



Congratulations to Jill Kondratiuk, a recipient of the 2013 SHEA Scholarship Award! Jill is currently in her final semester in the Bachelor of Education Secondary Program at the University of Regina. In 2007, Jill graduated with a Bachelor of Science in Kinesiology from the University of Saskatchewan. Since then, Jill has lived in various countries and taught ESL in South Korea for nearly 4 years. She enjoys running at Wascana Lake, camping, playing sports, and being with friends and family. Jill is also passionate about traveling and learning about

different cultures. Because of her experiences living overseas and struggling with culture shock, Jill wanted to help one family establish and build a life in Regina. She has been working with a family of six from Kenya for the past few months. Jill describes the experience as “amazingly rewarding” and couldn’t be happier she chose to mentor the family.

We had the opportunity to ask Jill a few questions about health and well-being, and the things she finds inspiring:

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

I grew up in a small town just across from the playground and the outdoor skating rink. I remember my mom begging my sister and I to come home from the skating rink to open gifts on Christmas Day. In the summer months my dad would set up his industrial sized construction lights for my sister and I to play volleyball long after the sun went down. My passion for well-being began as a child who loved to play outdoors. My parents spent countless hours playing sports with us in our backyard and taking us on ski trips in the winter. An active lifestyle was all I knew. My family valued healthy eating and exercise; therefore, a healthy lifestyle has always guided the choices I make.

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

Recently I watched a video created by soulpancake titled *My Last Days: Meet Zach Sobiech*. On May 20 of this year, cancer took this young teenager’s life but definitely not his legacy. During Zach’s final days he created a music video featuring his very own song, *Clouds*. Watching his life story and listening to his catchy song forced me to think about things a little differently. I felt terrible for Zach’s family and friends; they had lost such a positive and inspiring friend, son and brother. I think of Zach often and because of him, I have learned to live my life to the fullest. Since that video, I notice myself looking on the bright side. I am fortunate to be here living with a supportive circle of friends and family. I have my health and I am pursuing my dreams. I think that Zach’s story is a wonderful way to keep oneself grounded and focused on the truly important

things in life. If you have a moment, grab some Kleenex and check out the following link. <http://www.youtube.com/watch?v=9NjKgV65fpo>

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

I believe today's youth need inspiring role models who value a healthy lifestyle and who can teach them when their parent(s) or guardian(s) are unable to do so. Ultimately, I would love to see teachers and staff members gather in the gymnasium before classes commence and participate in 10-15 minutes of yoga and/or simple movements. Health promotion should start at an individual level or with the mentors. Those who do, teach. If staff members contribute to their own well-being, they will be much more likely to teach, promote and support the health and well-being of all students. During my internship, I will take part in coaching opportunities, intramurals, mental health awareness issues, and other clubs or groups that promote well-being. Discussing current issues that arise is a great way to address relevant issues around mental health for example. Participating in Pink Shirt Day is another easy way to incorporate health promotion into my classroom. Leading by example is probably the single best thing I can offer my future students and one I am eagerly anticipating.