

SPIRITUALITY IN PSHE IN ABBEY ACADEMIES TRUST

September 2024

Spirituality is about seeking a meaningful connection with something bigger than oneself, which can result in positive emotions, such as peace, awe and wonder. Spirituality enables our children to be happy; to flourish, to succeed and to live life in all its fullness.



In our PSHE (Personal, Social, Health, and Economic) curriculum, spirituality is intricately woven through various themes, encouraging children to explore and reflect on their own beliefs, values, and sense of purpose. The curriculum fosters self-awareness and self-esteem, prompting children to consider their own identity and what gives their life meaning. In relation to others, it emphasises empathy, respect, and understanding, encouraging pupils to appreciate different perspectives and cultural backgrounds.

Moreover, the PSHE curriculum supports the holistic development of children, nurturing not just their intellectual and physical growth, but their spiritual well-being too.

The Jigsaw scheme provides a comprehensive framework for education that focuses on developing children's emotional literacy, resilience, mental and physical health. Spirituality within the Jigsaw scheme is integrated into the holistic development of pupils, addressing aspects of self, others, the world, and beyond. Here's an overview of how spirituality is considered within this scheme:



Self-Awareness: Jigsaw promotes self-awareness by encouraging children to understand their emotions, thoughts, and behaviours. Lessons include mindfulness practices, helping children to become more present and reflective.

Self-Esteem and Confidence: Activities and discussions are designed to build self-esteem and confidence. Children learn to value themselves and recognise their strengths and areas for growth.

Purpose and Meaning: Pupils are guided to explore their personal goals and sense of purpose, fostering a deeper understanding of their place in the world.



Empathy and Compassion: Jigsaw emphasises the importance of understanding and empathising with others. Through group activities and discussions, children learn to appreciate different perspectives and develop compassion.

Relationships: The scheme includes units on building healthy relationships, resolving conflicts, and effective communication. This helps children form meaningful and supportive connections with others.

Community and Responsibility: Children are encouraged to take responsibility for their actions and understand their role within various communities, promoting a sense of belonging and duty towards others.

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Global Awareness: Jigsaw incorporates lessons that broaden children's understanding of global issues and different cultures. This helps foster a sense of connection with the wider world.

Environmental Stewardship: The curriculum includes education on environmental responsibility, encouraging children to respect and care for the planet.

Social Justice: Topics such as equality, diversity, and human rights are covered, instilling a sense of justice and encouraging pupils to contribute positively to society.

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Exploring Beliefs and Values: Pupils are given opportunities to explore different religious and spiritual beliefs, fostering respect and open-mindedness towards various worldviews.

Wonder and Awe: The curriculum encourages a sense of wonder and appreciation for the beauty and mysteries of life and the universe, nurturing spiritual curiosity.

Transcendence: Children are invited to contemplate big questions about life, purpose, and existence, encouraging them to think beyond the material aspects of life.

Integration into the Curriculum

Jigsaw's approach to spirituality is not confined to specific lessons but is woven throughout the curriculum. This integrated approach ensures that spiritual development is a continuous process, supporting the overall well-being and holistic growth of children.

In summary, the Jigsaw PSHE scheme addresses spirituality by fostering self-awareness, empathy, global consciousness, and a sense of wonder, preparing children to navigate life with a balanced, reflective, and compassionate outlook.

For further information see the Jigsaw produced leaflet Spirituality in Jigsaw.