

# St Margaret's C.E.P. School

## Newsletter

*Learning as we grow, Growing as we learn, Rooted in Jesus*

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**Wed 26th March**

**Issue No: 7**

As we approach the Christian festival of Easter, this is an additional newsletter dedicated to what makes our community a distinctive church school:

### Spirituality Day

On Friday 14th March, we held a Spirituality Day. Each class enjoyed a variety of activities from Mindfulness to listening to soothing music and watching amazing scenes from nature. Below is a taster of what each class did!

**Discovery:** We began the day by exploring the idea of spirituality through video clips, images and discussion. The children wrote definitions. "I think spirituality sets you free. It's like you're open to a whole new world. It gives you a chance to show who you really are. It gives you a chance to bond with nature." *Joseph.* After that, we practiced Mindfulness in the Spiritual Garden by focusing on a chocolate button slowly melting in our mouths. Needless to say – some lasted a lot longer than others! Back in the classroom, we studied the impact of plastic pollution on sea turtles. Our 'window' moment was appreciating the beauty of nature, but also sadness due to the negative impact of humans. Our 'mirror' moment allowed us to reflect on how we felt about that, and finally our 'door' moment was what action we want to take to address the problem and make a difference. "I enjoyed the day and I learnt a lot more about spirituality." *Josh*

**Pippin** Class had a wonderful day exploring the term 'spirituality' and what it means. We began the day sorting the physical things, for

example material possessions from the spiritual things, for example happiness and calm. "Spiritual things are in our heart". *Alex* "Spiritual things are important in life. Material things we can live without." *Lillie.* The children then looked at a variety of pictures of nature that amazed and filled them with wonder – 'Window Moments'. Carefully they sketched their favourite nature picture using a window frame border. Our 'Mirror Moments' were looking at ourselves and reflecting how we wish to behave, and finally our 'Door Moments' were reflecting on ways we embrace the new opportunities we face and how we make contributions to others by helping people, fundraising and changing our behaviour.

**Russet** Class started off the day looking at mirrors. We read a book called 'In You I can See' that looked at all the different things that make us unique. We then made sun flowers with our face in the middle and wrote words about what makes me who I am. We then went into the Spiritual Garden, experienced the world around us and listened to the song/story, It's a Wonderful World. We came back to class and talked about the wonders of the world and what we might see from a window looking out. We painted part of our wonderful world. After lunch we had a yoga session and then thought about how we can step through a door and make the world a better place. How can we change it? Our activity was focused on our wider school and how we could make it even better. We carried out litter picking, sweeping and tidying in our outdoor space and the wider school.

**Bramley** Class read 'The Invisible' by Tom Percival and discussed the key themes and messages of the story. We reflected on our own experiences of feeling lonely and invisible. We thought about how being lonely made us feel, this helped us to have empathy with the character in the book. Some of the children's reflections included: "I think we should help someone if they are lonely by asking them what they would like to play." *Brooke.* "This story has made me think about how important my actions are. We could give food to the homeless, say 'good morning', smile or donate money to charities." *Felicity.* "It is important to play with a range of people and ensure no one is left out." *Flavia.* Bramley Class also enjoyed time exploring the Spiritual Garden. We used our senses to connect with nature. It was lovely to feel the warmth of the sun on our faces and to spend time noticing the beauty of the surrounding garden.

### Leading Lights Worship

Leading Lights have been meeting frequently and since Christmas have worked on a school prayer incorporating our 4 values. More recently, they have been working towards a worship which they delivered on Monday. Their theme was Palm Sunday. This included a distinctive painting they had studied depicting Jesus riding into Jerusalem on a donkey where all the faces of the crowd are blurred. They had also written a beautiful poem and prayer and these will be shared at our church service next Friday. *An end of term newsletter will be issued next week.*