



### **How Does East Bergholt CEVC Primary School Encourage Spiritual Development?**

At East Bergholt CEVC Primary School, we encourage spiritual development through a variety of thoughtful and purposeful activities, fostering a supportive school community with a compassionate and responsive ethos. This approach ensures that both children and staff feel listened to and valued. While we embrace unplanned moments of reflection and spontaneous conversations, we also provide planned opportunities for spiritual growth.

#### **Moments of Reflection in Collective Worship**

We offer regular moments of quiet and reflection during our Collective Worship (assemblies). On Fridays, children are encouraged to reflect on their week and consider where they have aspired, assisted, and achieved. These reflections are tied to the awarding of 'Star' and 'Metacognition' certificates.

#### **Regular Visits to St. Mary's Church**

The school regularly visits St. Mary's Church to celebrate key events such as Christmas, Easter, music concerts, and the Year 6 leavers' event. These visits deepen pupils' connection to Christian traditions and the wider community.

#### **Singing Collective Worship**

Singing Collective Worship takes place weekly, providing opportunities for the whole school community to engage in shared spiritual expression through music.

#### **Open the Book**

Once every half term, elders from St. Mary's Church deliver "Open the Book," a storytelling session that brings Bible stories to life and helps children reflect on their relevance today.

#### **Celebrating the Christian Calendar**

The school celebrates events in the Christian calendar, offering children opportunities to learn about and reflect on important Christian traditions and values.

#### **School Enrichment Plan**

Through our School Enrichment Plan, which enhances pupils' educational experiences beyond the core curriculum, we encourage children to think about the wider world. This empowers them to consider hopeful and positive change, fostering a sense of responsibility and global awareness.

#### **Opportunities for Prayer**

We incorporate prayer into our Collective Worship. Each assembly begins and ends with a prayer led by the children, and they are invited to add personal prayers to our school prayer tree.

#### **Mindfulness Activities**

Classes offer mindfulness opportunities through programs like Go Noodle, the Daily Mile, My Mindful Teacher, Cosmic Yoga, and books such as *Breathe Like a Bear*. Mindfulness colouring activities are also included, providing powerful periods of calm in an otherwise busy day.

#### **Awe and Wonder**

We create moments of awe and wonder both in and out of the classroom. Our curriculum choices enable children to engage in learning through creative and imaginative experiences.

#### **Emphasis on Creative Arts**

The school places a strong emphasis on the creative arts. We collaborate with East Bergholt High School to perform at St. Mary's Church at Christmas, participate in the Big Sing with St. Edmundsbury Cathedral, and regularly perform for the local community through nativities, class assemblies, piano recitals, rock concerts, and Year 6 productions.

#### **Reflection Areas and Outdoor Spaces**

Reflection areas within the school and outdoor spaces such as the pond area, allotment, and the under-construction outdoor classroom provide opportunities for quiet contemplation and connection with the natural world. The ELSA room offers a safe space where children can talk through their emotions with supportive adults.

**Silent Assemblies**

Planned for the Summer term, silent assemblies will encapsulate the messages and values shared during Collective Worship. With candles and reflective imagery, these assemblies aim to stimulate thoughtful contemplation in complete silence, from entry to exit.

**Opportunities to Share Feelings**

Children are regularly provided with opportunities to express their thoughts and feelings. The strong, empathetic relationships between children and staff create a safe environment where children feel respected and supported in sharing their emotions.

By embedding these practices into daily school life, East Bergholt CEVC Primary School nurtures spiritual development, enabling children to explore, reflect, and grow in a supportive and inspiring environment.