



Bishop Wood C of E Junior School

Spirituality Policy

At Bishop Wood C of E Junior School, as a Church of England school, we are committed to maintaining a Christian ethos by providing a well-rounded education that nurtures not only the academic growth of our pupils but also enables them to flourish spiritually. We recognise that spirituality is a vital aspect of everybody's personal growth, helping them to develop a sense of purpose, connection, and understanding of the world around them. This policy aims to promote a safe, inclusive, and respectful environment where spiritual exploration is encouraged.

Aims

1. To support children in exploring and developing their spiritual awareness.
2. To foster an appreciation of the diverse beliefs, values, and practices within our school community.
3. To encourage reflection and mindfulness, promoting emotional well-being and personal growth.
4. To ensure that spiritual development is integrated into our curriculum and school activities, alongside intellectual, moral, and social development.

Definition of Spirituality

Spirituality at Bishop Wood is the search for meaning, purpose, and connection. It involves helping every member of our community explore and understand their values, beliefs, and the world around them, while also fostering a sense of awe, wonder, and moral reflection. Spirituality is not confined to religious practices but extends to a broader exploration of human existence, personal growth, and ethical behaviour.

Spirituality is developed through activities that promote reflection, prayer, mindfulness, and emotional well-being. It involves fostering a sense of connectedness with others, nature, and the larger universe, as well as engaging students in questioning and understanding life's deeper issues, such as compassion, purpose, and respect for diversity. This approach nurtures empathy, self-awareness, and resilience in students, and can be integrated into all subjects.

Ultimately, spirituality at Bishop Wood supports the whole person—academically, emotionally, and morally—by encouraging them to think critically, live meaningfully, and appreciate the diverse spiritual and cultural perspectives around them.

Spirituality is nurtured through “Wows, Ows, Nows and Hows” which prompt reflection in every aspect of the school day.

Wows- the amazing moments in our lives when we feel full of wonder

Ows- the times that are hard or hurt, when things don't go our way

Nows- pausing, noticing, and enjoying the moment we are in

Hows- the ways we can make a difference by helping and caring

Key Principles

- Respect for All Beliefs

We recognise the importance of respecting the spiritual and religious beliefs of every individual in our school community. All pupils, regardless of their personal beliefs, feel valued, respected, and able to express their thoughts and questions in a safe and open environment.

- Inclusivity

Spiritual development should be inclusive, allowing children to learn about and engage with a range of spiritual, religious, and ethical perspectives. This includes teaching about the world's major religions, as well as encouraging an exploration of personal values and moral development.

- Reflection and Mindfulness

The school will encourage practices that allow pupils time for reflection, prayer, meditation, mindfulness activities, and moments of stillness throughout the school day. These practices support emotional resilience, enhance concentration, and promote overall well-being.

- **Personal Growth and Self-Awareness**

Spirituality is about developing an understanding of oneself, one's actions, and the world so that we can 'be the best version of ourselves and enjoy life in all its fullness. Through curriculum activities, pupils will be encouraged to reflect on their personal values, develop empathy, and engage in discussions about life's big questions in a supportive environment.

- **Celebration of Diversity**

Our school will celebrate cultural and spiritual diversity through collective worship, special events, and curriculum enrichment. By learning about different traditions, pupils will gain a deeper understanding of the world's religious and spiritual beliefs, fostering mutual respect.

Implementation of the Policy

1. Curriculum

Spirituality will be incorporated into the curriculum, particularly through subjects such as Religious Education (RE), Personal, Social, and Health Education (PSHE), and Creative Arts. Teachers will be encouraged to create opportunities for spiritual exploration through storytelling, art, music, nature, and reflective practices.

See Appendix

2. Daily Life

Spiritual development will be reflected in the daily life of the school. This includes opportunities for quiet reflection in class, sharing moments of awe and wonder during school trips, and celebrating key moments in the school calendar (e.g., religious festivals, nature walks, school-wide acts of kindness).

3. Collective Worship

Our school holds daily acts of collective worship that offer opportunities for reflection on Christian Values and spiritual themes, as well as celebrating important festivals and events from a variety of world religions and spiritual traditions.

4. Support for Pupils

The school will offer support to pupils who may wish to discuss or explore their personal beliefs or spiritual development. We will provide a safe space for individual reflection and encourage open conversations with teachers, school chaplaincy, or external professionals if needed.

