

Strike vote for public school members—October 25

On October 11, after NSTU public school members voted to reject a second tentative agreement, the NSTU provincial executive voted unanimously to conduct a strike vote among public school teachers on October 25.

“Our provincial executive explored options going forward and is strongly urging teachers to back their negotiating team and their union,” says NSTU president Liette Doucet. “Executive members were unanimous in recommending that all eligible public school teachers vote in favour of strike action,” she adds.

The NSTU president says the decision to call a strike vote was not made lightly.

“With a second tentative agreement rejection, we have opted to ask members for a strong strike mandate,” Doucet adds. “Public school teachers in Nova Scotia want their voices heard within the multitude of challenges we face every day, as we work in the best interest of our students.”

Ninety-four per cent of NSTU public school members voted 70 per cent against the tentative deal. “Public school members were highly engaged in the process of democracy and have used their voice in rejecting this tentative agreement,” says NSTU president Liette Doucet of the October 4 rejection of the tentative agreement. “It’s clear that the improvements negotiated

were not enough for members, and the concerns of poor working conditions and not being valued as professionals were a big influence as they voted against this agreement.”

Further, Doucet says that, “The reasons that we have decided to call for a strike vote are to protect free, fair collective bargaining, to protect quality public education and to protect learning and teaching conditions.”

She urges public school members to vote yes on October 25. “A strong strike mandate will show Government that teachers are serious and NSTU is strong, united, and prepared to take necessary job action,” she adds. “It will also tell Government that we reject Bill 148 and its attack on free and fair collective bargaining.”

At press time, regional meetings were scheduled for October 17, 18 and 19 and Government asked conciliator Jarrod Baboushkin to file his report. “The conciliator’s report will state that the parties were unable to reach an agreement,” continues Doucet. “This triggers a 14-day period in which both parties can take no action and a further 30 days or “cooling off” period. We are also required by law to provide the Employer with 48 hours notice prior to commencing job action.”



NSTU president Liette Doucet speaks to media after the results of the October 4 vote.

At the regional meetings voting keys for October 25 strike vote were distributed to NSTU reps and a myriad of questions about potential job action were answered. NSTU reps who have not received these should contact their provincial executive member or Central Office as soon as possible.

Updated FAQs, also distributed at these meetings, have been posted on the NSTU website under Negotiations. Other information and letters for members to send to their MLAs are found at nstunited.ca.

The current public school contract expired on July 31, 2015. The last time the NSTU asked public school teachers for a strike mandate was in the fall of 2002.

Please see below for a breakdown of the October 4 vote by NSTU Local.

Poll Results by Local for Teachers’ Provincial Agreement Ratification Vote—October 4

Local	Region	Accept	Reject	Total	Eligible Voters	% of Voter Turnout
Annapolis	Valley	106	56	162	174	93.10%
Antigonish	Strait	139	62	201	203	99.01%
Cape Breton District	CB-Victoria	45	652	697	740	94.19%
Colchester-East Hants	Chignecto	250	498	748	765	97.78%
CSANE	CSANE	199	221	420	459	91.50%
Cumberland	Chignecto	58	220	278	295	94.24%
Dartmouth	Halifax	135	493	628	670	93.73%
Digby	Tri-County	67	38	105	115	91.30%
Guysborough County	Strait	39	35	74	85	87.06%
Halifax City	Halifax	136	824	960	985	97.46%
Halifax County	Halifax	329	1677	2006	2104	95.34%
Hants West	Valley	80	102	182	176	103.41%
Inverness	Strait	111	77	188	198	94.95%
Kings	Valley	288	254	542	618	87.70%
Lunenburg County	South Shore	175	190	365	430	84.88%
Northside-Victoria	CB-Victoria	49	226	275	290	94.83%
Pictou	Chignecto	174	221	395	420	94.05%
Queens	South Shore	43	57	100	100	100.00%
Richmond	Strait	18	42	60	65	92.31%
Shelburne County	Tri-County	71	61	132	136	97.06%
Yarmouth	Tri-County	125	100	225	250	90.00%

people

Five NSTU members part of fall Huntley internship

Five more NSTU members have completed the NSTU's John Huntley Memorial Internship program at the NSTU office October 13 and 14. Part of the internship includes meeting with NSTU staff officers in member services, professional development, public relations, and the Member Assistance Program. The two-day internship provides an invaluable experience for NSTU members to "job shadow" NSTU staff and learn more about NSTU programs and services.



Seated: Diana Dibblee (Halifax City), a P/1 French immersion teacher at John W. MacLeod Elementary School; Crystal Tattersall (Annapolis) a Math 10-12 teacher at Middleton Regional High School, she is the treasurer for her Local; and Mélanie Belliveau (CSANE) a Grade 1 teacher at École acadienne de Pomquet. Belliveau is the VP of PA/PR for her Local. **Standing:** Emily Strong (Lunenburg County) a Grade Primary to 9 music and band teacher at Hebbville Academy; NSTU president Liette Doucet; Darren Stoddard (Shelburne County), a Grade 3/4 teacher at Hillcrest Academy; and NSTU executive director Joan Ling.



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NSTU Communications Conference 2016



Above are delegates who attended NSTU's biennial Communications Conference, which took place at the Lord Nelson Hotel in Halifax on September 30 and October 1. **From left to right:** Derek MacDonald, vice-president public affairs/public relations with the Guysborough County Local; Jerry Delorey, VP economic welfare & VP PA/PR with the Antigonish Local; Gerarda Bonvie, VP Communications/Webmaster with the Antigonish Local and Melanie Belliveau, VP Communications with CSANE Local. (See full story on this conference on page 3).

Annapolis Local regional meeting



Prior to the October 4 vote on the Tentative Agreement regional meetings were held around the province for NSTU reps and public school members. Above is NSTU president Liette Doucet with some members at the Annapolis Local meeting, which took place September 21 at Bridgetown Regional Elementary School. **From left to right:** Wendy Chapman, NSTU rep at Champlain Elementary School; new Annapolis Local president Lisa Barteaux, a teacher at Middleton High School; NSTU president Liette Doucet and provincial executive member Allister Wadden (Annapolis-Hants West-Kings).

NSTU's new Technology Committee hold inaugural meeting

During Annual Council 2016 a motion to create a new NSTU standing committee with technology as its focus was passed. The NSTU Technology Committee held its inaugural meeting on October 3. The mandate of this committee includes exploring how technology is used in schools and campuses and how it impacts the workplace. It will also develop policy and recommendations for the provincial executive relevant to technology issues, provide advice on the content, deliver and design of technology, and keep abreast of trends and developments in technology.



Shown are members of the committee. **Left to right:** Rona Chisholm-Cleary (Halifax County); Mario Eleftheros (Dartmouth); NSTU staff liaison Betty-Jean Aucoin; committee chair Suzanne Greenlaw (Annapolis); provincial executive liaison Peter Day; Duncan Smith (Antigonish); Lauchie MacKinnon (Colchester-East Hants); and Allen Whittaker (Yarmouth).

Communications Conference 2016—*The Member is the Message*

The biennial Communications Conference with the theme *The Member is the Message* took place at the Lord Nelson Hotel in Halifax on September 30 and October 1.

This conference brings together NSTU leaders who volunteer in their Locals as vice-presidents of public affairs, public relations and communications. The VPs of PA/PR and Communications promote programs and services internally to our members and public education externally to our many important stakeholders, and establish relationships with school board members and MLAs. The conference is dedicated to NSTU member awareness and involvement in public affairs and public relations.

The Friday night opening session *A Political "Party"* enabled conference participants to hear first hand the public education platforms from Nova Scotia's political parties. Education critic for the Progressive Conservative party Pat Dunn, MLA for Pictou Centre, education critic for the NDP, Lenore Zann, MLA for Truro-Bible Hill-Millbrook-Salmon River, and NDP leader Gary Burill presented their perspectives on the state of public education and teaching in Nova Scotia and conference delegates were given an opportunity to ask questions and comment.

The Saturday morning session focused on the messaging NSTU members want to communicate to Nova Scotians through the public relations campaign that will be developed from Resolution 2016-24, the "Realities of Changes in Education."

Members of National Public Relations, the successful agency who will be developing and co-creating the campaign with the NSTU brainstormed with delegates to help inform the approach, tone and goals of the campaign.



Lenore Zann and Gary Burill address delegates.

Evaluations of the content of the conference were positive. Comments include: "I liked sharing ideas with the politicians, the PR Firm and with union members from across Nova Scotia."

"As a teacher in Nova Scotia we are all fighting the same hurdles and we all have our student needs close to heart! It's time for change and with our feedback and input, the PR Firm will do a great job promoting the teachers of Nova Scotia."

"Being involved in crafting a message that represents us is important."



Delegates at the Communications Conference participate in a session facilitated by National Public Relations.



Pat Dunn answers questions at the conference.

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from the nstu president



Strike Vote for public school members called for October 25

On October 11, the provincial executive met and unanimously voted in favour of setting a strike vote for Tuesday, October 25.

After exploring options available following the rejection of the Tentative Agreement on October 4, your negotiating team met earlier in the day and recommended to the provincial executive that we seek a strike mandate from public school members.

I can't overstate that we need the support of all of public school members, regardless of how you voted on October 4. We expect every member to vote and we need every member to vote YES on October 25. It is more important than ever that we remain united and strong—#NSTUnited.

The provincial executive has decided to call for a strike vote as a necessary step toward protecting free and fair collective bargaining, protecting quality public education and protecting the learning conditions of our students.

We hear you when you state you are not feeling valued and respected as professionals—that having a fair salary package, keeping negotiated benefits, and improving your teaching conditions and students learning conditions are paramount. Getting a strong strike mandate will send yet another message to government—that the voices of teachers must be heard and that the multitude of challenges we face every day, as we work in the best interest of our students, must be addressed.

I know there are still many questions related to what a strike vote means. NSTU executive staff officers were answering many of these questions through scheduled regional meetings from October 17 to 19, and will continue to answer questions as they arise. Please understand that there will be some questions they will not be able to answer. There is also a new FAQ available on the NSTU website, and you will have opportunities to ask your provincial executive members questions through your regular local and regional communication process.

