



**Nolian Andrew**  
Principal – Wainui Beach

Principal Nolian Andrew says she loves having the InnerFit kids resources being used in our school.

*“No school is going to get their values right all of the time or is every child using the values all of the time, so the programme is just a fun way to encourage them. It’s kind of ‘snappy’ and easy to remember.”*

She says the support that the school has received from Kate (InnerFit Trainer based In Gisborne in partnership with Sports Gisborne Tairawhiti) has been fantastic.

*“Coming in, doing personal development with us as well. We love it; everyone would love it.”*

Nolian says their first module ‘Better than Before’, was one based on giving a hope without being judgemental. It taught their students that they don’t have to be perfect immediately and that even a little bit of progress could be celebrated. It also sent the message that even when students have made a little bit of progress, it didn’t mean it stopped there.

*“I think it’s just kind of a growth mindset that they’re in. It’s really going to help them in their lives, and that’s what we really liked about it; it was that it’s for life, it’s not just for school.”*

