



Cathedral Academy

Policy:	Spirituality Policy
Date or review:	November 2018
Date of next review:	November 2021
Lead professional:	Assistant Principal Inclusion and Intervention
Status:	Non-Statutory

What is our unique understanding of spirituality?

At Cathedral Academy, we believe that spirituality concerns a person's relationship with themselves, with others, with the 'other' (this could be a God of their choice) 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.

Others

- Empathy and understanding; respect, tolerance
- To love and be loved (loving your neighbour)
- Making a difference.

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.

The World

- Making sense of the world
- 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.

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 able to express and understand 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, we aim to:

- Have regular time in the day for quiet and reflection
- Provide many opportunities for creativity and using the imagination
- Value relaxation opportunities for all students
- 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 students to show 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 RS, form time and the student leader programme
- Read often to children, 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. Time for quiet reading is allocated to students once a week.

Within the distinctive character of the Church of England education, spiritual and moral development are intimately connected with, though not identical to, religious education, collective worship, private prayer and liturgies. However, they are also promoted through all the subjects of the curriculum and throughout the general life of the school. Our mission at Cathedral Academy allows us to recognise the importance of helping our students, each in their unique way, to think, appreciate, question, struggle, suffer, wonder, love, reflect and, indeed, work.

As a faith school Religious Education is enhanced by the following:

Daily Act of Worship

Whenever students meet, be it with their form tutor, subject teacher or in assembly, it ends with a prayer. We also gather for liturgies and services at times throughout the year.

Developing the Student Profile

Students at Cathedral Academy are growing to be	
Empathetic - We recognise the importance of understanding the feelings and experiences of others	Compassionate towards others near and far, and loving by their just actions and forgiving words
Respectful -We value each member of community, showing regard for others and celebrating difference.	Students will grow to be learned finding good in all things and become wise in the way they use their learning for the common good
Honesty -We understand that truthfulness and integrity are key to building a strong community.	Eloquent and truthful in what they say of themselves, the relations between people, and the world
Responsibility -We are committed to caring for ourselves, our community and the world around us.	Intentional in the way that they live and use the earth's resources, guided by their conscience and prophetic in the example they set to others

Prayer Spaces

During the year students in KS3 will have opportunities for prayer spaces in our Chaplaincy with members of the RE department the Chaplain and Cross Project. Prayer spaces for staff are also available throughout the academic year.

Chaplaincy

The school has a Chaplaincy team that is led by Miriam Kearney and consists of members of the Cross Project. The Chaplaincy club is available during lunch time and after school. Chaplaincy also run a confidence group led by the Cross project.

Ethos Group (staff and students)

The Staff Ethos group consists of three members of staff and the student group is represented by all year groups. In both groups the members are interested in the spiritual and faith development of the school. The aims of the teams are:

- To empower young people to live with moral purpose in the world today.
- To draw young people into responsible participation in the life of the community
- To foster the total personal and spiritual growth of each young person
- To demonstrate the Christian faith in action in the school and surrounding community.
- To raise the self -esteem of young people and help develop the spiritual life of young people, particularly in regard to being able to express their feelings
- To help young people explore spirituality and faith and develop capacities for independent and critical thought including encouraging the setting apart of moments for stillness and reflection
- Provide learning material and situations that encourage moral responses and obligations towards other people and promote racial, religious and other forms of harmony
- To help students recognise and respect the diversity of the different cultures represented in the school and wider community