We are also pleased to see so many of you share your stories through social media and through correspondence to your MLA. We encourage you to reach out to your MLA, the Premier and Minister of Education and Early Childhood Development. Letters have been prepared and are available at nstunited.ca.

At this point, it is very important for all members to ensure they have access to NSTU webmail. Please visit nstu.ca under Communications and click on NSTU web accounts to sign up for an account.

At press time, we found out that Government asked the conciliator to file his report. Once the report is filed, it triggers a 14-day period in which neither party can take any action. However, that does not prevent us from seeking a strike mandate from public school members. Now that the report is filed, on day 15, a 30-day 'cooling off' period begins. No job action can take place during these time periods.

Please continue to check your NSTU email as this is the main vehicle by which we are providing up-to-date and accurate information, along with our website, official social media platforms, and publications. Please like the Nova Scotia Teachers Union Facebook page and follow us on Twitter @NSTTeachersUnion.

As I write this, I am reminded of an interview with Sophie Gregoire Trudeau about empowerment in relation to the International Day of the Girl, which took place on October 11. The very important comment that took my attention as I was writing was "Fear prevents us from action."

I am very aware that you are facing many unknowns right now, however, this is not the time for fear. We must act. Your voice is worth fighting for, free and fair collective bargaining is worth fighting for, quality public education is worth fighting for, value and respect as professionals is worth fighting for and long fought for benefits are worth fighting for.

You have shown us that you have the confidence to take action. #NSTUnited—Vote yes on October 25.

Un vote de grève des membres des écoles publiques est appelé pour le 25 octobre

Le 11 octobre, le Comité exécutif provincial s'est réuni et a voté à l'unanimité en faveur d'un vote de grève pour le mardi 25 octobre.

Après avoir exploré les options disponibles suite au rejet de l'accord préliminaire le 4 octobre, votre équipe de négociation s'est réunie plus tôt ce jour-là et a recommandé au Comité exécutif provincial que nous cherchions à obtenir un mandat de grève auprès des membres des écoles publiques.

Je n'insisterai jamais assez sur le fait que nous avons besoin du soutien de tous les membres des écoles publiques, quelle que soit la manière dont vous avez voté le 4 octobre. Nous comptons sur le vote de chacun des membres et nous avons besoin que tous les membres votent OUI le 25 octobre. Il est plus important que jamais que nous restions forts et unis – #NSTUnited.

Le Comité exécutif provincial a décidé d'appeler à un vote de grève car il s'agit d'une étape nécessaire en vue de protéger la négociation collective libre et équitable, de protéger l'éducation publique de qualité et de protéger les conditions d'apprentissage de nos élèves.

Nous vous comprenons lorsque vous affirmez que vous ne vous sentez pas appréciés et respectés en tant que professionnels – et qu'un régime équitable de salaires et d'avantages sociaux, le maintien des avantages négociés et l'amélioration de vos conditions d'enseignement et des conditions d'apprentissage des élèves sont primordiaux. L'obtention d'un solide mandat de grève envoie une fois de plus un message au gouvernement : les opinions des enseignants doivent être entendues et il est nécessaire d'aborder la multitude des défis auxquels nous sommes chaque jour confrontés, tandis que nous travaillons dans le meilleur intérêt de nos élèves.

Je sais qu'il reste encore beaucoup de questions quant à ce que signifie un vote de grève. Les cadres de direction du NSTU ont répondu à bon nombre de ces questions lors des réunions régionales prévues du 17 au 19 octobre, et continueront à répondre aux questions qui surgissent. Veuillez comprendre qu'il y aura certaines questions auxquelles ils ne seront pas en mesure de répondre. Une nouvelle FAQ est également disponible sur le site Web du NSTU et vous aurez la possibilité de poser des questions à votre représentant au Comité exécutif provincial par le biais du processus normal de communications locales et régionales.

Nous sommes également heureux de constater que beaucoup d'entre vous partagent leurs expériences par le biais des médias sociaux et de messages à leur député. Nous vous encourageons à contacter votre député, le premier ministre et le ministre de l'Éducation et du Développement de la petite enfance. Des lettres ont été préparées et sont disponibles à nstunited.ca.

À ce stade, il est très important que tous les membres s'assurent d'avoir accès au courriel Web du NSTU. Veuillez aller à nstu.ca sous la rubrique Communications et cliquez sur NSTU Web Account pour demander un compte.

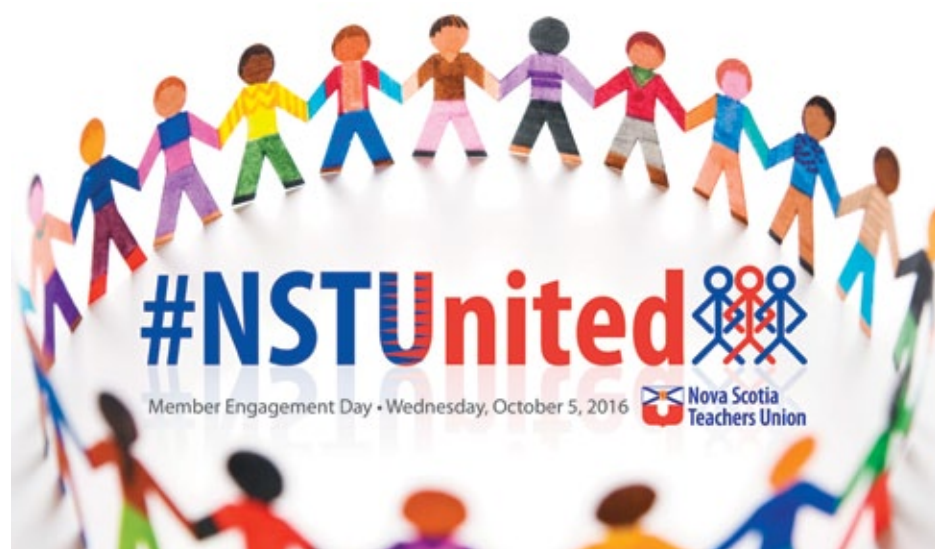
Au moment de la mise sous presse, nous avons appris que le conciliateur avait déposé son rapport. Maintenant que ce rapport a été déposé, cela enclenche une période de 14 jours durant laquelle aucune des parties ne peut passer à l'action. Toutefois, cela ne nous empêche pas de demander un mandat de grève auprès des membres des écoles publiques. Au 15e jour après le dépôt du rapport commence une période « de réflexion » de 30 jours. Aucune action revendicative ne peut être lancée au cours de ces périodes.

Veuillez continuer à vérifier votre courriel du NSTU car c'est le principal véhicule que nous utilisons pour vous fournir des renseignements exacts et à jour, en plus de notre site Web, des plates-formes de nos médias sociaux officiels et de nos publications. Veuillez « aimer » la page Facebook du Nova Scotia Teachers Union et nous suivre sur twitter @NSTTeachersUnion.

Alors que j'écris ceci, cela me rappelle une entrevue avec Sophie Grégoire Trudeau sur l'autonomisation en liaison avec la Journée internationale de la fille, qui a été fêtée le 11 octobre. Le commentaire très important qui a retenu mon attention était « La peur nous empêche d'agir ».

Je suis tout à fait consciente du fait que vous êtes confrontés actuellement à beaucoup d'inconnues, toutefois, ce n'est pas le moment d'avoir peur. Nous devons agir. Votre opinion vaut la peine d'être défendue, la négociation collective libre et équitable vaut la peine d'être défendue, l'éducation publique de qualité vaut la peine d'être défendue, la reconnaissance et le respect qui nous sont dus à titre de professionnels valent la peine d'être défendus et les avantages sociaux pour lesquels nous avons si longtemps lutté valent la peine d'être défendus.

Vous nous avez montré que vous aviez la confiance nécessaire pour agir. #NSTUnited – Votez OUI le 25 octobre.



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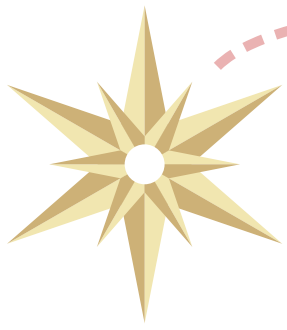


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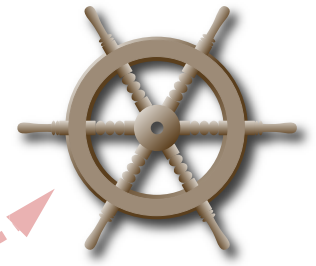
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Charting Your Course FOR PROFESSIONAL DEVELOPMENT



From Ethics and Empathy to Making and Remixing: Extending Digital Literacy to the Secondary Grades

by Media Smarts, mediasmarts.ca

For more than a decade, MediaSmarts has been a leader in defining digital literacy in Canada. This is reflected in the elementary digital literacy framework we launched in 2015. The Use, Understand & Create framework is based on a holistic approach which recognizes that the different skills that make up digital literacy cannot be fully separated. The framework identifies six overlapping aspects of digital literacy – ethics and empathy, privacy and security, finding and verifying, digital health, consumer awareness, and community engagement – and includes resources to ensure that every Canadian student from Primary to Grade 8 can receive a comprehensive digital literacy education. Now we are extending that work to the secondary grades with a suite of new lessons in all six categories as well as adding a seventh aspect – Making and Remixing – to help students learn how to use digital tools to collaborate with others and to create and ethically remix content.

Though the new secondary resources draw on the same principles of digital literacy, they reflect the important differences between teens and younger children found in our Young Canadians in a Wired World data. Because teens' online experiences are more varied and more likely to encompass multiple platforms and devices, many of these resources help youth to understand how the different digital skills learned in earlier grades interrelate and reinforce one another in helping to address the new challenges they face. In dealing with sexting, for example, youth need to not just be able to manage their own privacy and make ethical decisions about others' but also to understand the differences between healthy and unhealthy relationships (American research has found that sexts sent as a result of pressure or coercion are three times more likely to result in a negative outcome). Our new Ethics and Empathy lesson Online Relationships: Respect and Consent encourages students to consider the importance of ethical thinking and consent before sharing any content that might be harmful. It presents a series of scenarios that explore issues such as coercion, lack of consent, violation of privacy and making private content public in low-stakes situations that are relevant to students' day-to-day experience.

