

WashingtonPrincipal

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1021 8th Ave. SE • Olympia, WA 98501-1500
360.357.7951 • www.awsp.org

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National Association of Secondary School Principals

Taking Care of Our Caretakers

David Morrill

Communications Director, AWSP

We know how busy you are.

Our 2018 survey revealed 72 percent of principals work 56 hours per week or more. Ninety-one percent of you don't feel like you can get your work done in an average work week.

We think that number is way too high, and we've made it our mission to discover more and new ways to support you and your colleagues in the critical work you do. A few examples:

- We're hosting our first-ever Women in Education Leading and Learning (WELL) Summit Nov. 6-7 in Seattle. Check it out at awsp.org/WELL.
- We ramped up our member handbook with new personal wellness information and our first take at a "Survival" guide. Take a look at awsp.org/handbook.
- We welcomed Kaiser Permanente Washington as a new AWSP business partner. They'll support our professional learning offerings and help create health and wellness videos designed for school leaders.

As you read through this issue of "Washington Principal," we hope you feel inspired to celebrate, relax, invest in yourself, and invest in the connections most important to you and your wellbeing. We also want you to celebrate yourself and each other, because October is National Principals Month.

Principals Month isn't just about gift cards, but we do have some to give away. Each week this month we're posting a question or prompt on Facebook, and choosing four weekly winners from the responses. We get amazing and inspirational answers every October. We can't wait to see what you'll share this year.

We know your work is daunting, and that motivates us. Your wellbeing motivates us. This is why National Principals Month is so important to us. It's more than giveaways and thank you notes, more than hashtags and Facebook posts. Principals Month is about recognizing and taking care of those who do so much to take care of others, day in and day out. And that's what we try to do here at AWSP: Take care of you, so you can take care of others.



Now, go visit our Facebook page so we can take care of some of you with a gift card! ■

David Morrill is the AWSP Communications Director. He serves as Managing Editor for Washington Principal.