

Article by Lindsay Martinez Paredes, Junior, Norwalk High School

Lindsay interviews Frank Moffett

Tell me about yourself.

I am Frank Moffett and I started teaching and coaching in 1973 after graduating from Southern Connecticut State University.

What did you teach? How long was your career in teaching?

I taught General and Physical Science, Biology, Ecology, and Earth Science while at Norwalk High.

What is special about Norwalk High School?

The strength of NHS is the student body. After 51 years of working with these students and athletes, they never cease to amaze me. Their hard work to reach goals, resilience to adversity and adaptability is inspiring.

What is special about Norwalk Public Schools?

Norwalk Public Schools are a part of the city of Norwalk's never ending and ever-changing experiment in democracy and the American dream.

Tell me a time you were proud to be an educator.

I continue to have pride in being an educator every day when I step into NHS or an athletic field or venue that NHS students are participating in. There really isn't any singular event that comes to mind.

Who is your hero? Who is your teaching inspiration? Why?

As a young educator you should have many mentors. Taking things from them and discarding others, as they fit or don't fit in with your philosophy on education. Yet as I grew more experienced and a veteran educator, I never hesitate or am afraid to learn from the younger coaches. My inspiration in education has always been the student/athlete.

How did you take care of your mental health when you were teaching and now?

What is your advice to young teachers?

Young teachers should be aware that this is a very demanding profession and you need to be in for the long term. 35 years is a long time in this field. I take care of my mental health in the weight room, doing cardio work, being outside as much as possible, and continuing to work with the athletes on the football and track teams. Also, by spending time with my family. These are things that make me happy. Young teachers should know you have to feel good physically in order to be good mentally. You can't be true to your student if you aren't your best self. Have fun. Do things that make you happy. They also need to know that there are days when you drag yourself out of school. Go get some exercise and be assured the next day will be better.

DMCA Video Interview: <https://vimeo.com/903708561>