Our Young Canadians findings allowed us to "start where the learner is" by building on the approaches we know youth are already using. Their preference for social strategies in dealing with privacy issues, for instance, served as the jumping-off point for Online Relationships: Respect and Consent. Similarly the findings in our report Young Canadians' Experiences with Electronic Bullying – which looked at what leads witnesses to cyberbullying to intervene (or not intervene) and which intervention strategies were most likely to help without making things worse – allowed us to provide practical advice on how to help targets of bullying in our lesson First, Do No Harm: How to Be an Active Witness to Cyberbullying.

One of the most striking findings in our Young Canadians survey was the number of youth who said they sleep with their cell phones at night to avoid missing anything: more than half of Grade 11 students report doing this. The amount of time students spend on their devices is just the tip of the iceberg, as many report being stressed by constantly comparing themselves to their friends, by the pressure to seem happy and successful on social media, and what they themselves call FOMO ("fear of missing out"). Our Digital Health lesson Dealing with Digital Stress helps students identify habits in their lives that are making them anxious and teaches them evidence-based strategies for managing their time, changing harmful habits and attitudes, and making time for rest and relaxation.

Besides needing to look happy and popular to their peers, as students reach their teen years they're also under stress to present an online image that will be appropriate for potential employers, college and university admissions officers, and others who know enough to be suspicious of someone with no social media presence, or who recognize a freshly-scrubbed profile when they see one. Our Privacy and Security lesson Your Online Resume empowers students to "accentuate the positive" and take control of their online identity by considering the different audiences who might see their content and making a plan to ensure that they're sending the right message to each audience.

Our research also gave us insight into what students aren't doing: while the data showed that most students are learning and using search and verification skills in school, it also showed that they are not as likely to use them to verify content they come across outside of school. That's why our new Finding and Verifying lesson Authentication Beyond the Classroom teaches students not just how to fact-check the latest viral photo or video but why they should verify something by helping them understand that in our networked world we are, in effect, all journalists, and we have an ethical duty to be sure something is true before passing it on.

While Canadian youth are creating lots of content on social media, our data shows that relatively few are producing creative content such as music or videos, and our recent teacher survey conducted with the Canadian Teachers' Federation, Connected to Learn: Teachers' Experiences with Networked Technologies in the Classroom, shows that few are doing these activities in class either. But media production, which has always been a central part of media literacy, has never been simpler: students can now do things with their phones that just a decade ago would have required expensive video cameras.



Editing and remixing, which once required specialized hardware or software, can now be done with free online tools, and it's never been easier for youth to find an audience for the content they create – but these new tools come with ethical considerations as well.

Our Making and Remixing lesson Remixing Media teaches students the rights they have to remix content under Canadian copyright law and has them look at the different kinds of remixes and the different legal and ethical considerations associated with each one, before creating a critical remix of their own.

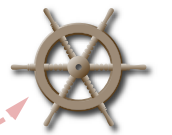
The ethical considerations of remixing highlight the issue of digital citizenship. Even more than digital literacy, the precise definition of this term is still evolving: all too often it's simply a list of "thou shalt nots" which, while important, fail to engage youth. What may be more valuable is to approach digital citizenship not as a separate subject but as the ideal outcome of digital literacy education, and to view it in terms not just of the responsibilities but also the rights of a digital citizen. A rights-based approach to digital citizenship provides the essential link between teaching youth what they can do to manage and defend their privacy and empowering them to actually do it. Young Canadians need to know that they don't give up their rights when they go online and, in fact, they may have rights they're not aware of. Online Cultures and Values lets students investigate how online communities such as social networks and multiplayer games form their cultures and values and how every member of these communities has the right and the power to influence those values so that racism, sexism, and other forms of harassment aren't tolerated. While this lesson shows students how they can make a difference in their online communities, our three-part lesson Digital Storytelling for Civic Engagement (which teachers can deliver as a unit or as standalone lessons) combines Making and Remixing and Civic Engagement competencies to help students use digital tools to be active citizens in their offline communities. By having students research and create a Digital Story – a simple but flexible media product which can be done with even the most minimal media production tools – on an issue that's relevant to them and their community, and then find ways of getting it in front of the right audience, this lesson series prepares students for a lifetime of active citizenship.

There's no question that networked technologies pose significant risks and challenges for Canadian teens, but they offer unparalleled opportunities as well. Now that MediaSmarts' comprehensive digital literacy framework Use, Understand & Create has been extended to the secondary level, we're able to prepare them to be active and engaged digital citizens. Based on our ground breaking research on digital literacy education in Canada – Mapping Digital Literacy Policy and Practice in the Canadian Education Landscape – and linked to existing curriculum outcomes for each province and territory – provides tools for teachers, parents, administrators and policymakers to ensure that all Canadian students get the digital literacy education they need for living and working in a digital world.

Use, Understand & Create: A Digital Literacy Framework for Canadian Schools (K-12) was made possible by financial contributions from CIRA through the .CA Community Investment Program. The framework and supporting resources are freely available at <http://mediasmarts.ca/teacher-resources/digital-literacy-framework>



Charting Your Course FOR PROFESSIONAL DEVELOPMENT



Email your name, home address, and the name of your school or campus with PD Giveaway in the subject line to theteacher@nstu.ca by November 18 to be eligible for the draw.

The First Days Of School: How To Be An Effective Teacher By Harry K. Wong and Rosemary T. Wong

The First Days Of School: How To Be An Effective Teacher teaches you how to plan so you can plan to teach. Used by teachers, instructors, and administrators, this book is designed to help you with classroom management, student achievement, and teacher effectiveness. The book also includes the DVD Using The First Days of School.



Members unite for Member Engagement Day

This year's 3rd Annual Member Engagement Day, celebrated around October 5, which is also World Teachers' Day, focused on the #NSTUnited theme. The Cumberland Local hosted a Bowling Night on October 5. The poster promoting the event read, "If you can "spare" the time, come "strike" up a conversation and make merriment with colleagues! Come and celebrate being NSTUnited!" All members of the Local's executive participated in the event.



Shown (l-r) front row: Alexa Coleman, Daisy Beck, provincial executive member Hope LeMoine, Marcy Van Snick, and Mandy Gould. Back Row: Pat Hillier (Treasurer), Jen Gautreau, Holly MacDonald (VP of PD), Bryan McNamara, Lindsay Crossman-Wheaton (First VP), Jennifer Fields (Secretary), Michelle DeCoff (Member at Large), Charline Bourke, Ann Rushton, Tammy Harrison (VP of Communications), and Wade Van Snick (Cumberland Local President).



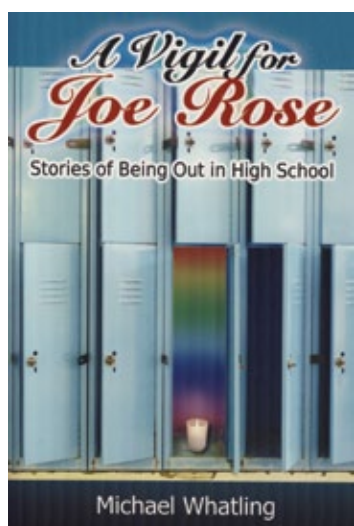
Email your name, home address, and the name of your school or campus with EQUITY in the subject line to theteacher@nstu.ca by November 18 to be eligible for the draw.

A Vigil for Joe Rose Stories of Being Out in High School

By Michael Whatling

A Vigil for Joe Rose by Michael Whatling is a collection of stories told with empathy and humour about the experience of being "out" in high school. Told from the perspective of teens in high school, the stories explore how the reactions of students, teachers, administrators, and families affect the out gay student.

Readers are taken on a journey with the main characters, from first coming out to their growth into confident young gay men.



fresh

Putting new members in the KNOW!

Email your name, home address, and the name of your school or campus with FRESH in the subject line to theteacher@nstu.ca by November 18 to be eligible for the draw.

Établir des milieux scolaires sécuritaires Guide pour le personnel de l'école

This book is a guide to establishing safe school environments. A project of FEO and COPA, it explores awareness and the prevention of violence in schools and communities through "safety, strength, and freedom".



The John Huntley Memorial Internship Program

The deadlines for application for the John Huntley Memorial Internship Program for the 2016-2017 school year are November 15, February 15 and April 15.

Applications for active NSTU members are available through your NSTU rep, on the NSTU website at www.nstu.ca or at Central Office 477-5621 or 1-800-565-6788.

The internship provides members with an opportunity to learn more about the NSTU.

Nova Scotia Teachers Union

HAVE A GOOD IDEA FOR SUPPORTING PEACEFUL SCHOOLS, CAMPUSES AND COMMUNITIES?



We can help you turn your idea into a useful practical program!

PROJECT APPLICATION MAILING ADDRESS

Sheonoroil Foundation
Project Review Committee
3106 Joseph Howe Drive,
Halifax, NS B3L 4L7

If you, your class, or your colleagues have ideas to share with other teachers, classrooms and campuses in Nova Scotia, get a Sheonoroil Project Application Form from sheonoroil.nstu.ca.

DEADLINE

November 10, 2016

Our Mandate

is simple. The Sheonoroil Foundation will extend financial resources to any active or retired member of the Nova Scotia Teachers Union, to any group of active or retired NSTU members, or to any group of public school or Community College students working in cooperation with a teacher advisor(s) faculty member.

Our purpose

is to support research, inquiry, reflection, writing, distribution of information and interventions which focus on all forms of peaceful schools/campus initiatives.

Our Pledge

is to award funding grants for peaceful school/campus programs that have a direct and immediate impact on public school and Community College classrooms, students, administration and community.

