

## Heidi Presingular

Heidi Presingular has been a teacher with the Seven Oaks School Division for 18 years. She has been blessed with experience in the classroom from Grades 2 to 7, as a learning support teacher, and as a specialist. In 2016, she started the dance program at Amber Trails Community School and has been the dance specialist for the school of 800+ students ever since. She is also the divisional dance rep for Seven Oaks.



Heidi shared her gifts in dance throughout her educational career starting in the classroom by integrating dance with the ELA and Social Studies curricula. It extended to a number of workshops and conferences that she offered throughout the city for both students and teachers. She led a dance and literacy workshop at the Seven Oaks Administrators Conference in 2004, and sessions at the Seven Oaks Arts Alliance Conference (2006), TEMPO Conference (2009), and the SAGE PD Day for the EAs of 7Oaks (2012). Additionally, Heidi has been a dance and Zumba instructor for many of Seven Oaks' arts initiatives such as Grade 5 Arts Camp (2003-2013), Students at Play (2009), and Arts in the Park (2003-present). Lastly in her spare time, she offered Zumba classes for Seven Oaks Continuing Education and Seven Oaks Employee Wellness programs (2013-2016). Heidi joined the Project 11 team in the summer of 2015 to include her "Hip Hop With HP" intermission videos to the Grade 7 & 8 Mental Wellness Lessons. In January 2019, she led a movement break at the Project 11 Summit with a group of Grade 5 students from Amber Trails.

Heidi is married with two sons and two pups. Along with dancing, she enjoys creating art, making music with her family and friends, and running to keep her mind, body, and spirit nourished.

You can visit her website at <http://mspresingularstrailblazers.wordpress.com> or you can find her on Instagram @ambertrails\_dance

Be well. Stay safe. Keep dancing!

