



**Adrienne Mawer**  
**PRINCIPAL - BIRKDALE**

***“Because they're actually linking it to a context, they have a better understanding of what positive attitude is, what being a winner is and having a go.”***

Adrienne Mawer, Principal of Birkdale Primary, highlighted the link to real-life contexts as being a key in helping students at her school being motivated to give things a go.

*“We noticed a lot of our kids now are having a go; where before they would have stood back, stood on the outer of the circle, and not participated. But now because they feel good about themselves and children are encouraging them, we're finding that those less resilient children are actually making a bigger effort.”*

She is encouraged by seeing the rise in their self-esteem that then has a positive effect in the classroom.

*“It transfers into their writing, it transfers into their reading. They're wanting to have a go; they're wanting feedback, and they're responding to the feedback.”*

These are some of the positives that they are finding incredibly positive for their students. Adrienne says the teachers are now talking the language of Cracker Jacks, (now known as InnerFit) as well as their students.

*“And the office, they talk about it. Now we're just going to get our parents talking about it, and if we can get that package together, we'll just have it sorted. It's so exciting, beyond belief it's exciting.”*