



Joyce Joseph - Weymouth Primary
YEAR 2 TEACHER

“I spend more time teaching and less time worrying about issues.”

Kia ora Ngā mihi nui Kia koutou katoa

Joyce Joseph teaches a Year 2 class at Weymouth Primary School. She says the InnerFit resources have been a wonderful addition to her teaching, which has impacted both her students and her teaching practice. They also complement both their school values and their “Weymouth Way” principles.

“It’s been helping children to not just be amazing learners in this context of their learning, but also back in their homes as well.”

The website has been really helpful, and Joyce hasn’t had any problems navigating her way through it.

“I’ve found the tools and the resources helpful and useful.” Joyce has been able to integrate many of the ideas in the resource into her classroom programme. “The children have actually found them really enjoyable and easy to navigate through as well.”

On the website, Joyce chooses the characteristics she wants to teach and downloads the relevant material. *“It’s all done for me, so that’s been amazing.”*

The students have responded well to the InnerFit resources. *“One of the cool things is now students being able to problem solve. We were problem makers at the beginning of the programme, and now we are problem solvers. And that’s a phrase we always echo in the classroom whenever we have issues or anything complex which comes our way.”* Students learning to think for themselves about what to do in different situations is a huge positive Joyce has observed in her students. She feels they are calmer in the classroom, even when something disruptive is going on around them. She says, *“The rest of them just carry on. We have an*

‘InnerFit’ space on our board that helps to remind the children of our learning goals.”

Joyce tells the story of one boy, in particular, that has benefited from InnerFit’s approach and resources:

“At the beginning of the year, he would come to me and say, ‘Miss Joseph, so and so is doing this. Or he’d cry and seek my attention to help solve it.”

Once Joyce started using the InnerFit resources, the student became less disruptive, and she doesn’t hear about any issues in the playground. *“I’m starting to get feedback from other teachers about the way that he’s changed over the year.”* This is due to the fact that the InnerFit resources and pedagogy helps students to look deeper at issues that are really going on. The Managing Emotions module has given students an understanding that emotions are okay, even the negative ones. *“It’s all part of our human nature....so even understanding that is really good,”* says Joyce.

Her students are co-constructing solutions, and now this student has tools to help him to do that.

“For me as a teacher, I feel a lot more at peace because my students are actually able to work through the issues, and we’re able to work together as a class, and as a team - we’re like a whanau now. So I spend more time teaching and less time worrying about issues.”

She says it’s been an amazing journey for her as a teacher, and she is really looking forward to continuing her journey in 2021.