

Our ethos are drawn from the teachings of Lord Chaitanya . He was born in 1486 in Nadiya, then East India's epicentre for learning and scholarship. At an early age he founded what quickly became the region's foremost school, widely renowned for its teaching in logic, grammar and rhetoric. In later life, he turned his attention to spiritual ideals that transcended social and religious boundaries and thus paved the way for a great spiritual renaissance. He taught that the essence of education is to appreciate how everything has a special relationship with the divine. Such understanding culminates in a profound spiritual realisation of love, compassion and selflessness - the original, pure nature of every being. He emphasised spiritual equality and advocated that humanity can be united through a shared love of God, expressed through the singing of His many names. Chaitanya's exemplary life heralded the dawn of an inclusive spiritual resurgence that continues to inspire people from



AVANTI COURT
Excellence · Virtue · Devotion

Avanti Court

Collective worship rota:

Monday	Tuesday	Wednesday	Thursday	Friday
Presented by SLT based on the Values/ events/	PSHE/British Values	Singing led by SLT	PRE with Aarti	Celebration including class assem- blies.

*If you have any queries
please do not hesitate to
contact Mrs Makwana*

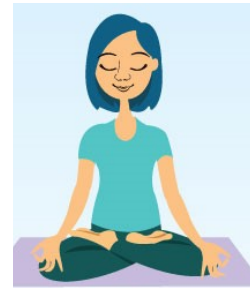
Produced by

Avanti Court Primary School
Carlton Drive
Barkingside
Essex
IG6 1LZ
0208551 9489



Meditation

At Avanti Court we take part in meditation daily through guided meditation, mantra meditation and through relaxing music. Meditation is part of our yoga lessons too. Meditation allows children time to let go and be free of any worries or thoughts. The children practice sitting in the correct posture and focus on breathing which helps them build self-discipline. It also helps them find inner strength and reflection time too.



*Meditation helps
me stay calm
and peaceful. I*

Meditation on the mantra helps clean the mental mirror so we can see something truer about ourselves and we are special parts of the eternal supreme God. In our busy lives this is time to connect to God.

Altars and Deities



Devotional service in various traditions are designed to bring one closer to God. The Bhagavad Gita explains that the world is composed of 8 basic elements, earth, water, fire, air, ether, mind, intelligence, and ego. The Aarti ceremony during collective worship is a form of gratitude and offering these elements back to

the Divine.

Collective worship and festivals

During collective worship children learn about and reflect on different festivals celebrated by people from various traditions. Monday assemblies are based on the value of the term, Tuesday on British values/PSCHE, Wednesday singing, Thursday PRE based and Aarti and Friday we celebrate learning. During the collective worship children chant the mantra, say prayers and have time to reflect.



Children meditating in class



Food glorious food!

During lunch times the children are served freshly made hot food. The school follows a vegetarian ethos and believes in non violence to all living creatures. One of our values is empathy and it means to feel pain when others suffer and be happy when others are happy. The term 'ahimsa' means to not just be non violent but show empathy and compassion for all living entities in the world including animals.



Many of the worlds their gratitude for plate in different religions show the food on their ways such as Christians saying grace before eating. According to the ethos at Avanti Court the food is first offered to God as a way of thanking. It is believed that this food then becomes spiritualised (called Prashadam) and benefits the recipients' by becoming karma free and also becoming gracious for the precious gift of food and other things provided by nature. Children are also encouraged to be thankful of the snack of fruit at break time and are free to offer to class deities.



Healthy ,fresh and hot meals everyday!

Values

At Avanti Court we prepare children to become responsible British citizens. Our ethos acknowledges that personal virtue, responsibility and a sense of identity is important for success in all endeavours.

Respect

*Respect is when you care about , help and listen to them.
Value everyone as equal.
Ayan (Year 4)*

Gratitude

*Gratitude is when your're thankful and appreciative for what you have.
Pranav (Year 5)*

Empathy, Integrity and Self-discipline



Courage



Spiritual insight and character formation:

Chanting

Chanting the names of who we believe God is a way of connecting with God. Scriptures from different parts of the world use different names for the supreme, Jehovah, Christ, Yahweh, Allah and chanting any of these names connect us to the Supreme. At Avanti court we chant the Hare Krishna Mantra as part of our prayers and collective worship.

*Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare*

Meaning:

Hare - is the feminine, compassionate aspect of God

Krishna - the all attractive one

Rama - the reservoir of all pleasure

When you say the mantra you are calling out to God like a child does for his parent. The word mantra in the Sanskrit language refers to a sound vibration that frees the mind from anxiety. The chanting has the power to cleanse the mind and awaken the soul's dormant love for God. At Avanti court children from other faiths are free to chant the maha mantra or encouraged to chant their own God's names or sit quietly in respect. Chanting can be done in

Chanting

Kirtan is when you sing God's name out loud and this can be accompanied by clapping and accompanying with instruments.



*I feel close to God and I
feel happy when I chant.*

Mukil (Year 2)

*When I chant I can talk to
Krishna. Krishna feels happy
when I chant his name.*

Rajeshwari (Year 1)

