

What do we mean when we talk about spirituality?

At St Nicolas' CE School, spirituality is about noticing and responding to the beyond — things that are bigger than we are. It is also about what we find within ourselves: our thoughts, feelings, and questions. It helps us feel connected to other people, to the world, and to something greater. Spirituality grows when we show openness and curiosity, and it belongs to everyone — whether they have a faith or not.

How do we frame our thinking?

To help us explore ideas about spirituality, we use the language of ***windows, mirrors and doors*** to help frame our thinking. The vine in our school Vision represents connectedness and links it all together.

***Windows* encourage us look out at the world with curiosity and wonder.** They help us notice what is happening around us, pay attention, and be open to new experiences. Through these moments of looking outward, we learn about life and begin to understand its richness.

***Mirrors* help us look inward and reflect on our own thoughts, feelings, and responses.** They encourage us to pause and ask big questions about ourselves, to notice how we are growing and being challenged, and to gain insight into who we are. Through this self-reflection, we begin to understand ourselves and others more deeply, and to see how our own lives connect with the wider world and beyond.

***Doors* invite us to step forward with courage, make choices, and take opportunities to put what we believe into action.** They encourage us to take responsibility for the ways we behave, explore the world, and respond to what is happening around us.