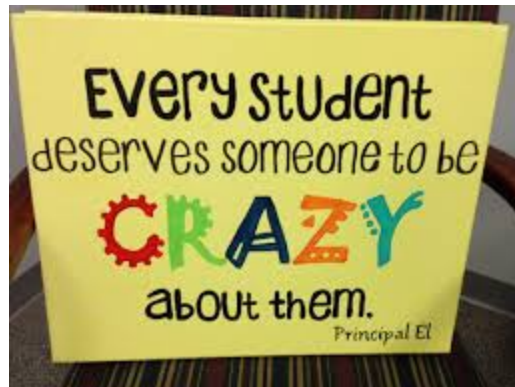


Episode 109 - Reflections on Principal El

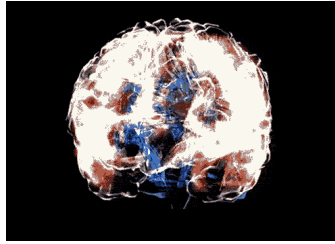
INTRO: Welcome to Episode 9 of the Undercaffeinated podcast. Principal El is an award-winning speaker, author, and principal and is one of the most sought after keynote speakers in the country. His message is about the importance of uplifting urban children and inspiring the educators who dedicate their lives to serving them. He is a regular speaker who appears on Dr. Oz, CNN, NPR and Oprah Radio.

Below are resources to watch and read as we anxiously await his visit. So change that dentist appointment, cancel that sub, and make sure you don't miss Principal El, a true champion for education!

1. Joelle: Stop majoring in the minor. Focus on the what matters -- the kids. Stop praying for a lighter load and start praying for a stronger back.



2. Ashley: Growth Mindset
 - a. "Smart is not something you are, it is something you can become."
3. Erin: Consistency
 - a. Not just consistency in route, but consistency in how you treat the kids
 - b. "These children will keep you on your toes and on your knees. This is a calling."



- c. Brain science: 80-90% of the brain is developed by the age of 5. Self regulation has already occurred by 1st and 2nd grade.

Question for Twitter: When was a time you made a connection with a student that you felt like you really made an impact?

OUTRO: Thank you for joining us. You can follow us on Twitter and Instagram @undrcaff3inatED and we'd love to hear from you!

Resources and Links

- [Symbaloo for Undrcaff3inated Podcast](#)
- [Undrcaff3inatED Website](#)
- [Principal Salome Thomas-El](#)
- [Twitter - @Principal_EL](#)
- [Every Child Deserves Someone to be Crazy About Them](#)