



BRANDON CRUSAT - PRINCIPAL

Dear Wildcat Team Member!

As a principal, father, and husband, I find myself in daily and constant reflection on ways I can be better. I cherish my time with my family and value my staff and students. Very frequently, I find myself asking this question, "How can I be better?" Recently, I was introduced to a TED Talk with Shawn Achor. Shawn spoke of success and happiness. I was engaged and compelled to take action. I started researching more about "The Happiness Advantage" and what it truly meant to "rewire" your brain. By being repeatedly exposed to positivity, success begins to grow. I saw an opportunity to introduce this to my staff. As educators, our success lies with our work with students. So, why not try to become more successful through happiness? Our team at Crimson Point preach and practice a growth mindset with ourselves and with our students, so I gave my staff a 21 day challenge; rewire your brain by focusing on daily positives. My family and I have also accepted this challenge and it has become part of our nightly routine. Each one of us shares three things (from that day) we are grateful for. I would like to extend this challenge to all of you!

21 Day Challenge

- Watch Shawn Achor's TED talk - "The Happiness Advantage"
 - You can look this up on youtube and it is approximately 12 minutes long
- Choose one of the following to implement into your daily routine for 21 days straight
 - Focus on 3 items you are thankful for from that day
 - Journal
 - Exercise
 - Meditate
 - Identify daily random acts of kindness you can do for others.

If you decide to accept my challenge, I hope it impacts you as positively as it has impacted my home and work family.

Upcoming Events/Dates

- January 22nd - School wide intervention data meetings - Switch
- January 24th - School Store
- February 7th - Laffy Taffy Friday
- February 14th - No School - In-Service
- February 21st - Trimester 2 Assembly, Popcorn Friday
- February 28th - End of Trimester 2
- March 6th - Report cards go home

If you have questions, concerns, or recommendations, please do not hesitate to contact me. Thank you!

Sincerely,

Brandon Crusat
Principal
Crimson Point Elementary