Spirituality in PSHE

How are we promoting Spirituality in PSHE?

Self-worth **Reflection** **Self-awareness** **Support** **Relationships** **Empathy** **Compassion** **Ethical**	At STW, spirituality is actively promoted through Personal, Social, Health, and Economic (PSHE) education. PSHE provides a rich framework for fostering self-awareness, empathy, ethical understanding, and a sense of purpose—key elements in a child's spiritual development. Personal development activities encourage pupils to reflect on their thoughts, feelings, and actions. By exploring their own values and beliefs, children deepen their spiritual self-awareness and begin to form a sense of identity and purpose. Opportunities for self-reflection help them consider life's bigger questions, such as: Who am I? What do I believe in? What is my purpose? Social education nurtures a respect for others and appreciation of community, relationships, and cultural diversity. It helps children understand the value of empathy, compassion, and human connection—fundamental aspects of spirituality. It also allows space for exploring concepts such as faith, belief, and how religion shapes moral and ethical values. Health education supports emotional well-being and body awareness, with practices like mindfulness, prayer, and reflection promoting inner peace, self-regulation, and holistic health. This connection between body, mind, and spirit contributes to a greater sense of harmony and balance in children's lives. Economic education encourages ethical thinking through topics such as moral responsibility, sustainability, and ethical consumerism. Pupils are guided to consider the spiritual and moral implications of their choices and to align their aspirations with personal and societal values—preparing them to be responsible, compassionate citizens who strive to contribute positively to the world. By integrating these dimensions, PSHE at STW creates a safe and supportive environment in which children can explore and develop their spirituality. It fosters a balanced, reflective, and meaningful approach to life—grounded in empathy, integrity, and a connection to something greater than themselves.