

Trinity
Academy
St Peter's



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Policy: Spirituality Policy

Date of review: January 2023

Date of next review: January 2025

Lead professional: Principal

Status: Non-Statutory

What is our unique understanding of spirituality?

At Trinity Academy St Peter's, we believe that spirituality concerns a person's relationship with themselves, with others, with the 'other' (something greater than themselves, possibly divine) and with the world.

We also believe that it is vital that all of the adults in the academy also see the need to develop their own spirituality for their own wellbeing, and so that they can effectively support and help our students and each other.

The four elements of spirituality consist of:

Self

- Awareness of feelings; ability to reflect and express
- Awareness of our uniqueness; happiness with who we are
- Gratitude for the things we have and the person we are
- Exploration of personal faith
- Development of imagination and creativity
- Awareness of gifts

Others

- Empathy and understanding; respect, tolerance
- To love and be loved (loving your neighbour)
- Making a difference
- Being responsible with things (e.g., emotions/time/objects) and gifts to serve others

Encountering/experiencing God (having a sense of what lies beyond the material/physical)

- Ability to formulate and discuss the 'Big Questions' (e.g. about life, death, suffering, nature of God)
- Opportunities for prayer, connecting with God collectively and individually each day

The World

- Making sense of the world and our place within it
- Developing a sense of awe and wonder
- Enjoying the miracles of everyday life
- Taking time for what really matters
- Appreciating beauty in art, music, nature. Having cultural capital
- Using gifts to serve the world

We believe that spiritually developed students:

- Love and accept themselves and enjoy good relationships with each other
- Take an interest and delight in the world around them
- Are open to what lies beyond the material (this may manifest itself in faith/belief in God)
- Are honest in expressing and understanding feelings, they have a strong moral sense and a love of what is good
- Are able to enjoy quiet and stillness, they possess an active imagination, and show joy in creativity and discovering new skills.

To develop a strong sense of spirituality in all of our students and our community, we aim to:

- Have regular time in the day for quiet and reflection
- Provide many opportunities for creativity and using the imagination
- Value relaxation/play opportunities for all students (providing students with unstructured time)
- Ensuring regular time for prayer, both collectively and individually. This can take many forms, but should include being thankful and understanding when apologies need to be made.
- Provide frequent opportunities for students to explore, express and share their feelings
- Constantly reaffirm the importance of relationships. How we talk to and relate with each other is fundamental
- Provide opportunities to express awe and wonder, appreciate beauty in all its forms, and appreciate the connections and unity in the world
- Encourage each other to admit mistakes and to apologise when necessary. Recognising and owning up to faults is an important healing and redemptive process.
- Encourage kindness, care and compassion, and to express these in practical ways. (e.g. how we treat each other every day; charitable works; looking after our environment)
- Explore the 'Big Questions' – particularly through RE and worship.
- Read often to students and give them opportunities to discuss and reflect. This includes both secular and religious texts, in particular the Bible. Biblical texts will be read and discussed in RE lessons and in worship. Time for quiet reading is allocated to many students once a week.

Spirituality across the school involves the below and is part of all areas of our curriculum.

- Developing a relationship with ourselves
- Developing a relationship with others
- Developing a relationship with the 'other'
- Developing a relationship with the world