Monitoring and Evaluation

The school will regularly monitor and evaluate the effectiveness of this spirituality policy by seeking feedback from pupils, parents, staff, and governors. Spiritual development will be assessed through pupil engagement, reflections in class, and contributions to school-wide events. Adjustments and updates to the policy will be made as necessary to ensure it continues to meet the needs of our school community.

Conclusion

At Bishop Wood School, we aim to foster an environment that allows all pupils to explore and develop their spiritual awareness in a supportive, inclusive, and respectful way. By promoting spiritual growth alongside academic achievement, we aim to develop well-rounded individuals who are equipped to navigate the complexities of the world with empathy, respect, and a sense of purpose.

Appendix

Outlined below are some of the key ways in which spiritual development is nurtured and promoted as part of the curriculum:

Reading

At Bishop Wood we inspire spiritual development in reading by encouraging our children to read diverse, thought provoking texts which develop their ability to respectfully discuss, question and comprehend our world. In providing books to appeal to all interests and to reflect our values, we are broadening our children's perspectives of the world, their empathy and understanding of each other, and their ability to respect different views, faiths and cultures. Reading takes our children on an exciting journey of discovery: whether diving into stories, firing-up imagination or the wonderful discovery of new facts. Importantly, our diverse reading curriculum helps our children to find (and reflect upon) their place in our world: spiritually, emotionally and socially.

Writing

Writing at Bishop Wood allows the children to develop their spirituality by allowing them to empathise with authors and the characters in a wide variety of genre. Pupils share their personal thoughts or empathise with others through writing, role play and debating. Writing allows the children to be creative and use their imagination and to appreciate the beauty of language in a range of texts.

Maths

In maths, we promote spiritual development by promoting a mastery approach, enabling all children to learn and enjoy maths and deepen their understanding of key ideas needed to underpin future learning. Learning is supported and scaffolded through discussion, questioning and task. Collaboration is encouraged when exploring new concepts, where children support and value each others' ideas to build stem sentences as an aid to learning. Noticing the positive and not criticising mistakes is promoted at all times. Our maths 'working walls' reflect the learning journey for new concepts.

RE

Spiritual development is an integral part of our RE curriculum at Bishop Wood. Children are encouraged to marvel at the natural world around them leading to an ever increasing awe and wonder. In Lower Key Stage 2, children are encouraged to use ultimate questioning skills as they come across other religions such as Islam, Judaism and Hinduism as well as comparing the similarities and differences between religions already studied. In Upper Key Stage 2, children are taught the skills to debate and question within RE lessons, developing their own unique worldview, as well as understanding and respecting that of others around them.

Science

At Bishop Wood, we believe it's important to make links between spirituality and science education. Science naturally engenders a sense of awe and wonder. We provide opportunities for children to marvel at the natural world which promotes observational skills. We take this further by allowing children to speak to research scientists and their discoveries and inventions. These experiences open the doors for children to see how scientists observe, reflect and change their approaches during investigations. This naturally generates curiosity and the children ask questions about

the beauty of the world around them. We nurture children to ask those big questions and find their own answers through science. As educators, we not only teach the facts but also aim for those WOW moments in and out of the classroom. Learning in science is enriched spiritually through trips eg.Yr 3's trip to RHS Wisley, through to Yr 6 discovering habitats on the beaches in Norfolk.

History

At Bishop Wood we study history to learn about and learn from the past, being able to notice the differences and challenges faced by people in different periods of history. This fosters spiritual development by encouraging the children to be grateful for all freedoms and possibilities we enjoy today, in addition to learning big lessons from the highs and lows of our human history. We try to put ourselves in the other's shoes as we step back in time and try to understand what life was like for people back then. Children will have the opportunity to develop their own opinions from these lessons as we deepen our understanding of the world around us through human history. We can encourage spiritual development by inviting children to reflect and be proud of the part they can play in today's history.

Geography

Geography is key in helping children to make sense of a complex and dynamically changing world. It is about how the world is formed and how it is changing. Following our school vision of 'being the best version of ourselves, enjoying life in all its fullness', we seek to help children to think about their place in the world. We want them to understand their responsibility to people and the environment whilst at the same time developing a sense of awe and wonder at the world which God has made for us to live in. At Bishop Wood, Geography topics cover both physical and human geography. We also introduce children to the challenges of environmental geography and the responsibility that we all have to protect our planet.

