

Living life in all its fullness - an opportunity to flourish

We have a simple explanation for our vision and values which is rooted in John 10:10.

We explain that our vision, *Life in all its fullness - an opportunity to flourish*, is a bit like an acorn!

An acorn has all the potential life of an oak tree within it and our vision has all the potential for each of us to live a full life; becoming who God intended us to be.

An acorn grows roots down in the ground to hold it firmly and securely in place. We have our values, which we learn and live out together and these are like our roots. With healthy, spiritual roots we can lead healthy, spiritual lives.

We explain our healthy, spiritual lives as four branches that grow upwards from the acorn. These branches represent four areas that we believe must be 'cultivated' for us to live full lives and thus flourish. These branches are; healthy minds, healthy bodies, healthy spirit and a healthy community.

Our healthy minds might include; emotional wellbeing, positive approaches to learning, the ability to preserve, accepting ourselves as unique individual, cultivating the positive aspects of our personalities.

Our healthy bodies might include: eating well, taking exercise, being outdoors, drinking water, hygiene and sleep.

Our healthy spirits might include: moments of awe and wonder, enjoying the world around us, keeping our values, times of reverence and respect, prayer and worship.

Our healthy community might include: respecting each other and caring for each other, reaching out to those not as fortunate as us, growing an understanding of the wider world and our place in it. Cultivating an attitude of service. It is inclusive of all stakeholders; parents, church, governors, staff and children.