



## What is Spirituality?

Spirituality is about exploring life's big questions—meaning, purpose, and connection. It's not just about religion; it's about how we relate to ourselves, others, the world around us, and (for those who choose) God.

## Why do we need an agreed approach?

As a Church of England school, our approach to spirituality is rooted in our Christian vision and values. Ofsted and SIAMS (Statutory Inspection of Anglican and Methodist Schools) expect schools to demonstrate how spiritual development is embedded in daily life and across the curriculum.

Having an agreed approach ensures consistency, clarity, and intentional opportunities for children to reflect, grow, and flourish spiritually.

## Our Simple Language: **Ows**, **Wows**, and **Nows** and the 'Golden Glue'

To make spirituality easy to understand, we have introduced children to three concepts:

**Ows** – Times of challenge, sadness, or hurt.

Example: Falling out with a friend, facing a difficult day.

**Wows** – Times of awe and wonder that take our breath away.

Example: Seeing a rainbow, hearing beautiful music, achieving something special

**Nows** – Quiet, ordinary moments that help us pause and reflect.

Example: Sitting peacefully, saying a prayer, noticing nature.



**Ows**  
times of sadness,  
challenge or hurt



**Wows**  
moments of awe,  
beauty or joy that  
take our breath away



**Nows**  
quiet pauses or  
ordinary moments  
that help us stop and  
reflect

These moments are opportunities for children to reflect, grow, and flourish spiritually.

We explain that spirituality is like a '**golden glue**'. It helps to fill the gaps that may be caused by the 'Ows', 'Wows' and 'Nows' of life.

## Why is this important?

Spirituality helps children build resilience and hope, develop empathy and kindness, understand themselves and others, ask big questions about life and meaning, and feel valued and cared for.

## How do we nurture spirituality at school?

- Collective Worship –times to reflect, celebrate, and pray.
- Curriculum Links – Opportunities in every subject to notice wows, ows, and nows.
- Prayer Spaces – Quiet areas for reflection and calm.
- In classrooms – Staff listen and respond when children share their experiences.

## Links to Our School Vision

*"Learning and growing together to be the best that we can be."*

We aim to create fertile soil where every child can flourish—spiritually, emotionally, and academically

**If you want to find out more about how you can support your child to develop spiritually, please come and talk to us.**