

RE newsletter

Strengthening the soul

Do my difficulties help me to grow and flourish?

Nietzsche is often quoted as saying what doesn't kill you makes you stronger. But is this really true? Do we need to suffer in order to become better people? [Dr. Tal Ben-Shahar](#) says that wisdom emerges from the experience of suffering*.

We live in a culture that encourages us to seek pleasure and shy away from pain. Success is often associated with happiness, so we may feel we have failed if we experience suffering.

However, Buddhist teachings argue that we need to learn to accept, even embrace, difficult experiences, using our suffering as a tool for growth. How else can we develop empathy and compassion for others, if we never experience difficulties ourselves.

Helen Keller wrote about how hardships can develop character: 'Only through experience of trial and suffering can the soul be strengthened'.

Please don't think I am suggesting that we inflict suffering on one another, in the interests of personal growth, but only that the simple avoidance of suffering is not necessarily the route to happiness which we often imagine it may be.

As we reflect on the Easter story, we are reminded of the Christian message, that hope and new life emerge from suffering and death on the cross.

* For those experiencing extreme suffering or trauma, is this always true? Some may need specialist help to [cope with trauma](#).

May 2022

For RE support, please contact Ed Pawson at efpawson@gmail.com or ed.pawson@exeter.anglican.org
Church school contact: Tatiana Wilson at tatiana.wilson@exeter.anglican.org



Learn Teach Lead RE (LTLRE)



Hub meetings are currently being hosted online, 4-5.15pm. Meetings are free and open to all teachers of RE, primary and secondary. See [website](#) for full details.

East Cornwall

Tues 10th May [Diversity in Christianity](#)

Plymouth hub

Thurs 12th May [Diversity in Islam](#)

Thurs 7th July [Curriculum and vocabulary](#)

Torbay / S Devon and East Devon hub

Thurs 16th Jun [Assessment in RE](#)

Cornwall hub

Wed 22nd Jun [RE and Ofsted](#)

North Devon hub

Thur 23rd Jun [Boston Tea Party](#), Medium term planning

Special School hub

Tues 21st Jun Jewish Museum [online speaker](#)

LTLRE Annual Conference

Creating a connected curriculum in RE

Friday 14th October 2022 at St Mellion in person!

£60 per delegate. Booking details to follow soon

Ramadan and Eid-ul-Fitr

Spare a thought for the Muslim pupils in our schools who are fasting this year. Ramadan runs from 1st April to 1st May 2022. So [Eid-ul-Fitr](#) (the feast of fast-breaking) takes place on Monday 2nd-Tues 3rd May. Here are some useful links:

Ramadan [factsheet](#)

Celebrating Eid on [CBeebies](#)

Ramadan and Eid Ul Fitr [BBC Teach](#)

Courses from Babcock/LDP

Time	Date	Details	Cost
9.30-3.30pm	8 th June	Leading RE in the primary school (Exminster) details	£125
9.30-3.30pm	10 th June	High quality secondary RE (Exminster) details	£125

Primary teacher survey 2022

Are you a primary teacher of RE? Please complete this quick but valuable [survey](#) from NATRE.

Courses from Exeter Diocese via Zoom. Details and booking [here](#)

Time	Date	Details	Cost
9.30-3pm	27 th May	Leading RE in the CofE primary school (Exeter)	£90
4-5.15pm	9 th June	RE updates for secondary CofE schools (online)	free
1.30-4pm	16 th Jun	What is spiritual development? (online)	£30
4-5.30pm	21 st Jun	Diversifying the curriculum (online)	£30

Useful films and programmes

Cbeebies 'What's on Your Head?' explores the things that men and women [wear on their head](#) or face in different cultures, jobs and sports around the world.

BBC Teach has free classroom resources for [KS1](#) and [KS2](#)

BBC's [Pilgrimage](#) features seven celebrities as they "follow in the footsteps" of Saint Columba and embark on spiritual journeys of their own. Their path takes them from the Republic of Ireland, to Northern Ireland, to Scotland as they explore their own relationships with faith.

BBC's [Becoming parents](#) series features some of life's pivotal moments – from becoming parents to losing a loved one. In times of challenge, crisis and change, how believers find strength and community through their faith.

[Nobody Stands Nowhere](#) is a great animation to unpack the idea that we all have a worldview.

[Welcome to a Religion and Worldviews](#) approach is an excellent video which explains how a new vision for RE can help young people navigate the diversity of perspectives they will encounter in their lives.

Discover Magazine

The [Discover Magazine](#) is a free resource from Good News for Everyone (formerly Gideons UK). It is designed to help RE teachers plan lessons for Upper Key Stage 2 to teach about the Bible. Find free school resources [here](#).

Letters for Creation

Letters for Creation is a Christian Aid art project giving young people a chance to tell the people in charge what they think about climate change and our planet. See P3 of this newsletter (below) for more info about how to get involved.

Explore Christianity

[Explore Christianity](#) is a useful site to find out more about Christian faith and practice, including Christian views on some of those 'big questions' that pupils ask.

Pentecost Party

The Bible story of Pentecost is retold – with a twist. [TrueTube](#), suitable for KS1 and 2

Teaching about Islam

NATRE [Islam bundle](#) offers materials to teach about Islam with confidence using tailored cross-phase resources, packed with high-quality, tried and tested practical ideas and activities for the classroom. The resources include essential background knowledge for the primary/secondary teacher.

Visits and visitors

As schools begin to open up a bit more this term (we hope), it might be good to enliven your RE by drawing on people to visit your classroom, or by taking your pupils to a place of worship or sacred space. You can find a list of local religion and worldviews visitors and visits [here](#).

Teaching Inclusive Judaism

The *Teaching Inclusive Judaism* [website](#) aims to increase understanding of the Jewish community in all its complexity and to transform the ways in which teachers and students understand and learn about Jewish identities, moving away from monolithic representations.

Spirited Arts 2022

NATRE's [spirited arts](#) competition is a great way to engage your pupils and raise the profile of RE in your school. Choose to participate through a wide range of media and themes.

Daily worship

Schools could be 'investigated' over daily worship duty! This [TES article](#) from 2021 say that schools minister has reminded all schools that they are required to ensure a collective act of worship takes place every day.

CofE schools

SIAMS hubs

SIAMS Hub Meetings will be looking at high quality RE. Booking [here](#) (don't worry if you can't attend the one in your area).

Wed 27th Apr	Exeter and East Devon
Thurs 28th Apr	Plymouth and West Devon
Tues 3rd May	North Devon
Wed 4th May	Torbay and South Devon



Letters for Creation

Christian Aid Art Project and Exhibition

This is your chance to tell the people in charge what you think about climate change and our planet.

Create **art**, **poems**, **songs** or **stories** which share your hopes and dreams for creation.

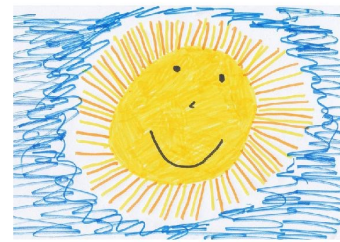
All entries will feature in an exhibition at Exeter Cathedral this May! Prizes for the best entries in KS1 and KS2.

For more information go to:

www.christianaid.org.uk/get-involved/schools/letters-creation
or email Katrine Musgrave: kmusgrave@christian-aid.org



Send your entries to: Education Officer
Exeter Cathedral, 1 The Cloisters,
Exeter, EX1 1HS



by Thursday 5th May

