

Spirituality – Our Shared Understanding

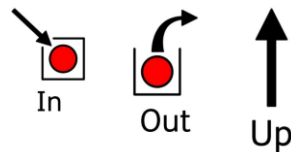
Spirituality is a term that is difficult to define as there are many definitions of it and it relates to a very personal experience. It is essentially to talk about something which is beyond words. However, at Crowthorne C of E Primary School, we have agreed on an explanation so it can be understood and explored by our children and our whole school community.

Spirituality is all about how we live and experience life. It's about our connections – with ourselves, with others, with the world around us and with something greater than ourselves. By looking at these aspects of Spirituality, we can nurture each aspect of our being.

Children are encouraged to ask, contemplate and answer BIG questions about life, religion, nature, science and anything about the world that fascinates them. They are also encouraged to explore their relationships with:

- Self – Our inner person and the way that shapes us as individuals
- Others – Spiritual learners become increasingly aware of the concept of others, growing empathy and concern and compassion in how we treat others
- World and Beauty – Spiritual learners become increasingly aware of the concept of a physical and creative world
- Beyond – Spiritual learners begin to understand that there are concepts beyond the 'every day' and that there can be 'unanswerable' questions. For some, this will include a belief in a supreme being such as God.

In order to make this idea simple to remember, we use the following terms: In (self), Out (others and the world around us) and Up (something beyond and greater than ourselves).



Our shared understanding sees the concept of spirituality as central to what makes us truly human and is for everyone, regardless of faith. Spirituality is felt within ourselves, is unique to individuals and is deeply personal. It is what makes us whole.

We believe that spirituality may not be synonymous with Religious Education and Collective Worship and can be explored through many different curriculum areas and enrichment opportunities. It cannot be taught or measured but instead we aim to provide each individual with the space and opportunity to develop along their own spiritual journey.

Spirituality is like a bird: if you hold it too tightly, it chokes; if you hold it too loosely, it flies away.” (Rabbi Hugo Gryn)

