



Akrotiri School

Friday Feeling

#013

Friday 6 January

Happy New Year!!

Welcome back, or welcome to, Akrotiri School. I hope you had a peaceful Christmas break and if you have just moved onto the station, that your arrival has been smooth. We have had 11 new children start this week and we have been delighted in the way that they have quickly settled into the routine – welcome to all!

Over the holidays I read a great excerpt from the SUMO guy (@theSumoguy), Paul McGee, which I think is a super complement to any resolutions you may have made. With full credit to Paul, here it is: 12 things that will help you grow as a person in 2023

1. Remember the only real apology is changed behaviour. Words are cheap. Actions are priceless.
2. The best gift you can give someone is your undivided attention. Aim to do it at least once a day with a partner, a child, a friend or a colleague. Listen to understand rather than waiting for your turn to talk.
3. When communicating with others your aim is to be clear not clever. Be smart and get to your point.
4. People who never take a break end up breaking. Remember, to be at your best you need to rest.
5. Sometimes it's best to walk away from conflict. When you wrestle a pig in mud you both get dirty. But the pig enjoys it.
6. Avoid making a mountain of assumptions based on a molehill of evidence. Seek the story, not the snapshot.
7. Consistently compounds. Small steps are no small thing. Little things matter. Never forget that.
8. The opposite of love is not hate - it's indifference. So remember, relationships don't happen magically, they take work. And time.
9. Every day we wake up with a choice. We can focus on what to grumble about or focus on what to be grateful for. Whatever choice you make will influence how your day unfolds. Choose wisely.
10. If you don't make time for wellness, you may be forced to make time for illness. Not all health problems are caused by our lifestyle, but some are.
11. Beware of making a long-term decision based on a short-term emotion. Press pause. Take time to process stuff, and talk things through with others.
12. Remember, a comfort zone is a nice place to be - but nothing grows there. It's easy to become set in our ways, so challenge yourself to do something different this year. That's where the growth is. And you never know, you might enjoy it.

Have a wonderful weekend,

Ben Turner
Headteacher