SHEONOROIL FOUNDATION

CELEBRATING OCCUPATIONAL THERAPY MONTH

The Broad Scope of Occupational Therapy

by Denise Johnston, BSc OT Reg (NS)

(This is an edited version of The Well Teacher column from The Teacher, October 2010)

October is National Occupational Therapy (OT) month. It is a time to celebrate occupational therapy's contributions to helping people live healthier, more satisfying lives. The month is a joint public awareness initiative of the Canadian Association of Occupational Therapists (CAOT), its members and its affiliate provincial and territorial occupational therapy associations. These associations hold various events across the country to increase the understanding of the important role occupational therapy plays in creating inclusive, diverse communities.

As I reflect on my own practice, I am struck by how grateful I am to have discovered such a fulfilling career. Although my path to it was somewhat indirect (I originally wanted to be a special education teacher) I have appreciated the incredible opportunities and experiences this career choice has offered me. I have been able to work all over the world, in hospital, private practice and community settings, with individuals having mental health issues and physical disabilities. I have had the privilege to work with and learn from the most incredible and resourceful people as they deal and cope with a disability or health issue.

WHAT IS Occupational Therapy?

OTs define occupation as everything that a person does each day, within each of the following categories:

- self-care (getting dressed, bathing, cooking and eating);
- leisure (hobbies, sports, social activities);
- productivity (paid or unpaid work, housework and school).

An OT may assist a client to:

- learn new ways of doing things; for example, dress or cook with one arm after a stroke;
- adapt materials or equipment they use; for example, build up pencils and special seating for a child to attend school;
- make changes to their environment; for example, negotiate with an employer for a gradual return-to-work plan following a motor vehicle accident.

Canadian occupational therapists are known worldwide for their client-centred approach. OTs value the knowledge, experience and self-determination of the client in the practice of occupational therapy.

NSTU's Early Intervention Program (EIP), part of the Member Assistance Program (MAP), is an occupational therapy-based program to support NSTU members who are experiencing illness or injury. This program can be accessed by any NSTU member, at work or on sick leave, on a self-referral basis. This means that members ultimately make the choice about their involvement and are actively involved in the decisions about interventions.

Benefits of OT

Anyone, of any age, can benefit from occupational therapy if they are unable to, or find it difficult to participate in a desired activity. Occupational therapists have training and knowledge in physical and psychosocial development and disorders and therefore look at the whole person, not just the physical aspects of their problem. They also look at these problems or risks in terms of how they affect the client's function. By seeing an occupational therapist, people develop the skills for the job of living. OTs enable clients to participate more fully in the life they choose, or to prevent a disruption in their day-to-day living. Occupational therapy benefits the individual and those around them such as teachers, employers, parents, spouses and other family members.

Occupational therapy can help clients overcome and/or develop strategies to cope with:

- mobility and seating problems due to developmental disorders, arthritis, a spinal cord injury or simply the aging process;
- managing pain due to an automobile accident, burns, incorrect lifting, arthritis, fibromyalgia, or repetitive strain injuries such as carpal tunnel syndrome;
- fatigue related to a heart condition, multiple sclerosis, depression, stress, or stroke;
- returning to work after an injury or prolonged illness;
- relearning and finding new ways to manage home-making activities after a brain injury or acute mental illness;
- discovering memory aids and other tricks for people who experience poor memory due to aging, Alzheimer's Disease, or stress.

Occupational therapy can also help prevent:

- unnecessary hospital stays or premature nursing home admissions;
- work injuries due to poor work station positioning, unrealistic pace or work, and other organizational and psychosocial strains;
- school dropouts due to poor attention spans, or reading and writing difficulties;
- unemployment among people with a developmental disability or mental illness.

The occupational therapists who work in the NSTU's Early Intervention Program have enabled members to stay at work, minimize sick time, make a successful return to work, obtain necessary adaptive equipment and learn new strategies to improve their day-to-day function at work and at home. Our EIP satisfaction surveys tell us that teachers are more comfortable at work, have less pain, are more productive, benefit from the equipment provided and report more balanced home and work lives.

Required Education

Qualified occupational therapists have:

- graduated from an accredited university program with a four-year baccalaureate degree or a master's degree in occupational therapy;
- successfully completed a minimum of 1,000 hours of fieldwork education;
- successfully passed the national certification examination administered by the CAOT, or met provincial registration qualifications.

Their approach is based on research that proves that an individual's ability to engage in occupation increases their health and well being.

OTs in the Early Intervention Program also participate in yearly continuing education courses and in-services on such topics as return to work, mental health issues in the workplace, ergonomics, time management, and achieving healthy lifestyle balance.

Where do OTs Work?

- in the community: home care, schools, health boards, community health centres and mental health teams, clinics, community action groups, workers compensation boards, and government;
- in workplaces and with employee assistance programs;
- in rehabilitation companies and in private practice;
- in institutions: acute care hospitals, long term care hospitals, rehabilitation centres, nursing homes and mental health centres.

In EIP we find ourselves in the classroom, at school board offices, in homes, at the NSTU offices, and in our cars as we travel across the province.

Who Pays for OT Services?

Your NSTU dues cover you for the services of an OT by a referral to the EIP. Members enrolled in the NSTU medical plan with Medavie/Blue Cross also have coverage for private OT services.

Occupational therapy services covered under provincial medical plans are found in hospitals or government-funded rehabilitation centres and home care programs. Occupational therapists in private practice may be covered by some auto insurance plans, Workers' Compensation, long-term disability insurance plans, Veterans Affairs Canada and extended healthcare insurance plans.

Current Trends Affecting OT

Changing health and social needs of Canadians and health care delivery systems have influenced occupational therapy practice. Some of these trends include:

- an aging population;
- increased awareness of the needs of persons with disabilities;
- higher survival rates from accidents and injuries;
- increased emphasis on health promotion and prevention to keep health care costs down;
- higher incidence of mental health and family problems;
- changes in work conditions such as job stress and early retirement;
- a more informed public regarding health and health concerns.

Certainly within the EIP we have seen an increase in referrals as teachers deal with greater job demands and a higher incidence of job stress. We have also found that teachers are more informed about such areas as ergonomics and life balance and are seeking assistance to incorporate strategies into their daily lives both at work and home.

I invite you to celebrate this great profession and all the diverse contributions we make. Throughout the month of October, you will see OTs in the malls, in the newspapers, and in the public vicinity doing what we do best—"providing the skills for the job of living."

For previous *The Well Teacher* articles, go to www.nstu.ca

Click on ► Communications
► NSTU Publications
► The Teacher ► The Well Teacher

For more information about Occupational Therapy, helpful tips and how to contact an OT in your area contact the NSTU's Early Intervention Program, or visit www.OTWorks.com

Congratulations to:

Comeau appointed superintendent for Conseil scolaire acadien provincial

Michel P. Comeau was appointed the new superintendent for CSAP as of July 1, 2016. He becomes CSAP's fifth superintendent since its creation in 1996.

Michel Comeau succeeds Diane Racette who became interim superintendent in November 2015. Comeau holds a Bachelor of Arts degree from Université Sainte-Anne and a Bachelor of Education degree from Saint Mary's University. He continued his studies in the Masters of Education Program in School Administration at Université de Moncton. In addition, he participated in the four year Introductory Program for school board administration designed for superintendents (PIDIGES) at Université de Sherbrooke.

Since 2003, as Director of Education Services at CSAP, Comeau directed with success the numerous initiatives of his sector, in particular, since 2003, the design and development of the school curriculum for students, a critical function of the CSAP which is the first Board in Canada to develop the programs otherwise developed by the Department of Education. Throughout his career, he has also successfully assumed other leadership roles within the Board such as school principal, Programs Coordinator, Director of Education Services and interim Assistant Superintendent.

Board members wish him success in his new position.



Michel Comeau devient le 5e directeur général du Conseil scolaire acadien provincial

Les membres du Conseil scolaire acadien provincial (CSAP), sont heureux d'annoncer la nomination de Michel P. Comeau au poste de directeur général du CSAP. Il deviendra le 5e directeur général du CSAP et entrera en fonction le 1er juillet 2016.

Michel Comeau succède à Mme Diane Racette, directrice générale par intérim, qui a rempli ce poste depuis novembre 2015.

Michel Comeau a poursuivi ses études en administration scolaire à l'Université de Moncton et possède un Baccalauréat en éducation, niveau secondaire, de l'université Sainte Mary's ainsi qu'un Baccalauréat ès arts de l'Université Sainte-Anne. Il a également suivi le Programme d'introduction à la direction générale des commissions scolaires à l'Université de Sherbrooke durant quatre ans.

Depuis 2003, à titre de Directeur des services éducatifs au CSAP, M. Comeau a mené avec succès l'ensemble des initiatives du secteur, en ciblant surtout le dossier d'élaboration des programmes d'études pour les élèves; un dossier de grande importance pour le CSAP ayant été le premier conseil scolaire au Canada à être accordé ce dossier autrement ministériel. Au cours de son parcours professionnel au sein du CSAP, Michel Comeau a assumé plusieurs rôles de leadership, entre autres, à la direction d'école, d'agent pédagogique, de coordonnateur des programmes éducatifs et de direction générale adjointe.

Les conseillers et conseillères du CSAP souhaitent à monsieur Comeau beaucoup de succès dans ses nouvelles fonctions.



Enjoy the NSTU's largest PD Event of the year!

Provincial Professional Development Day! October 28, 2016



Canada's Outstanding Principals
THE LEARNING PARTNERSHIP

2017 Canada's Outstanding Principals' Award

This national award profiles outstanding leaders in education. Award recipients and their schools receive national recognition. Winning principals participate in a 5-day Executive Leadership program at the Rotman School of Management, University of Toronto, attend an awards gala, are profiled in a national newspaper and join the prestigious Academy of Canada's Outstanding Principals.

Does a principal from your district belong here?



Nomination deadline is October 31, 2016

To learn more and to nominate outstanding principals in your community visit:
thelearningpartnership.ca/COP-nomination
or contact: **Jon Powell**, Program Manager
Tel.: 416.440.5112 E-mail: jpowell@thelearningpartnership.ca

Thank you to our program partners:



Deloitte.

@TLPCanada
#OutstandingPrincipals



NOVA SCOTIA

Teaching and administrative opportunities in the Nova Scotia International Programs

Live and work in a new culture; teach the Nova Scotia curriculum or bring your school leadership expertise to an exciting learning environment. Immediate openings are available in the Nova Scotia international programs.

