

Spirituality – The Magnus Way



To talk about spirituality is to talk about the moments in life that are beyond words and that lead to a fuller life not only academically but also personally and spiritually so that they can become the best versions of themselves. At Magnus, we have chosen to identify these moments using the model of windows, mirrors and doors and breaking down these experiences to relationships that occur with self, others, creation, and the Divine. Spirituality is a journey for all and so is inclusive and will offer a space for reflection, appreciation, and an opportunity to grow together. Magnus commit to helping all on this journey with Christianity as a starting point as we believe every member of our Magnus family is someone who is uniquely created, loved and known by God. We commit to removing the barriers that would limit a life that has purpose. We don't think these moments occur solely in act of worship but transcend through a range of opportunities including our curriculum.

To help our Magnus family in this journey of spiritual development we will use the following strategies and language across our school:

Spirituality as Relationship:

Relationship to Self - Your relationship with yourself involves self-awareness, self-acceptance, and self-care, among others. It impacts your mental and emotional health and your bonds with other people.

Relationship to Others - An interpersonal relationship refers to the association, connection, interaction and bond between two or more people. There are many different types of relationships.

Relationship to Creation - Human beings are always and essentially placed and situated in a world to which they relate, and it is this relationship that defines part of them.

Relationship to the Divine - Different people may have different methods for connecting with divine energy, but some common practices include meditation, prayer, mindfulness, and spending time in nature. It's important to approach this with an open heart and mind, and to be respectful of different religious and spiritual beliefs.

Windows, Mirrors and Doors:

Windows - looking out onto the world and becoming aware of its wonders, both the 'wows' and 'ows'; things that are 'awe-full' and make us wonder and be grateful and things that are 'awful' and make us wonder and ask questions.

Mirrors - looking into and reflecting, alone and together, to see things more clearly, for thinking and asking important questions, learning from our own and other's responses.

Doors - looking through in order to then act or express this in some way in response; for moving on, making choices, and doing something creative, active and purposeful in response. This can simply be done through a change in attitude or behaviour or thinking. It can also be expressed powerfully through music or art or drama or dance and through some form of social action or specific acts of giving.

Spiritual Capacities: Spiritual Development Stories from Staff and Students

Spiritual Capacities	Staff/ Student	Experience Window	Reflection Mirror	Growth Door
Be guided by their beliefs and values and be willing to take a stand to defend them	Year 7 Student	Didn't sleep well on a school night. Couldn't focus in school.	Realised I was too tired and thought of ways to change this.	Went to bed early.
Be self-aware and empathise with the experience of others in the school and wider community	Year 10 student	Losing my great aunt	My last words to her being "I don't want to talk to you"	Not to say mean stuff to people I love cos it could be the last time I see them.
Love themselves, care for themselves, believe in their potential to achieve, and find inner strength and resilience when facing challenges	Year 7 Student	Skin, too skinny	Sad and disappointed	Take care of my skin, eat more
Exercise imagination and creativity, appreciate beauty in the world and be alive to experiences of awe and wonder	Year 7 Student	I went to France 3 times. Two times with my family and once with school. I went to Disneyland Paris twice and went to WW1 graves and trenches.	I felt happy and interested.	I am never going back in a lift after Disney. Never trust bus drivers that make you wait 45 mins and leave you no choice to leave your stuff and get them back weeks later.
Be intrigued by mystery and be open to an awareness of the transcendent in the whole of life	Y11 Student - Staff Story	In an act of worship there was a message used that came from the Bible, this was discussed as part of the theme.	Student asked me to show him where the quotation was from and for me to explain its context. We did this and then left him to read this and think about it for himself.	After listening, reading and reflecting he asked if he could write his own prayer based on his reflection in the tutor group.
Be comfortable with stillness and silence and open to engage in reflection/meditation/prayer				
Be ready to say sorry when mistakes are made, to forgive themselves and to forgive others				
Be willing to take risks and to reflect, learn and grow following experiences of failure as well as success	Year 7 Student	When we were on the bus going to the pantomime.	Fun because me and my friend were sharing earbuds to listen to music. We were also making jokes.	I will not be scared to go on school trips.
Demonstrate curiosity and open mindedness when exploring life's big questions	Year 11 Student		Why was I born with ADHD and autism?	
Appreciate and be thankful for what is good in life like friends and family, and show generosity towards others	Year 10 Student	I lost my sister 2 weeks after she was born.	I reflect on this because I can reflect on how good of a big brother I could have been.	I grew up. I'm treating people well because that's what she would of wanted.