

Our school motto is...



“Let your light shine before others.”

This can mean work hard at being well and happy, then help others be well and happy too.

# Personal Values

The things in life that **YOU** think are most important and that therefore guide **YOUR**:

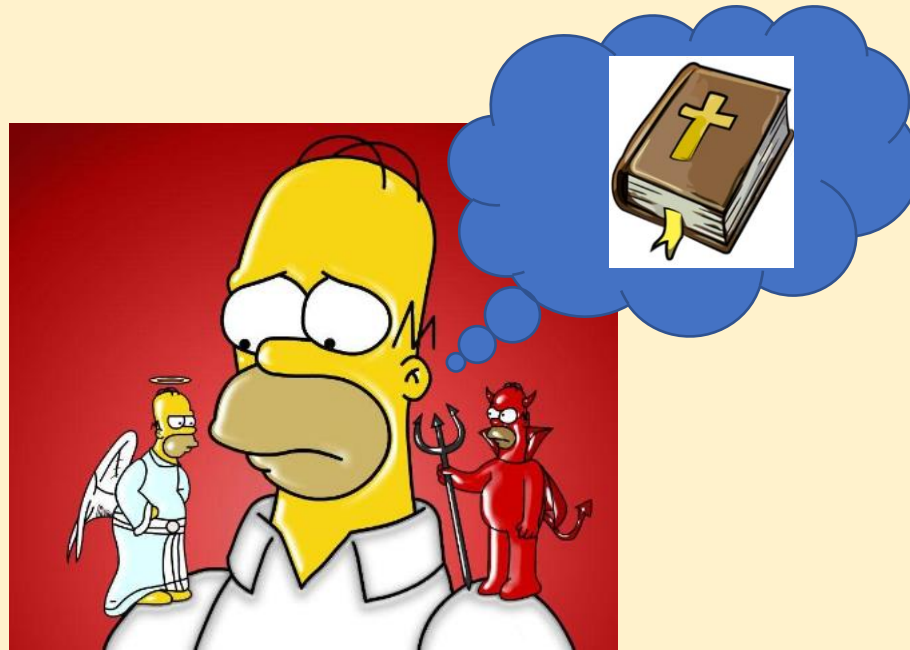
- \*Decisions
- \*Behaviours



# Christian Values

The things in life that **CHRISTIANS** think are most important and that therefore guide **THEIR**:

- \*Decisions
- \*Behaviours



What Christians think are important, comes from the bible. They are influenced by the Prophets in the O.T and what Jesus SAID and DID in the N.T.

For example....

Jesus fed the 5000, so this has influenced Christians to think that looking after the community is an important value.



These are the Christian Values that we think are most important for our school, we have a bible story which goes with each one...

**Wisdom** (The Wise Man Built his House upon the Rock)

**Joy** (The Miraculous Catch of Fish)

**Community** (Jesus Feeding of the 5000)

**Hope** (Jesus Heals a Paralysed Man)

You will probably notice you hear about these stories quite a lot.

Wisdom Joy Community Hope

It's important in life that you make your own decisions about what feels right for you and decide on your own personal values, that's a Human Right.

But the school tries to demonstrate to you, how putting these four things first, can lead to a happy world.



What else do we want to promote?

We choose to promote  
SPRITUALITY AND WELLBEING IN  
ALL AREAS OF OUR SCHOOL.

But what are they?



# What does “wellbeing” mean?

**Mental wellbeing** (mental health) = how do you look after your **mind and feelings** (your inner world?)

**Physical wellbeing** = how do you look after your **body** (your outer world?)



**Please note** – when people struggle with very uncomfortable thoughts and feelings for more than a few months, they may have a **mental health issue**. World Mental Health day not only encourages us to improve our wellbeing, but also reminds us to **care for people who have mental health issues**.



Each of these letters stands for a different aspect of wellbeing. Listen to the questions and place a tick or cross next to each one.

**S**leep – have you had enough sleep this week?  
\_\_\_\_\_

**T**ech – have you used too much tech this week?  
\_\_\_\_\_

**O**utdoors/exercise – have you got outdoors and exercised enough this week?  
\_\_\_\_\_

**P**eople – A) have you been kind this week? B) Are you around people that make you happy?  
\_\_\_\_\_

**N**utrition – have you eaten quite a lot of healthy food this week?  
\_\_\_\_\_

**O**xygen – have you used any breathing technique? E.g. square breath/star breath?  
\_\_\_\_\_

**W**ater – have you drunk enough water this week (6/8 glasses per day.)  
\_\_\_\_\_

Now look at your answers and set a target for next week.

# What does being “Spiritual” or “Spirituality” mean?



There are many definitions of this word, but our school defines it in the following way.

We are being spiritual when we...



**Look in** (and think about our wellbeing and who we are.)

**Look out** (and think about others)

**Look up** (and think about big philosophical questions and ideas.)

## Spirituality means:

**Look in** (and think about our wellbeing/who we are)

**Look out** (and think about others)

**Look up** (and think about big (philosophical questions and ideas))

Being given opportunities to be spiritual in school will help you to find out more about who you are and **improve your mental wellbeing (mental health.)**

We are now going to explore this with some questions and a home challenge.



Every classroom is going to have a spiritual box. In it there are spiritual questions which will help you look in, look out or look up. Teachers might ask one at any moment.



Dear God,

Help us to:

Look in and care for your wellbeing.

Look out and care for others.

Look up and care for the world in which we live.

Amen