

Ms. Garrett



I was born and raised in Auburn Washington where I went to Washington Elementary, Cascade Junior High and Auburn High School --
Go Trojans!

I attend Green River Community College where I received a AA degree (thinking I was going to be a doctor = heavy science, anatomy, medical terminology) - took a year off to travel to Australia, Fiji, New Zealand and Tahiti with my two best friends who are STILL my two best friends (36 years later).

Upon returning from my world adventures, I went to the University of Washington and received a BA in Communication/Advertising.. I took off to see more of the world - Europe from Sweden to Greece and back again. I then went up to Bellingham and earned a Masters in Secondary focusing on Health and PE. I worked in restaurants to help but myself thru school and to pay for my travel addiction.

I taught for 9 years at Roosevelt High School where I was the athletic director, activities coordinator and cheer coach. I went to Decatur High School in 2003 where I became known as the walking teacher who does yoga (PS - I can't even touch my toes). For the past year I worked at Internet Academy and at Truman High School but now I begin my adventure at Lindbergh High School. I am very active at the state level within the health and Physical Education Profession. I am the secondary VP for SHAPE Washington and hold the 2016 High School PE Teacher of the year award.

I was an overweight, inactive team who hated to play sports - I still do! But I found that I love to move, to exercise, to challenge myself. I enjoy biking, including the STP, hiking (climbed Mt Kilimanjaro, Mt Adams, St. Helen's and more, running (multiple marathons) and being outdoors. My classmates from high school think that it is ironic that I teach phys ed. I get up at 4:00 am so that I can workout before work :). I travel the world with my family and have never seen a movie in the movie theater with my husband or my kids.

I have two kids (McKinley - 11 and Brock - 9) who are the light and joy of my life. I have been married for 13 years and strive to be like my parents who are on year #53. Now that you know a bit about me, what else do you want to know???

