



**Beth Sanderson**

## **Curriculum Leader for RE, PSHE and Citizenship**

**Joined Nishkam in September 2024**

### **Professional Background:**

I studied Theology and Religion at the University of Oxford, focusing on Christian and Islamic Theology as well as the Sociology and Psychology of Religion. I then completed my PGCE in Religious Education at UCL before beginning my teaching career at a school in Wembley. In September 2024, I moved to NSWL to continue my teaching journey.

### **What/Why I Teach:**

Teaching Religious Education means I am constantly learning. I love exploring the traditions of others, understanding the reasons behind beliefs and opinions, and discovering how these shape people's lives. Learning about religion helps us to connect with one another, building respect, understanding, and even shaping our own thoughts and feelings.

Working in a Sikh school with a multi-faith ethos is a privilege. I am continually inspired by the students' commitment to their own faiths, alongside their curiosity and passion for learning about others. I also find PSHE and Citizenship incredibly meaningful to teach—whether it's about healthy friendships, the risks of drugs, or the importance of human rights, I know I'm helping students think about how to live with wisdom, integrity, and compassion.

### **What I Love About Nishkam:**

I deeply value the faith life of the school. We pause three times a day for prayer, drawing from the diverse traditions represented within our community. I love the energy of the faith space at break and lunch, and I admire how students actively try to live out the Nishkam virtues in every aspect of school life.

### **Virtues I Strive to Embody:**

I believe humility is essential in teaching. Religion and politics can often be divisive, but through humility, open dialogue, and genuine listening, we can grow together and become better people.

### **Favourite Quote or Reflection:**

A quote I've been reflecting on recently is from the Dalai Lama: "Be kind whenever possible. It is always possible."