

Meet Shana Williams - Physical Education and Technology Teacher



Not only does Ms. Williams have fifteen years of experience in Richmond and Henrico Public Schools, she is a two-time Olympian in the long jump. Recently, she was inducted into the ECAC Hall of Fame. Check out this short video from the ceremony.

<https://m.youtube.com/watch?v=ulNyA5-9WgU>

She won 13 Big East track titles while competing for Seton Hall University!

Ms. Williams had this message for All Saints families:

"I have lived my life believing that nothing is impossible with God. So I encourage us all to live life with joy and when faced with life challenges, to listen to His word, obey it, and trust and

believe that it will work out for our good. One of my favorite Bible verses is Isaiah 40:31: *But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.*"

Ms. Williams is a northside resident and she remarked that over the years, she witnessed the positive growth and interactions of the students and staff, and she wanted to be a part of our school family.

In her spare time, Ms. Williams enjoys nature, photography, painting, writing poetry and, in general, tapping into her creative side