



Our Approach to Spirituality

'Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' (Mark 12:30).

In our school community, we talk to everyone about their emotional health (heart), their mental health (mind), their physical health (strength) and their spiritual health (soul).

We need to care for and explore our soul health. Our Creator – who made us in our 'wholeness' knows that this aspect of who we are must not be overlooked. Is not surprising that medical research shows a range of benefits for those who connect with their spiritual selves – not least in terms of life expectancy.

It is challenging to discuss these matters with adults - staff and governors – which we have, of course, done. Finding a language which resonates with children from aged 11 to those reaching adulthood for this intangible essence lying at the core of who we are, has been crucial! How do we articulate 'spirituality' successfully in community but also for individuals at all ages and stages?

As we look at the world around us: the unfathomable, the spectacular, the intricate, and as we look at the people around us: the relationship, the compassion, the connectedness, we have posed the questions:

- "Is there *>Something more?*"
- "What does *>Something More* look like for me?"
- "Are there times when I experience a *>Something More* moment in school or beyond?"

We ask our ourselves these questions on a regular basis, so that *>Something More?* is part of our everyday parlance. That is our approach to spirituality.



Our spirituality logo was co-created by our Head of Computer Science and Key Stage 3 students. The images contained in the letters reveal their response to the question. "What does *>Something More?* look like for you?"

Reflections on Spirituality from an Adult and a Student in our School

>Something More?

*Something more than what my eyes can see
Something more than all the noise and voices surrounding me
Something more than my outer shell
Something deep down, a living well.
Something more than notes on a page
Something more than my clothes and my body image.
Something more than the here and now
Someone more before whom I bow.
Something more than this superficiality
Something more, far beyond the farthest sea.
More than just me:
I'm part of community.
With breath in my lungs, not a heartbeat to miss
There must be something more than this.*

*"Is there something more?" One of the greatest philosophical questions of all time.
Is there something beyond our knowledge?
Or something only a godlike being could achieve?*

*As humans evolved, we've searched high and low, nowhere and everywhere.
From Plato's Feet to Dawkin's Selfish Gene, even the greatest philosophers couldn't
answer the big question, "Is there something more?"
And even the most intelligent mathematicians couldn't explain what the maximum
was.
Because in reality, no one could, and no one ever will fully understand
Because, as humanity, we will never come to realise our limits.*

Have you had a
>Something More
moment this
week?

*'A moment of awe and
wonder; a sense that
there must be
something more, or
someone more, above
and beyond our
everyday life'*

faith | justice | responsibility | truth | compassion

