



A Note from Principal - Adam Wilson

The importance of an apology

I was listening to one of my favourite podcasts the other day - Dr Justin Coulson's Happy Families, and he was speaking about the danger of making a child apologise. When conflict occurs and emotions are high we sometimes jump to instruct our children to apologise for a misdemeanor. The child will begrudgingly say sorry and then be resentful.

So why do we need children to apologise?

A true apology should reflect remorse as they should understand what they have done to upset others. This may not happen directly after conflict as emotions are high (High emotions = low intelligence).

Sit with the child and say the following (calmly)

"What you have done is not ok and you will need to apologise, when you are calm and ready". Then give your child comfort and time and help them through a 3 step process.

- 1) *I'm sorry for...* (hitting you hard on the arm). Be specific and name everything.
- 2) *This would have made you...* (have a hurt arm and feel really scared). Name the emotion and the feelings that the child caused the victim to feel .
- 3) *Will you forgive me?*

If the victim is not ready to forgive then that is okay. It means that emotions are still too high and in time, when they are ready they will forgive.

This process teaches our kids not to lie, after all, a forced apology is a lie. It also gives them a strategy to genuinely repair relationships.

Swimming

No doubt swimming lessons are a bit tough this week with the unseasonal November cold snap. Congratulations to students who are braving the cool water and we look forward to some warmer weather later this week.

2022

Final reminder that if you have class preferences (not teacher preferences) for your child to get them to me by the end of this week. adam.wilson36@schools.sa.edu.au

Congratulations

Finally a big congratulations to Miss Ticehurst who is getting married this weekend. We hope that you have an amazing day.

Diary Dates

Term 4

15 Nov - Swimming Week 1
 18 Nov - Year 6/7 PASS Performance
 22 Nov - Swimming Week 2
 23 Nov - 3rd Kindy Transition
 29 Nov - Year 7 Graduation
 30 Nov - Year 6 Graduation
 30 Nov - 4th Kindy Graduation
 2 Dec - Year 7 to 8 Transition
 2 Dec - Family Variety Night
 3 Dec - Year 7 to 8 Transition
3 Dec - STUDENT FREE DAY
 6 Dec - Year 6 to 7 Transition
 7 Dec - Year 6 to 7 Transition
 7 Dec - Splash Day
 8 Dec - Year 2/3 Excursion
 8 Dec - Reports & 2022 Classes Home to families
 9 Dec - 2022 Class Visits
 10 Dec - End of Term 4
 2.15pm early dismissal

Decision Making Committee Approvals

When

Submitted
By

Year 1 End of Year Class Party - Class party and fun day to celebrate the end of Year 1. Will include water play, slime, playdough, beading, crafts etc. \$5 each student for food. **Approved**

Wed 8 Dec
Term 4, Wk9

Belinda
McInerney

Year 2 Class Party - Celebrating the end of year with a class party. \$5 charge for each child with canteen catering. **Approved**

Thu 9 Dec
Term 4, Wk9

Pauline
Robinson



The poster features a large black circle on a pink background with green and blue cloud-like shapes. Inside the circle, the text 'STIRLING NORTH PRIMARY SCHOOL' is at the top, followed by 'FAMILY' in large green letters and 'variety night' in white script. Below the text is an illustration of three children (two girls and one boy) sitting on a green patch of grass. A string of green and yellow triangular flags hangs across the top of the circle. At the bottom of the poster, a green box contains the event details in white and black text.

STIRLING NORTH PRIMARY SCHOOL

FAMILY variety night



THURSDAY 2ND DECEMBER 2021

6PM START - BBQ & DRINKS FROM 5PM

bring chairs & picnic rugs - students will be seated with their class

*qr check in at entry points

*masks are not required for outdoor events
but must be worn to purchase from the bbq



Government of South Australia
Department for Education

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