learning and be open to forgiving themselves and others.



Spiritual Capacities

*Take risks and to reflect,
learn and grow following
experiences of failure as
well as success.*



Spiritual Capacities

*Be open to an awareness of
the transcendent in the
whole of life.*



Spiritual Capacities

Be curious and open minded.



Spiritual Capacities

*Appreciate and be thankful
for what is good in life and
show generosity towards
others.*



How do we achieve this at St Mary's?

Worship

We have a planned programme for Collective Worship across the school. Themes are planned for the year, based on the Christian calendar, Christian Values, British Values and issues affecting children locally, nationally and internationally.

There is a daily act of Collective Worship bringing together our school community.

Courageous advocacy

Opportunities are planned across our curriculum – our children learn about the world and are encouraged to be courageous advocates for people and the planet.



Behaviour for Learning

Our Behaviour for Learning policy, which is based on our Christian Values and Zones of Regulation, encourages children to recognise, understand and label their feelings. We believe that all behaviour is communication and we will support children to regulate.



So God created humankind in his own image, in the image of God he created them.

Genesis 1. 27

Commando Joe's

We use the Commando Joe's character programme to help young people find their place, feel capable and ultimately flourish in a challenging world.



Forest School



Forest School is a unique way of building independence and self-esteem for our children, exposing them to the natural world at a time where it is vital for children to understand their impact on the environment.

Reflection spaces

Every class has a reflection space; it is used for children to worship in, regulate and to reflect in.



OPAL

Research shows that play contributes to children's physical and emotional health, well-being, approach to learning and enjoyment of school. We are proud to be an Platinum OPAL school and are committed to creating opportunities for amazing play everyday.



Prayer spaces

Prayer spaces held at different times of the school year celebrate and encourage reflection and spirituality.



Visits and visitors

Visits and visitors support all our work including trips to and visits from other faiths including Banbury Mosque.

.



Creative arts



Throughout a child's journey at St Mary's there are many Creative Arts projects to encourage spirituality including our annual entry to the Spirited Arts award. (<https://www.natre.org.uk/about-natre/projects/spirited-arts/>)



Be a proud part of our community



What next...

- *Continue to share our Spiritual journey with our community via our social media posts.*
- *Following the successful implementation of floor books for RE and PSHE, implement Reflection Journals to show the developing reflection and spirituality across the school.*
- *Develop Spacemakers within school.*