

Spirituality at St Paul's

***"Love your neighbour as you love yourself" –
Luke 10:27***

At St Paul's, we recognise that, there is no universal definition of 'spirituality', because it is a very personal experience. It differs from person to person, and often spirituality changes within people during their lifetime. Luke 2:52 states that Jesus, the example and inspiration for Christians, 'grew in wisdom and in stature and in favour with God and all the people', as he developed as a young man. This verse suggests he developed the academic wisdom of his mind, his physical body and also as a social and spiritual being.

At St Paul's we strive to develop the body, mind and spirit of our school community, to enable them to become fully rounded individuals.

As a first school it is important that we use age appropriate language to define spirituality as to not overwhelm or confuse the children, so when talking to our children we will refer to Spirituality as:

- A sense of awe and wonder
- Care for nature and living things
- Wanting to love and to be loved by people
- What makes us happy (whole)

Our Vision - At St Paul's, our welcoming Christian community, accepts and enables all to flourish to achieve their God-given potential. We develop independent and resilient learners, who lovingly respect each other with care and kindness. All are invited to make a difference in the world in which they live following in the footsteps and teachings of Jesus Christ.

***"Love your neighbour as yourself" - Luke
10:27***

Children's' spiritual development may be shown by their:

- Beliefs, religious or otherwise, which inform their perspective on life, interest in and respect for people feelings and values
- Sense of enjoyment and fascination in learning about themselves and the world around them including the intangible
- Use of their imagination and creativity in their learning
- Willingness to reflect on their experiences.



The Doughnut Analogy - Through our daily worship, we have been exploring the concept of 'spirituality' and spiritual development with our children however now we want to deepen this further. We are going to use the 'Donut Approach'. This starts by simply thinking about a ring doughnut and thinking that there is a hole inside all of us that needs filling in order for us to be whole. It's an invisible hole that is filled when we feel a connection to something bigger than ourselves and find meaning in our lives, resulting in peace and joy. This could be thinking about; ourselves, others, the world and beyond. Spiritually is not always linked to religion, although it is for some. Spirituality is a deeply personal journey tailored to each individual. ***What makes your spirit shine?***