

Kara Helms Biography

Kara Helms is a music specialist with experience teaching band, choir, and fine arts from Kindergarten to Grade Eight. She received a Bachelor of Music and Bachelor of Education from the University of Saskatchewan, and is an Associate of The Royal Conservatory of Music (ARCT) in piano.

Currently, she teaches band to middle years students at Greystone Heights, Brunskill, and Ecole College Park School in Saskatoon, Saskatchewan. Kara is actively involved with extracurricular programs at her schools: conducting 4 jazz ensembles, coaching a thriving debate club, and accompanying for musical productions and senior choir. Her latest musical adventure is starting a staff handbell choir at her school.

Outside of the band room, Kara sings with her church choir and plays clarinet in the Saskatoon Concert Band. Her favourite pastime is to travel overseas during summer vacation. Kara is a board member of the Saskatchewan Elocution and Debate Association and is president of the Saskatchewan Music Educators' Association. She has been involved with this organization for the past 6 years as Region 5 Director, Treasurer, and Vice President.