Nova Scotia international programs in the People's Republic of China (grades 10-12) and the United Arab Emirates (grades P-12) offer competitive pay, annual return flights, apartment or living allowance, and paid holidays.



For a list of opportunities see:
www.internationalprograms.ednet.ns.ca

executive highlights

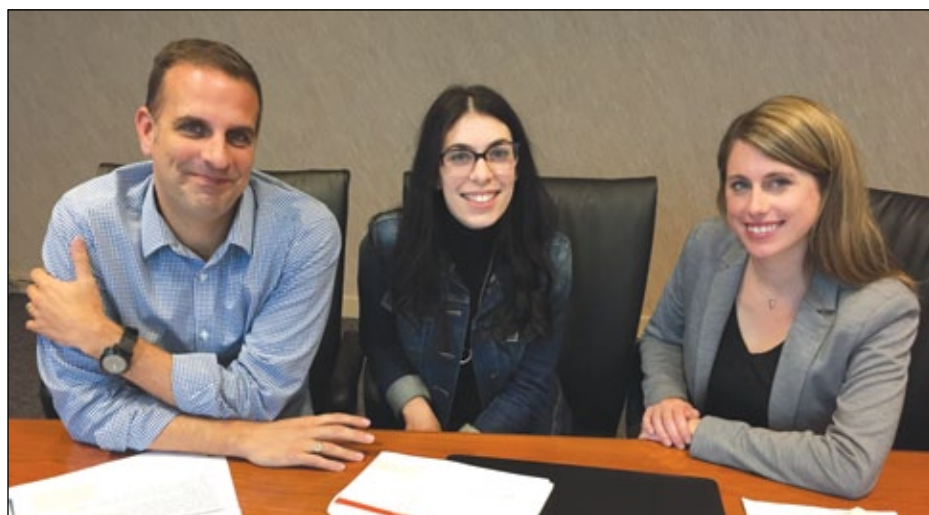
September 15

- The Tentative Agreement on the Provincial Contract was reviewed with a recommendation to the membership to accept;
- Ratification vote to be held Tuesday, October 4, 2016;
- Authorized a telephone town hall to be scheduled the week of September 26, 2016.
- Approved amendments to Operational Procedures 4 NSTU Committees (xvi) Technology Committee a) Mandate;
- Approved a recommendation that the clause on the members-only website be referred to the Governance & Policy Committee;
- Approved the renewal of the agreement regarding Permits to Teach for substitutes with the Conseil scolaire acadien provincial and Department of Education for the 2016-2017 school year;
- Filed the Annual Reports for 2015-2016 from NSTU Standing Committees to be posted to the Members' Only website;
- Approved a recommendation that the Governance and Policy Committee review the timing of when the Substitute Teacher Committee is selected with the focus of appointing committee members in June along with other NSTU Standing Committees;
- Approved a recommendation that the Governance and Policy Committee review the length of the term of appointments to the Substitute Teacher Committee to bring them in line with other NSTU Standing Committees;
- Approved a recommendation that the Governance and Policy Committee explore the development of a yearly professional development day for substitute teachers which would cover substitute related topics.
- Filed Table Officers Report;
- Selected five candidates to the John Huntley Memorial Internship Program, along with two alternates;
- Selected a member to serve on the Equity Committee with a term to end July 31, 2017;
- Selected a member to serve on the Professional Development Committee with a term to end July 31, 2017;
- Selected Paul Syme to serve as Chair of the Professional Development Committee;
- Selected Ferne MacLennan to serve as the Provincial Executive liaison on the Community College Negotiating Team;
- Approved a recommendation that the contract for Anne Rodrigue be extended to July 31, 2017 or at a date earlier as determined by both parties;
- Approved a recommendation that the Nova Scotia Teachers Union Employees' Pension Plan Consolidated Plan Text be adopted as amended;

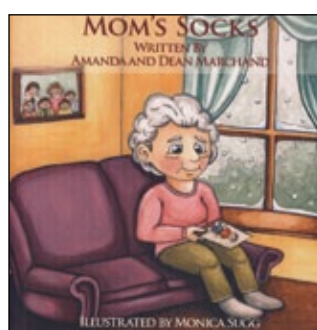
September 16-17

NSTU working with National Public Relations

Through a Request For Proposals for Resolution 2016-24, the NSTU is pleased to announce that National Public Relations, was the successful marketing communications agency. "We are looking forward to working with National's Nova Scotian team," says NSTU president Liette Doucet. Resolution 2016-24 states: *BE IT RESOLVED THAT \$500,000 be allocated toward a Public Relations campaign focused to effectively communicate the realities of changes in education and improving public perception of the teaching profession.* To that end, National has already held brainstorming sessions with NSTU's PA/PR committee and delegates of NSTU's Communications Conference and have been working on creative brief and strategies, and tactical planning towards the goal of this resolution.



Shown are some of National team working with the NSTU. (L-R): Kevin McCann, Partner; Ellie Bramah, Creative Consultant and Content Strategist; and Emily Farlow, Consultant.



BOOK WINNER!!

The winner of the book, *Mom's Socks*, written by Amanda and Dean Marchand and illustrated by Monica Sugg is Elizabeth Thomas of Tri-County Regional School Board. **Congratulations!!**

The deadline for the January/February issue of *The Teacher* is January 6.

Contact Sonia at theteacher@nstu.ca

Prescott Group

15th Annual Christmas Tea & Sale

3430 & 3480 Prescott Street
November 19, 2016
10 am - 2 pm

Silent Auction, Raffle & Bake Sale

Come for...
Prescott Products
Baked Goods
Crafts, Jewellery
New to You
Seafood Chowder or Chili
Coffee or Tea and Dessert



Admission: \$2.00 children under 12 free

902-454-7387 ext. 21 or prescottgroup@eastlink.ca
www.prescottgroup.ca



FROM VIMY TO JUNO AT THE HALIFAX CENTRAL LIBRARY



OPEN HOUSE | SUN NOV 6, 12PM - 5PM

How Do You Remember?

The Juno Beach Centre invites you and your family to join us on Sunday, November 6, 2016 to kick off Remembrance Week at the Halifax Central Library! Visit the Library between 12:00 and 5:00 to explore Canada's role during the First and Second World Wars, and learn more about Halifax's history through free activities, exhibits, and displays hosted by local museums.

From Vimy to Juno will be on display at the Halifax Central Library from October 14 to November 13.



From Vimy to Juno is a national travelling exhibition and commemorative program developed by the Juno Beach Centre in partnership with the Vimy Foundation with support from Canadian Heritage.

PARTICIPATING ORGANIZATIONS INCLUDE:

- Army Museum Halifax Citadel
- Battle of the Atlantic Society
- Navy Museum of Halifax
- Canadian Museum of Immigration at Pier 21
- The Vimy Foundation



coming events

October is...

Autism Awareness Month (www.autismsocietycanada.ca/); Brain Tumour Awareness Month (<http://www.braintumour.ca/3087/awareness-month/>); Breast Cancer Awareness Month (<http://www.cancer.ca/en/cancer-information/cancer-type/breast/breast-cancer/?region=ns>); Canadian Library Month (www.cla.ca/clm14/); Eye Health Month ([opto.ca/](http://www.opto.ca/)); Healthy Workplace Month ([healthworkplacemonth.ca/en/](http://www.healthworkplacemonth.ca/en/)); Learning Disabilities Awareness Month (www.ldacta.ca/); Lupus Awareness Month (www.lupuscanada.org/); National Occupational Therapy Month (www.caot.ca/default.asp?pageid=190); Occupational Therapy Month (www.caot.ca/); Psoriasis Awareness Month (www.psoriasiscommunity.ca/); Rett Syndrome Awareness Month (www.rettysyndrome.org/get-involved/october-awareness-month/); SIDS Awareness Month (Sudden Infant Death Syndrome) (www.babysbreathcanada.ca/); The Flu Shot: Influenza Immunization Awareness Month (<http://healthcanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/>);

[flu-grippelindex-eng.php](http://www.flu-grippelindex-eng.php)); National Veterinary Technician Week - Oct. 16-22 ([caabtt-acttsa.ca/](http://www.caabtt-acttsa.ca/)); National School Safety Week - Oct. 17-23 (<http://canadasafetycouncil.org/campaigns/dress-brightly-and-be-seen/>); Respiratory Therapists Week - Oct. 23-29 (<http://www.csrt.com/rt-week-guide/>); National Infection Control Week - Oct. 17-21 (http://www.ipac-canada.org/news_icweek.php); Canadian Patient Safety Week - Oct. 24-28 (<http://www.patientsafetyinstitute.ca/en/Events/cpsw/Pages/default.aspx>); Women's History Month (<http://www.swc-cfc.gc.ca/commemoration/wbhm-mbhf/index-en.html>); International Stuttering Awareness Day - Oct. 22* (www.isastutter.org/); World Stroke Day - Oct. 29 (www.strokeassociation.org/STROKEORG/General/World-Stroke-Day-2012_UCM_444999_SubHomePage.jsp).

OCTOBER

Women's History Month - #BeacauseOfHer

October is Women's History Month in Canada. Women's History month

gives Canadians a chance to celebrate the achievements of women and girls throughout Canadian history, while learning about the important contributions women and girls have made to society.

During Women's History Month 2016, we are recognizing the women who have shaped Canada's history— as activists, leaders, artists, academics, and entrepreneurs, to name a just a few. We are celebrating their victories and acknowledging the enormous challenges that they overcame. We are retelling their stories and inspiring the next generation of Canadians to carry on the important work that still needs to be done to achieve gender equality.

OCTOBER

Mi'kmaq History Month

October is Mi'kmaq History Month in Nova Scotia. The goal of the month is to help Nova Scotians build awareness of Mi'kmaq history and heritage, and to increase understanding of the province's rich Mi'kmaq culture.

