



At Acton CEVC Primary School, we encourage spiritual development through a range of activities. We have a supportive school community with a compassionate and responsive ethos which allows the children and staff to feel listened to. Often there are unplanned activities and moments of reflection where adults can respond to the issues and conversations which arise from the children, but we also aim to provide planned and purposeful moments of spiritual reflection.

- We offer regular moments of quiet and reflection during Collective Worship. Children are encouraged to reflect on their week and consider where they have strived, supported, and succeeded.
- During our 'No Outsiders' sessions, we encourage the children to think about the wider world- empowering them to consider hopeful and positive change.
- We have regular opportunities for prayer, whether as a whole school or class community or as a personal moment of reflection, and the children can choose to add a prayer to our school prayer tree.
- Classes provide mindfulness opportunities such as meditation and yoga. These can be powerful moments of calm in an otherwise busy day.
- The children are provided with many opportunities for moments of awe and wonder both in the classroom and outside. Curriculum choices enable the children to experience learning in many creative and imaginative forms.
- There is a strong emphasis on the creative arts at our school. We regularly participate in community projects such as 'Sudbury in Bloom' competitions, working with the RSC and local secondary schools to perform, and the whole school participates in the Christmas Tree project at St Peters Church.
- Reflection areas in school allow for moments of quiet. Our recently renovated Jubilee Garden is maintained by the children providing an area to learn about our natural world as well as offering a place to be still and quiet. Our outside sensory space is filled with plants, water features and visual stimuli which provides a space for children to meet, reflect or reconcile. The 'story den' is a room within school where children are able to talk through their emotions with a supportive adult to share books and make sense of their thoughts.
- Silent assemblies bring together the messages and values of Collective Worship which we have shared over the half term. Candles are lit and images are shown to stimulate thoughtful contemplation. This Collective Worship is completed in silence throughout, as well as on entry and exit.
- 'Big Questions' journals are used in each class for periods of philosophical thinking whether this be in R.E. lessons to draw together learning, or elsewhere in the curriculum. Children are encouraged to discuss and explain their thoughts in a safe

and respectful way with their classmates or Key Stage. Notes are made of their comments and thoughts with no emphasis on a particular answer.

- Children are regularly provided with opportunities to share and express their feelings. Thoughtful and empathetic relationships are developed between children and staff across the whole school. Children feel safe to respectfully communicate their thoughts and feelings. We have children within school who act as 'emotion coaches' supporting younger children who may be having a moment of dysregulation. This enables peer to peer support as well as adult.

Next steps: We hope to develop our current 'story den' area by creating a new, larger space for children to use. Our new 'wellness suite' is currently being designed by our children's MHFA who hopes that the area can be used for ELSA sessions, Lego therapy and other support as and when it is required.