



# Spirituality

## High Ash Church of England Primary School

Spirituality is not something we can see; it is something we feel inside ourselves. It is about understanding ourselves, our thoughts and feelings, and our place in the world. It is about being aware of something bigger than ourselves, be open and curious, to care for nature and living things, and to value love, relationships and connection. Spirituality belongs to everyone and can be experienced by everyone, whether they have faith or not. It grows when we take time to pause, reflect and ask big questions.

At High Ash, spirituality is not a one-off lesson or an isolated moment. It is woven through our daily lives, interactions, and curriculum. To ensure every child and adult can navigate and articulate their spiritual journey, we use a shared language built around: Windows, Mirrors, and Doors.



**WINDOWS**  
Focus: **OUTWARD**  
To Notice, Look, and Listen  
Linked to British Values

Windows offer us a view into the world. It allow us to look outward and become aware of the world in all its wonder, beauty, mystery, and pain. Children learn to look past the surface, developing a sense of awe, wonder, and deep curiosity.



**MIRRORS**  
Focus: **INWARD**  
To Reflect and Consider  
Linked to PROUD principles

Mirrors prompt us to look inward and consider what our experiences mean to us personally. Children internalise their outward experiences, exploring their own insights, big questions, values, and emotional responses in a safe space.



**DOORS**  
Focus: **FORWARD**  
Actions and Applications  
Linked to 'Let your light shine.'

Doors represent the point where our reflections change us and move us to express our spirituality outwardly through our choices and behavior. Spirituality turns into action through kindness, helping the community, standing up for others, or changing our habits.

Spiritual development is nurtured in three simple and equally important ways: through spontaneous moments, through learning across the curriculum, and through planned opportunities.

### Spontaneous Moments

We also recognise the importance of spontaneous moments in spiritual development. These are the unplanned opportunities that arise naturally in the school day, often through a child's question, a shared experience, a moment of curiosity, or a sense of awe and wonder. In these moments, adults take time to pause, listen and create space for reflection and growth.

### Opportunities Woven Throughout School Life

Alongside these planned moments, we recognise that spiritual development is also woven intrinsically throughout the curriculum and daily collective worship. Across subjects and through shared times of reflection, children are regularly invited to ask questions, explore meaning, consider others and develop a sense of awe and wonder. In this way, spiritual growth is a natural and valued part of everyday school life.

### Deliberately Planned Opportunities

Deliberately planned opportunities for spiritual development are carefully considered moments in which adults create a space for children to encounter, reflect and respond. Adults frame these experiences thoughtfully, using language, questions and activities that encourage children to pause, notice, wonder and make meaning. In this way, children are supported to explore themselves, their relationships and the wider world in a safe and purposeful environment.