More information can be found: <http://mikmaqhistorymonth.ca/> and <https://cch.novascotia.ca/stories/mikmaq-history-month>

OCTOBER 26

NFB The Faith Project Free Virtual Classroom

The National Film Board of Canada is holding a free virtual classroom on Oct. 26. The Faith Project Virtual Classroom: How Young Canadians Navigate Faith and Spirituality in a Multicultural Society is being moderated by the editor-in-chief of Urban Native Magazine, Lisa Charleyboy with special guest panellist His Worship, Mayor Naheed Nenshi, Calgary's 36th mayor. The NFB and the Canadian Race Relations Foundation are offering The Faith Project Virtual Classroom to create dialogue among students and an expert panel. This cross-country webcast will be a forum for lively conversation on tolerance and faith at the heart of Canadian society. This Virtual Classroom will last for 45 minutes. For more information and to register visit: <https://www.nfb.ca/education/virtual-classrooms>

OCT. 31 TO NOV. 4

Media Literacy Week

MediaSmarts, Canada's leading centre for digital and media literacy and the Canadian Teachers' Federation (CTF), has announced this year's theme for Media Literacy Week—*Makers and Creators*—will focus on hands-on media creation for children and teens. "Makers and Creators" will celebrate the ways parents and teachers can help young people become more creative, innovative and entrepreneurial by embracing media production, remixing, maker and do-it-yourself culture and coding. The week will highlight the wide variety of media products young people can create—blogs, videos, music, websites, apps, video games, etc.—using easily accessible digital tools.

NOVEMBER 7

Holocaust Education Week Seminar

This year's Holocaust Education Week (HEW) Seminar will be held on Monday, November 7 from 9:00 a.m. to 3:00 p.m. at the Temple Sons of Israel, Whitney Ave., Sydney, N.S. Registration will be \$75.

The theme will be *Remember the Past, Work for Peace*. The speaker will be **Amanda Reddick**, a National Facilitator for the Canadian Race Relations Foundations and has worked as an independent contractor with numerous organizations.

For more information email: educationholocaust@gmail.com or visit <http://holocausteducationweek.tumblr.com>.

NOVEMBER 13 TO 19

Bullying Awareness Week

2016 marks its 14th year! This year's theme is: *Stand Up! (to bullying)*.

Other information about Bullying Awareness Week can be found at <http://www.bullyingawarenessweek.org/>.



2016 NSTU Professional Associations Conferences

1	AAE	NSCC Waterfront Campus, DARTMOUTH
2	AEA	École Beaubassin, HALIFAX , Forteresse de Louisbourg, LOUISBOURG & Université Sainte-Anne, POINTE-DE-L'ÉGLISE
3	AST	Halifax West High School, HALIFAX
4	ATA	HALIFAX, HUBBARDS, LUNENBURG, SYDNEY & YARMOUTH
5	A TEC	Cineplex, DARTMOUTH CROSSING
6	ATENS	Park Place Ramada Plaza Hotel, DARTMOUTH
7	ATYA	Riverside Education Centre, MILFORD STATION
8	BETA	HALIFAX/DARTMOUTH
9	EDANS	BADDECK
10	FSTA	Cregnish Recreation Centre, CREGNISH
11	MTA	Charles P. Allen High, BEDFORD
12	NSLTA/AELNE	Mount Saint Vincent University, Seton Academy, HALIFAX
13	NSMEA	Kings County Academy, KENTVILLE
14	NSSCA	World Trade & Convention Centre, HALIFAX
15	NSTALL	Cobequid Education Centre, TRURO
16	NSTEA	Sir John A. Macdonald High School, UPPER TANTALLON
17	PETA	Holiday Inn Harbourview & Conference Centre, DARTMOUTH
18	PISA	Mount Saint Vincent University, Rosaria Centre, HALIFAX
19	SAA	Best Western Plus & Centre, COOKVILLE & CENTRE SCOLAIRE DE LA RIVE-SUD
20	SPAA	The Comfort Inn, BAYERS LAKE
21	SSTA	Saint Mary's University, HALIFAX
22	TAPHE	StFX University, ANTIGONISH

2016 Provincial Conference Sites



Valuing Diversity from the Ground Up

This year's Equity Conference took place October 14 and 15 at the Lord Nelson Hotel in Halifax. Under the theme *Valuing Diversity from the Ground Up*, the conference featured a keynote address from Jaime Battiste on Treaty Education. Conference delegate Angela Gillis was grateful for the opportunity, "Thankful Nova Scotia Teachers Union provides positive PD that values our efforts and invigorates our teaching," she says. She was excited to be a part of the conference and noted the "brilliantly engaging presentation on Treaty Education from Jaime Battiste."

Other workshops included *Supporting LGBTQ+ Students* presented by Serena Matheson, *Restorative/Relational Approach* presented by Richard Derible and Jennifer Llewelyn and *Supporting African Nova Scotian Students* presented by Tina Roberts-Jeffrey.



NSTU president Liette Doucet brings greetings to delegates of NSTU's 2016 Equity Conference.

Feel young today . . . look younger tomorrow

Welcome Teachers! Ask for your exclusive discounts!



First Impressions

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Deborah Hart MN NP
Nurse Practitioner

FirstImpressionsClinic@gmail.com
CapeBretonBotox.com

PRODUCTS & SERVICES

Botox Cosmetic,®
Xeomin®
(wrinkles & fine lines)

Hyperhidrosis
(Excessive sweating)

Latisse®
(eyelash enhancement)

The Perfect Peel®
Chemical Peel Rx
(slow the aging process, improve acne, remove or reduce sun damage, age spots, acne scars, reduce pore size, soften fine lines & wrinkles, & more)

Juvederm®, Belotero®
Anteis®, Radiesse®
(volume loss & deeper lines)

Sclerotherapy
(varicose, spider & facial veins)

Cryotherapy
(skin tags & benign lesions)

Ear Syringing
(wax removal)

Belkyra®
(treatment for double chins)

Resource

CTF launches a new teacher resource to open discussion on truth and reconciliation

The Canadian Teachers' Federation (CTF) is proud to release a new teacher resource entitled *Truth and Reconciliation: What is it about?*, a classroom discussion booklet developed by CTF and the National Centre for Truth and Reconciliation. The booklet is now available through CTF's Publications Catalogue.

"This booklet aims to support dialogue about residential schools and to explore how they have hurt generations of First Nations, Métis and Inuit people," says CTF president Heather Smith. "It is important that students better understand the history of residential schools and how Canadians must work collectively as part of the reconciliation process."

This new resource offers first voice content from students—some Indigenous and non-Indigenous—through words, thoughts, drawings and poems. This creative expression project was conducted as part of CTF's social justice program, Imagineaction.

CTF's Speak Truth to Power Canada is yet another rich educational resource available to teachers that features lesson plans and resources on Truth and Reconciliation. Please visit: <http://sttpcanada.ctf-fce.ca/lessons/wilton-littlechild/>.

NOTICE

Canada's Coolest School Trip

Did you know that next year is both Canada's 150th birthday and the 100th anniversary of national historic sites in Canada? To highlight these anniversaries, this year's grand prize is a 5-day, all-expenses paid school trip to Parks Canada places in Nova Scotia including a visit to Canada's first national historic site, Fort Anne!

From **June 5-9, 2017** one lucky Grade 8/secondary 2 class will go on a trip of a lifetime! Students will: Explore the beautiful landscape and experience Mi'kmaq culture in Kejimikujik National Park and National Historic Site; carefully handle artifacts on a white glove at Fort Anne National Historic Site; discover the haunted tunnels and chambers of the Halifax Citadel National Historic Site; visit with Samuel de Champlain himself at Port Royal National Historic site; uncover the tragic and powerful Acadian history at the UNESCO World Heritage and National Historic Site, Grand-Pré; and so much more!

Sign up to compete in the contest by completing the online registration at http://contest.myparkspass.ca/Register_Your_Class. Then have your class create a one-minute video telling us which Parks Canada place they would like to visit to celebrate Canada's 150th birthday.

Contest registration is now open. Upload the video by **February 27, 2017**. Vote for your favourite video and encourage others to vote for yours from **March 6 to March 24, 2017**.



Delmore "Buddy" Daye
Learning Institute

Excellence in Africentric Education

The 2017 African Nova Scotian History Challenges

Entries accepted from October 15, 2016 to February 4, 2017

Awards include bursaries totalling \$3,000.00, prizes and gifts.



Entries are accepted via mail only or hand delivered during regular business hours. You are encouraged to apply **early**. Please send entries to: **The African Nova Scotian History Challenges, Delmore "Buddy" Daye Learning Institute, 5539 Cornwallis St., Halifax, N.S. B3K 1B3**. Please include your name, address, phone number, school name, grade, teachers name, and contact number. For more information, <http://dbdli.ca/events/the-african-nova-scotian-history-challenges/>

PROJECT OVERSEAS 2017

Teachers' Action for Teaching

VOLUNTEER OVERSEAS WITH CTF!

Would you like to assist teachers in a developing country?
Are you interested in learning more about global education issues?
Can you see yourself volunteering during the summer?
PO has assisted teacher organizations in over fifty countries in Africa, Asia and the Pacific, and the Caribbean. PO currently places over fifty volunteers in approximately twelve countries every July and August.

If yes, Project Overseas (PO) might be for you!

CTF seeks English and French-speaking Canadian teachers who are interested in volunteering to offer in-services in a wide range of subjects in developing countries such as: Barbados, Dominica, Ghana, Grenada, Guyana, Haiti, St. Kitts, St. Lucia, St. Vincent & the Grenadines, Sierra Leone, Togo, Trinidad & Tobago, and Uganda.

