



Congratulations to Jenni Senger, the recipient of the 2012 Saskatchewan Health Educators Association Scholarship. Jenni has completed her third year in the Bachelor of Education Secondary Program with a major in Health and a minor in Music. Her passion for health is evident through her summer employment at the Prairie Employment Program assisting individuals with disabilities to find meaningful employment, and through her volunteer work with the Battleford Sexual Health Clinic working with counselors to create awareness surrounding sexual health.

Jenni is an advocate for holistic health and will be continuing her work in her internship placement in the fall.

We had the opportunity to ask Jenni 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?”

Honestly, when I was in high school I only focused on my physical health and I had a huge decline in the emotional, mental, and spiritual aspects of health. This really affected me and made it difficult to maintain a healthy happy lifestyle. When I came to university and started learning about practicing holistic health and the wellness wheel, I really saw a change in my attitude and mood, leading to a healthier me. I no longer have to struggle with finding the balance like I did. Working as an employment counsellor helps me see the social determinants of health up close every single day, and how big of an impact they can make on a person. I have the opportunity to help my clients understand the underlying issues and improve their health, which is the base of everything going on in their lives.

“You mentioned in your application that health influences your approach to engaging others in music. What's an example of how this looks, sounds, or feels?”

As I said above, when I was in high school I really struggled with whole health. Music was one of the things that kept me grounded and engaged in something important. I learned how to work hard, motivate myself, improve motor skills and coordination, and really found something that was meaningful to me. Since then I have been learning a lot about how music can assist in improving the spiritual, mental and psychological aspects of health along with the physicality of fine motor skills. I believe that music is something that is lifelong and provides happiness to many... we all know how our mood picks up when we hear our

favourite song on the radio, or how we both relate to and find meaning in a song that is special to us.

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

A friend of mine sent me a quote a few years ago that I absolutely love... "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do." -Eleanor Roosevelt. It's a reminder of staying strong and taking things as they come. My Grandma Emma is my other inspiration. She moved from Germany to Canada when she was 14 years old and she has to be the strongest person I know. She works hard and is the definition of what it's like to enjoy life. She has such a positive outlook and it really shows in her health. Last year she had an open heart surgery, and her thoughts about it were "it's not even a big deal you guys!" Sure enough, she healed very quickly and refuses to use that, or anything else as an excuse. It's obvious to see that her optimism keeps her healthy and enjoying family and life.

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

I really believe in music and arts programs in schools, as well as other clubs and sports teams. They give students a sense of belonging, no matter what their passion or skill level is. I also hope to take a stand against bullying. Bullying is something that really affected me in school and I know how hard it can be for a student to deal with... I believe in showing by example how to treat others and doing anything I can to help students who are being bullied. Bullying can take a huge toll on a student and on all aspects of health ,and I'm not sure that this is fully understood.