In her nearly 20 years in education, Kara Helms has been a band teacher, arts educator, arts education consultant, and elementary vice principal. She began her teaching career with Saskatchewan Rivers School Division, directing the East Flat Band at W. J. Berezowsky, Princess Margaret, Prince Charles, and Riverside Schools. Since then she spent nearly a decade teaching elementary Band and Music with Saskatoon Public Schools at Greystone Heights School, Ecole College Park, and Brunskill School. Kara had the privilege of supporting arts education and gifted education teachers and programming in her role as educational consultant in a four year term. After helping to establish the Online Learning Centre Elementary (K-8 online learning program for Saskatoon Public Schools) as vice-principal, Kara is currently teaching elementary arts education and is vice principal at Dr. John G. Egnatoff School.

In addition to teaching elementary Band and Music, Kara loves to engage students through extra-curricular learning opportunities such as jazz ensembles, musicals, choir, handbell choir, and debate club. A self-described music nerd, she plays the clarinet, bass clarinet, and piano. Beyond the music room, however, she can often be found planning her next holiday with her husband Corey, or spending time with family and friends. Hopefully the next trip will be just around the corner!

Kara holds a Bachelor of Music (with Great Distinction), Bachelor of Education (with Great Distinction), and Master of Education in Curriculum Studies from the University of Saskatchewan. She has also earned the designation of Associate, Royal Conservatory of Toronto (ARCT) in Piano, and completed Level I – Orff Schulwerk Certification. A proud U of S grad, her master’s thesis used narrative inquiry to explore the concept of teacher identity within itinerant band programs.

As a past president of Saskatchewan Music Educators’ Association (SMEA), Kara served on their board for over a decade as Region 5 Director, Treasurer, Vice-President, President, and Past-President. She is a long-time member of the Junior and Intermediate Band North planning committee, and has previously been part of the SMC Planning Committee and served as Honour Groups Band Coordinator. She recently completed her second term as Director of Communications for the Canadian Music Educators’ Association (CMEA). There are many dear friendships and valuable learning experiences that happened as a result of her time serving on both the SMEA and CMEA board of directors. She encourages everyone to share their gifts and volunteer for an organization they feel passionate about!