Application criteria include:

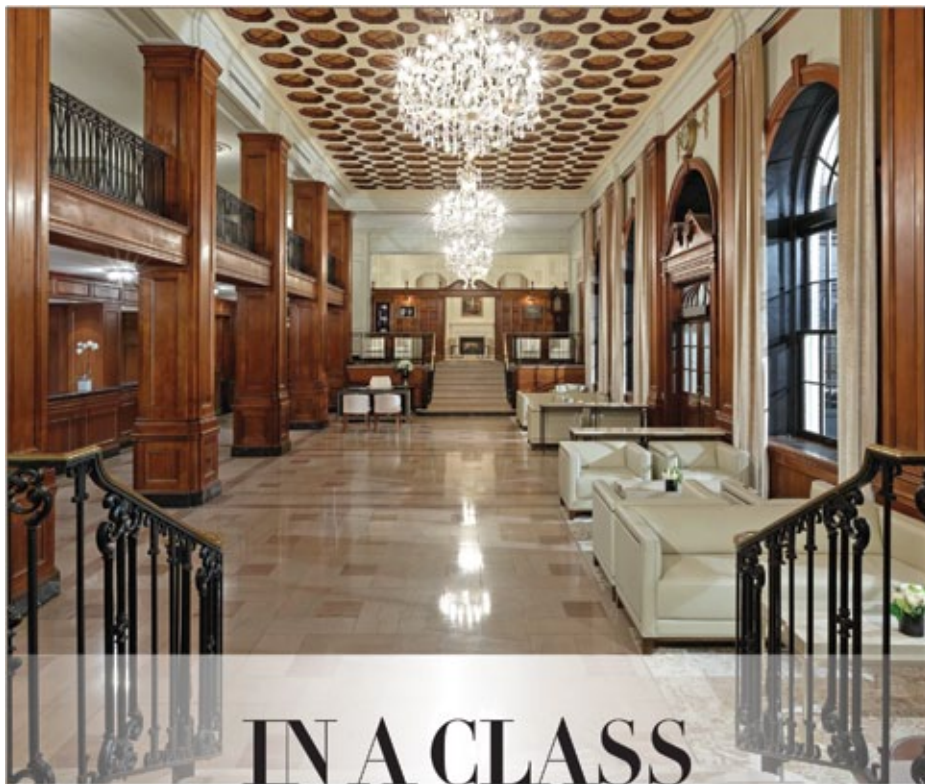
- Membership in a provincial or territorial organization that supports PO
- Valid teachers' certificate
- At least five years teaching in Canada by July 2017
- Canadian citizenship
- Excellent health and ability to work in developing country conditions (a doctor's letter is required)
- Show evidence of flexibility, mature judgment and a strong willingness to put the team and project needs above personal needs
- Canadian passport valid until at least December 2017, at the time of application (proof that a passport application has been made will be accepted)

PO is a volunteer experience. Administrative, travel, and living expenses are borne by CTF, provincial and territorial teachers' organizations (which are CTF members). No salaries or honoraria are paid to participants in PO and the sponsors do not cover costs associated with substitute teachers or release time.

Further information and application forms are available from Victoria White, NSTU, 3106 Joseph Howe Drive, Halifax, NS B3L 4L7; pd@nstu.ca; www.nstu.ca; www.ctf-fce.ca or 902-477-5621 / 1-800-565-6788

APPLICATION DEADLINE: NOVEMBER 10, 2016

CTF'S INTERNATIONAL PROGRAMS: *Together We Make a Difference!*



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Teacher and Johnson customer



Johnson Insurance is a trademark of Johnson Inc., a licensed insurance intermediary ("Johnson"), and operates as Johnson Insurance Services in British Columbia. Home and auto policies are primarily underwritten by Unifund Assurance Company ("Unifund"). Unifund and Johnson share common ownership. Auto insurance not available in BC, SK or MB. An alternate plan is available in QC. Eligibility requirements may apply, and/or may vary by province or territory. *This donation campaign runs from Sept 12/2016 to Nov 6/2016 (the "Donation Period") and is valid to a total maximum donation by Johnson of \$40,000 (the "Maximum Donation Amount"). Open to residents of Nova Scotia who are of the age of majority ("Eligible Person"). Offer available to Eligible Persons who (i) call Johnson; and (ii) obtain a home or auto quote or provide a home or auto policy expiry date during the Donation Period. Each Eligible Person is allocated a \$20 donation per home or auto quote or expiry date provided ("Donation"), provided the Maximum Donation Amount has not been met. Maximum limit of two Donations per Eligible Person. Donations are not made to the Eligible Persons. Half of the total Donations shall be allocated to Nova Scotia Schools and shall be paid by cheque to the Nova Scotia Teachers Union and distributed in their discretion to schools across Nova Scotia. The other half of the total Donations shall be allocated to Nova Scotia hospitals and shall be divided between the INK Health Foundation and the QEII Foundation and issued by cheque to both. No purchase required.

classifieds

Classified rates are \$2.00 for the first 15 words and 25¢ per additional word upon presentation of a professional or NSCC Employee number.

Non-members pay \$6.00 for the first 15 words and 25¢ per additional word.

To book, call Sonia Matheson at 1-800-565-6788 or email theteacher@nstu.ca

A DAY HOME SPECIFICALLY FOR TEACHER'S CHILDREN OR THOSE WHO DON'T REQUIRE SUMMER CARE

I am located in Lower Sackville, very close to major roads and highway 101. I am a registered medical first responder and also have therapeutic training with a variety of disabilities. My spouse and I both have our child abuse, criminal record, and vulnerable sector checks completed. My Daycare includes: Safe and clean family home away from home; Brand new renovated play space and outdoor area; Loving environment; Smoke free; Healthy meals and snacks; Supervised outdoor play in fully fenced yard (weather permitting); Play Time; Story Time; Arts & crafts, music, shapes & colours, ABCs, 123s; Puzzles; Free Play; Cloth Diaper Friendly; Peanut Free; Fluent with Baby Sign Language; Help children further develop their motor skills, fundamental skills as well as social skills. Hours from 7 am to 5 pm. We are able to accommodate children from 0-5. Receipts and References are available. Contact: Megan MacDonald, rosebottoms@gmail.com; 902-541-0680.

FOR RENT - Two Florida Condominiums For Rent in Estero midway between Naples and Ft. Myers. A 1/1 and a 2/1 bed/bath. Owned by Halifax couple. Beautiful gated community includes 2 pools, golf, tennis, nearby beaches and shopping. Email pmccallum@hfx.eastlink.ca or 902-499-1763.

TEACHER EXCHANGE - Permanent secondary teacher (social st./eng) with HRSB interested in exchange with permanent teacher from CBVRSB. Possible permanent exchange desired. Contact teacher.exchange.16@gmail.com.

EXCHANGE OPPORTUNITY FOR FRENCH TEACHER - I'm a Toronto-based teacher for Grades 9 and 10 French Immersion History/Geography seeking an exchange partner in Nova Scotia for the 2017-2018 school

year. Information about the CEEF exchange program for educators can be found at www.ceef.ca. Singles, couples and families are all eligible. Don't miss out on an opportunity to live in Canada's biggest, most exciting city! For more info, contact me at sarah.toma@tdsb.on.ca.

TEACHER EXCHANGE - Permanent elementary French Immersion teacher in HRSB, interested in an exchange with a permanent elementary French Immersion teacher in the AVRSB for the 2017-18 school year. Possible permanent exchange desired. If interested, contact: shauna.aucoin@hrsb.ca

TEACHER EXCHANGE - Permanent resource and early literacy support teacher with the HRSB interested in an exchange with a permanent teacher from the CBVRSB for 2017-18 school year. Permanent exchange desirable. If interested contact dmlachowicz@nstu.ca

TEACHER EXCHANGE - Permanent elementary teacher with the HRSB interested in an exchange with a permanent elementary teacher from CBVRSB for 2017-2018 school year. Possible permanent exchange desired. If interested contact whaler2780@gmail.com

TEACHER EXCHANGE/JOB SHARE - I am seeking an exchange or job share with an elementary teacher in the AVRSB. I hold a permanent elementary position in HRSB. A permanent exchange is possible. Please contact Vaunda at vaunda.macdonald@hrsb.ns.ca

EFTOURS TRIP TO JAPAN! - If you are interested in a fabulous cultural experience then this could be the trip of a lifetime. To view information and itinerary go to <http://www.eftours.ca/enroll> and the Tour number is 1812408XW or contact the group leader at FMCW25@gmail.com



Seana Blanchard, Community College Professional Support member, and Vice-president of the Association of Adult Educators (AAE) presents Paul Little, Principal of Waterfront Campus, NSCC with a \$250 cheque for the Campus Food Bank and Student Emergency Fund in appreciation for hosting AAE's conference. This year's conference will be held at NSCC's Waterfront Campus. AAE is NSTU's professional association dedicated to the needs of Community College members.

Congratulations to our September Book Winners!

PD - Grant Dunn — TCRSB

FRESH - Mireille LeBlanc — CSAP

EQUITY - Benetta Sanchez — HRSB

Resource

New tool to open discussion on mental health in Canadian classrooms

The Canadian Teachers' Federation (CTF) is proud to release a discussion booklet for Grades 5-12 titled—*Mental Health Stigma: Challenging it Together!* The booklet was developed to help teachers open up classroom discussions on mental health stigma to increase students' comfort level when talking about mental health.

"Stigma and discrimination are by far the biggest barriers hindering dialogue and support for everyone's mental health and wellness," says CTF president Heather Smith. "Findings of a survey we conducted in 2012 with the Mental Health Commission of Canada confirmed that classroom teachers often face systemic, professional and personal barriers when dealing with the many individual student mental health challenges in the classroom.

"When we can help youth better understand the issue of mental health, and address the century old stereotypes and stigma, we can raise awareness, promote understanding, acceptance, and empathy which can go a long way in breaking down the stigma that surrounds a complex illness.

"We hope this booklet will help to foster a safe and caring environment for students and allow them to open up and talk about stigma in a most compassionate manner," concludes Smith.

The booklet is available for purchase through CTF's Publications Catalogue.