Art

Our art curriculum at Bishop Wood supports spirituality of the world in many ways. The children look closely at the world around them and explore the closer details and natural beauty of the world through observational drawing. When using a variety of media, the children look closely at the properties of colours and how they resemble the world around them. We support the children to reflect on theirs and others work in art, responding respectfully to others. The children are encouraged to explore the styles of art and media that they enjoy.

Design Technology

At Bishop Wood, we believe that through the study of design technology (DT), we can nurture the spiritual development of our children by giving them a variety of experiences which create awe and wonder and which have strong links with the world outside school. The study of DT encourages the exploration of ideas conceived by others, by considering what has already been created and the thoughts behind them; empathy by putting ourselves in the place of a client and curiosity by wondering how things can be improved. It also motivates and encourages the children to believe that they too can design something which could have a huge impact on the lives of others. Children explore the impact their designs will have on the client through individual, paired or group work and are encouraged to be cooperative, creative and ambitious in designing the best solution to a problem within budget, resources and time constraints - much like those faced within real world scenarios. Children's confidence and self-esteem is boosted in these very practical lessons which some children find much more suited to their interests and skill sets than usual, less hands-on lessons. DT is a wonderful opportunity for all children to shine through its many faceted approach which positively encourages individuality and flair to be used in order to problem solve.

Music

Music and spirituality go hand in hand. At Bishop Wood we actively promote spiritual development through worship and singing praise to God. We celebrate as a school and community through our music and particularly our singing - and within the music curriculum we explore music from many cultures and discover the wonders of music through history. In year 5, pupils have the wonderful opportunity to perform in Young Voices in the O2 Arena which is a memorable experience for all.

French

At Bishop Wood, we believe that through the study of languages, we can nurture the spiritual development of our children by valuing and embracing other languages and cultures. The study of foreign languages encourages developing a sense of curiosity and empathy as well as the breaking down of barriers through the power of communication. Children explore emotions through language, reflect on different uses of language and they are often given the opportunity to use their imagination and creativity in groups and pair work. Teaching French promotes self-esteem by developing pupils' confidence. As part of lessons, pupils are encouraged to: try new things including performing in front of their peers which promotes appreciation and support and work as part of a team.

PE

At Bishop Wood, spirituality within physical education (PE) is facilitated through mindfulness exercises, promoting a holistic approach to health and well-being. Children engage in reflective practices to connect their physical movements with their inner selves, fostering a deeper understanding of the mind-body connection. Dance sessions are incorporated into the curriculum, offering students a space to explore their spirituality through movement and breathing. Through activities like yoga or swimming, students learn to centre themselves and develop inner peace, enhancing their overall physical and mental health. The integration of spirituality in PE encourages students to cultivate a sense of gratitude, compassion, and self-awareness, enriching their educational experience beyond the physical realm.

Outdoor Learning

At Bishop Wood we recognise that learning outdoors offers a unique opportunity to nurture the spiritual development of our children. All children take part in our 'Out to Learn' activities. By immersing themselves in nature, children learn to value and appreciate the diverse wonders of the world, fostering a sense of curiosity and empathy towards other living beings and ecosystems. Outdoor learning encourages children to be curious, observe the beauty all around us, and notice changes. These outdoor experiences often prompt children to ponder the unanswered questions and contemplate the world around them, encouraging a sense of connection to something greater than themselves.

Computing

In our computing lessons at Bishop Wood, we encourage children to use their imagination and explore their creativity, creating code and presenting their ideas through a variety of different media. Children are encouraged to look beyond their screens to develop their computational thinking by solving problems in the real world. Furthermore, the impact and responsibility of our online interactions, how they affect a person's spiritual development and sense of self, are themes that are explored extensively across the school.

PSHE

The PSHE curriculum at Bishop Wood is structured around developing children's understanding of themselves, others and the world around them. These are also key features of how we believe children's spiritual development is nurtured. From finding out about their own bodies and how to keep themselves healthy, through learning how to get on with other people to becoming positive role models in school life and the wider community children are given many opportunities to wonder, reflect and inspire. Throughout the year there are also special occasions, such as Anti-Bullying week or Black

History month where our children are encouraged to think deeply about the kind of person they are, the effect of their actions on others.