



ST MICHAEL'S PARISH SCHOOL ASHBURTON

Meditation Policy

February 2017

1. Rationale

At St Michael's, we believe that Christian Meditation will assist us to live out our School Vision of becoming people of faith, hope and love.

Meditation is an ancient spiritual discipline which is deeply rooted in the Christian Tradition and is part of our Catholic Identity. It is about from the 'head to heart'. In the Christian Tradition, we believe that the 'Holy Spirit' dwells in our centre. By spending regular time in our centre, we:

- nurture a relationship with God;
- nurture positive interpersonal relationships;
- calm the mind and relax; and
- develop mindfulness and concentration.

Christian Meditation is characterised by **silence and stillness** which assists us to reach this centre.

2. Implementation

- Each class will participate in Christian Meditation everyday as a whole school.
- Whole school meditation will commence at 11:45am and finish at 11:50am daily.
- During Whole School Meditation Times, phones will be disengaged and outside doors will be locked, with a sign on the door.
- All members of the school community are required to participate in Whole School Meditation, including administrative staff, visitors and staff who are not in the act of teaching.
- Each class will prepare the classroom in a way that enables the children to be receptive to meditation (for example, sign on door, light candles, prepare prayer space).

3. Evaluation

This policy will be reviewed as part of the St Michael's School Improvement Plan review cycle.

4. Ratification

This policy was ratified by John Whitehouse (SAC Chairperson).