

Understanding 'Reflection Time' at school

A guide for parents and carers

At Roath Park Primary School, we are proud to be at the heart of a diverse, welcoming community where families from many cultures, languages and faiths learn and grow together. This leaflet explains what **Reflection Time** is, why it takes place in all schools in Wales, and how we ensure it is inclusive and respectful for every child.



What is Reflection Time?

All maintained schools in Wales must provide a **daily act of Collective Worship**. This is a legal requirement set by the Welsh Government and legislated through the 1944 Education Act.

At Roath Park, **Reflection Time** is a period in the school day where children come together to think about:

- important values such as kindness, respect, honesty and gratitude
- how we treat one another
- how we can make a positive difference in our school and community
- moments of celebration, reflection and togetherness

It is **not** the same as an assembly. Assemblies share information and celebrate achievements. **Reflection Time** provides a moment to pause and consider our school values.

Content

The law requires that most acts of **Reflection Time** in Welsh schools are “**wholly or mainly of a broadly Christian character.**”

At Roath Park, this does **not** mean:

- teaching Christian doctrine
- promoting Christian belief
- expecting children to pray in a Christian way

Instead, it means that the **values** we explore, such as compassion, forgiveness, hope, fairness and caring for others, are values that are also found within Christian tradition.

These values are **shared across all major world faiths**, including Islam, Hinduism, Sikhism, Judaism and Buddhism, as well as by families with no religious belief.

How do we make Reflection Time inclusive for everyone?

Roath Park is a wonderfully diverse school, and we take great care to ensure that every child can take part with comfort and integrity.

Our Reflection Time:

- is **inclusive and invitational**, not instructional
- uses stories, themes and examples from **many cultures and faiths**
- encourages children to reflect in their own way
- never asks children to say or do anything that conflicts with their beliefs
- celebrates the Welsh language, culture and our local community
- focuses on universal values that unite us

Children may join in through:

- listening
- thinking
- reflecting
- singing
- sharing ideas
- celebrating achievements

There is no expectation to pray or express belief.

What if I want to discuss Reflection Time further?

We welcome conversations with families. If you have questions or would like to understand more about how **Reflection Time** works at Roath Park, please speak to:

- your child's class teacher
- a member of the Senior Leadership Team

We are always happy to explain our approach and listen to your views.

Your commitment

We encourage your children to discuss **Reflection Time** with you at home. We feel that it is a great opportunity for you to understand how the school celebrates our diverse learning community. Families from a wide range of faith and non-faith backgrounds choose for their children to take part because our approach is inclusive and values-based.

Parents have the legal right to withdraw their child from Reflection Time. If you are considering this, we encourage you to speak with us first so we can understand your concerns.

Our Commitment

At Roath Park Primary School, we are committed to:

- respecting every child's background and beliefs
- creating a safe, inclusive environment
- celebrating the diversity of our community
- helping children grow into compassionate, confident and thoughtful individuals

Reflection Time is just one of the ways we nurture these qualities.