

“Provide a brief introduction of yourself.”

My name is Jessica Fox, and I recently graduated from the University of Regina with a major in Health Education and a minor in Inclusive Education. I come from a much smaller community in Saskatchewan: Humboldt. Growing up, I was an active child, playing all kinds of sports from soccer to water polo. I participated in many extra-curricular sports with my elementary and school teams. Aside from sports, I have a passion for working with disadvantaged youth and teaching those individuals the importance of holistic health.



“How did you become so passionate about health, well-being and health promotion?”

The last four years have been a game changer for me. Through different experiences and through my university classes, I have witnessed staggering statistics when it comes to children and teens. Health and well-being isn't being taken seriously, and it's causing these youth to become overweight and develop serious health concerns. As a future educator, I have the opportunity to change the lives of these youth. By being a passionate advocate for health promotion, I can only hope it will encourage these youth to make positive healthy choices for their own health and well-being.

“What inspires you (a favourite book, song, quotation, artist, mentor)?”

My favourite quote was also the inspiration for my one and only tattoo: “Dream, Believe, Achieve”. Any moment when I am in need of some inspiration I think of this quote. It reminds me that anything is possible if you believe in it, and most importantly, to believe in yourself. I also get inspiration from my family. They are full of love and encouragement, and by surrounding myself with those people, I can't help to feel inspired to become and do more for myself and for others. Inspiration is admirable because it pushes people to follow through with their dreams and beliefs. It is a powerful logic and if you dig deep enough, you will find your own.

“What is your vision of health and well-being for the school communities in which you will engage throughout your teaching career?”

As a soon-to-be educator, I vision a school community of equitable opportunities for all, health promotion and becoming lifelong learners. I believe in inclusion and teaching holistic health. In schools today, I think there is a wide gap between health and physical education- the two subjects seem so distant from one another, when in actuality, they are completely intertwined. I want to educate our youth on whole health- not just diet and exercise. Health encompasses so many different aspects, such as mental illness, self-identity, relationship building, and being in touch with your physical environment, spiritual identity and faith. As an educator, I want to bring all of the dimensions of health together to create more balance in one's life, and teach students the importance of being healthy and having a positive outlook and well-being!