

Laurene Head

Laurene spent her childhood and teenage years involved in several sports, including swimming, dancing, gymnastics, basketball and volleyball. She showed most promise in basketball, and represented Saskatchewan at several provincial and national competitions. After her family relocated to Yellowknife in her last year of high school, Laurene graduated from Sir John in 1986.

By chance, Laurene was scouted by the head coach of the Canadian National Volleyball team while playing in the Arctic Winter games in her Grade 12 year. She moved to Regina and trained with the team for a year while also taking a few classes at the University of Regina. Training six hours a day, and travelling with the team did not allow for full time studies.

After leaving Regina and the national team, she attended the University of Saskatchewan and graduated with a BA, majoring in English, and a B Ed.

Upon graduation, Laurene returned to Yellowknife to teach at Sir John for two years. It was a surreal experience to teach with those who had taught her!

A move to Montreal followed, where she married, and raised three children, while dabbling in a home based cosmetics business-earning a car and becoming a Sales Director-until her youngest started kindergarten, and she returned to the classroom to continue her teaching career.

She currently lives in Cochrane, AB with her three children, Max, Madi, and Milan. She teaches Grade 8 Language Arts, Social Studies and Phys. Ed at Springbank Middle School.

Hobbies include any activity that allows her to be outside, especially in the mountains. Laurene has completed two Spartan Races in Calgary but has decided to stay out of the mud for a while. When she's not marking English papers or complaining about millennials, she's practicing hot yoga, swimming, cooking for her family or writing. Her big dream in the next few years is to be on the Amazing Race Canada.

Although being a part of the national volleyball team was Laurene's public "15 minutes of fame", her greatest achievements have been more personal in nature, and you'd have to buy her a glass of wine to hear more about those personal victories.