Founded in 1920, the Canadian Teachers' Federation is a national alliance of provincial and territorial teacher organizations that represent over 231,000 elementary and secondary school teachers across Canada. CTF is also a member of Education International. @CanTeachersFed



2016-2017

Pre-Retirement Seminars

SCHEDULE



DATES

LOCATIONS

October	24 & 25 (Monday & Tuesday)	TCRSB (Rodd Grand, Yarmouth)
November	28 & 29 (Monday & Tuesday)	HRSB (Dr. Tom Parker Building, Halifax)
December	5 & 6 (Monday & Tuesday)	CBVRSB (Holiday Inn, Sydney)
January	9 & 11 (Monday & Wednesday) 12 & 13 (Thursday & Friday)	AVRSB (Old Orchard Inn, Greenwich) CCRSB (Wandlyn, Amherst)
February	9 & 10 (Thursday & Friday) 13 & 14 (Monday & Tuesday) 16 & 17 (Thursday & Friday) 27 & 28 (Monday & Tuesday)	SRSB (Port Hawkesbury Civic Center) HRSB (Dr. Tom Parker Building, Halifax) SSRSB (Best Western, Bridgewater) CBVRSB (Holiday Inn, Sydney)
March	6 & 7 (Monday & Tuesday) 9 & 10 (Thursday & Friday)	HRSB (Dr. Tom Parker Building, Halifax) CCRSB (Holiday Inn Express, Stellarton)

Please register through your Board, **NOT** the NSTU

October, 2016 Dates/locations subject to change

aviso

We Want to Hear Your Story

Submissions are encouraged from Nova Scotia's public school teachers, community college faculty and professional support staff. Please mail to:

AVISO, 3106 Joseph Howe Drive, Halifax, NS, B3L 4L7

Or email submissions to aviso@nstu.ca

Manuscripts submitted should reflect AVISO's mandate as a professional journal for Nova Scotia's teaching profession. Manuscripts will not be returned. Any manuscript chosen to appear in AVISO may be edited for clarity, style, length and consistency.

Contributor guidelines are available to interested writers on the NSTU Website — www.nstu.ca

Please ensure email attachments are Microsoft Word, Rich Text Format or Text Only.

Original pictures or images related to submitted content are appreciated.

The themes for the 2016-2017 academic year AVISO editions are:

Fall 2016 – Re-humanizing education - one teacher at a time

Winter 2016 – Agency, power and sustainability

Spring 2017 – Nourishing the whole self

Racontez-nous votre histoire

Nous encourageons des soumissions des enseignants des écoles publiques, du personnel enseignant et de soutien des collèges communautaires. Veuillez envoyer vos soumissions à :

AVISO, 3106 chemin Joseph Howe, Halifax, NS, B3L 4L7

Ou bien envoyez vos soumissions par courrier électronique à : aviso@nstu.ca

Les manuscrits soumis devraient refléter la mission d'AVISO en tant que revue professionnelle des enseignants de la Nouvelle Écosse. Les manuscrits ne seront pas retournés. Les manuscrits sélectionnés pour la publication dans AVISO pourront être édités pour ce qui est de la clarté, du style, de la langue et de la cohérence.

Les directives relatives aux collaborateurs sont disponibles en consultant le site Web du NSTU — www.nstu.ca

Les manuscrits envoyés par voie électronique doivent être en format Microsoft Word, Rich Text Format ou Texte seulement.

Les photos/images originales reliées aux soumissions sont appréciées.

Les thèmes des éditions d'AVISO pour 2016-2017 sont les suivants:

Automne 2016 – Réhumaniser l'éducation - un enseignant à la fois

Hiver 2016 – Action, puissance et durabilité

Printemps 2017 – Nourrir la totalité de l'individu

resources

media
LIBRARY
@LRTS

Digital
Resources
for
Teachers

The Media Library is the place to go for all your curriculum video needs! We provide you with access to over 10,000 online videos to stream or download and have a collection of over 5,000 educational videos and DVDs that support Grades P-12 in all subject areas of the Nova Scotia curriculum.

Everything is accessible from the EduPortal (<https://edapps.ednet.ns.ca/eduportal/>) or visit our website directly at <http://medialibrary.ednet.ns.ca> to access these and other digital classroom resources!

October is Mi'kmaq History Month!

This month, we are highlighting videos, that you can stream and download. To access these videos, please log into the EduPortal and either click on the link for "Online Video Library/Learn360" or use any of the links below to access these videos and many more.

For DVDs, you can purchase and/or borrow for your classroom, please visit <https://medialibrary.ednet.ns.ca/mikmaq-studies>

Building Legends: The Mawio'mi Project **Grades 9-12**
<http://learn360.infobase.com/PortalPlaylists.aspx?wID=114538&customID=28752>
This installment of the **Building Legends** Series shares the stories, regalia and diverse communities of Mawio'mi 2011 - A Culture to Celebrate, A Time to Share. Directed by Youth Participants and produced by ViewFinders: Atlantic Film Festival for Youth and the Mi'kmaq Liaison Office, Nova Scotia Department of Education. (2011; 24 min.)

Building Legends: The Mi'kmaq Canoe Project **Grades 9-12**
<http://learn360.infobase.com/PortalPlaylists.aspx?wID=114538&customID=28751>
Mentored by industry professionals, ten young filmmakers participated in the making of this documentary that follows the construction of a seafaring, birch bark canoe by traditional Mi'kmaq artist and artisan, Todd Labrador, at the Maritime Museum of the Atlantic during Mi'kmaq History Month. Directed by Youth Participants and produced by ViewFinders: Atlantic Film Festival for Youth and the Mi'kmaq Liaison Office, Nova Scotia Department of Education. (2010, 27 min.)

Creative Native Series **Grades 6-12**
<http://learn360.infobase.com/PortalPlaylists.aspx?seriesID=82610&wID=114538>
This series highlights artist profiles, in-depth interviews, traditional and contemporary art projects and historic snapshots that explore Aboriginal cultural contexts relevant to the theme of each episode. Saturated with the crafts and traditions of indigenous peoples, the series also offers instruction for a variety of age-based art projects that can be completed in the classroom. (2001-1006; ca. 25 min. each)

Eskasoni – The Trailblazers **Grades 9-12**
<http://learn360.infobase.com/PortalPlaylists.aspx?wID=114538&customID=49492>
The Tripartite Forum is very proud to present its Voices of Knowledge video project titled "**Eskasoni - The Trailblazers.**" This video focuses on the first ever Mi'kmaq Immersion graduating class of Chief Allison Bernard Memorial High School in Eskasoni, NS, and the work that students and staff put into preserving our Mi'kmaq language. It also features Elders speaking about the history of Eskasoni and the importance of the Mi'kmaw language. (2014; 25 min.)

From the Spirit Series **Grades 9-12**
<http://learn360.infobase.com/PortalPlaylists.aspx?seriesID=77928&wID=114538>
This series of half-hour documentaries presents the work and thoughts of a diverse group of Aboriginal artists. From across Canada, these artists tell the story of their journey, not quitting in the face of adversity, and making a difference to both their communities and to the world of contemporary art. (2005; 25 min. each)

Mi'kmaq Family - Migmaoei Otjiosog **Grades 9-12**
<http://learn360.infobase.com/PortalPlaylists.aspx?wID=114538&customID=28840>
Mi'kmaq filmmaker Catherine Anne Martin takes a reflective journey into the extended family of Nova Scotian Mi'kmaq society where the wisdom of experience and the collective responsibilities of the Mi'kmaq community play a major role in the way their children are raised. Members of her community share their stories about the recovery of First Nations values, particularly through the teachings of elders giving an enlightening and inspiring resource for both First Nations and non-First Nations audiences who are looking for ways to strengthen and explore their own families and traditions. (1994; 33 min.)



Free Materials & Training for Teachers

* Lesson plans, materials and online training for Fourth R Grade 7, 8, 9 Health program

IN CONJUNCTION WITH
THE PUBLIC HEALTH
AGENCY OF CANADA

* Facilitator manual and online training for Healthy Relationships Plus Program

Contact Suzanne Zwarych for more information
Canada4thR@gmail.com

The deadline for the November/December issue of The Teacher is November 10.

Contact Sonia at 902-477-5621 or
theteacher@nstu.ca



Inter-University Doctoral Program in Educational Studies

The Inter-University Doctoral Program in Educational Studies (a collaborative partnership between Acadia, Mount Saint Vincent, and St. Francis Xavier universities) is continuing to accept applications. The program can support students in preparation for assuming the role of educational researcher in one or more of six themes: curriculum studies, educational foundation and leadership, inclusive education, lifelong learning (adult education), literacies, and psychological aspects of education.

Any enquiries about the program can be directed to:

Dr. David Young
Chair, Inter-University Doctoral
Administrative Committee
St. Francis Xavier University
dyoung@stfx.ca
902-867-2215

Ruth Ann d'Entremont
Doctoral Program Assistant
Mount Saint Vincent University
ruthann.dentremont@msvu.ca
902-457-6564

Apply for the July, 2017 intake by November 15, 2016.

<http://nsphdeducation.ca>

Mi'kmaq Series

Grades 5-12

<http://learn360.infobase.com/PortalPlaylists.aspx?seriesID=851&c=1&wID=114538>
This five-part series shows the life, customs and culture of pre-contact Mi'kmaq. These programs are dramatizations with a narrative voice-over and depict the lifestyle of a fifteenth-century Mi'kmaq family as accurately as careful research would allow. (2012; 45 min. total)

Please also take an opportunity to visit the Mi'kmaq Heritage Month website at: <http://mikmaqhistorymonth.com/>





Nova Scotia Teachers Union Member Assistance Program

Along with the anticipation and excitement of teachers and instructors returning to school in the fall, we need to recognize that all of this activity can disrupt the balance in our lives. The NSTU Group Insurance Trustees want to remind you of the services available to members through the Nova Scotia Teachers Union Member Assistance Program (NSTU MAP). The NSTU MAP consists of a number of different programs and services designed to assist members in need or difficulty. We have outlined below a brief description of the programs and services available:

NSTU Counselling Services

The NSTU has two internal counsellors that provide confidential short-term counselling services to members, their partners, and dependents. This service is designed to provide help and intervention at an early stage of difficulty. If there becomes a need for long-term counselling after assessment, members are referred to an appropriate community based professional. The NSTU counsellors also provide intervention for schools in conflict and crises. You can contact the NSTU Counselling Services at 1-800-565-6788, press 4.

Early Intervention Program

The NSTU also has on staff two Early Intervention Case Coordinators to provide assistance to members working or absent from work experiencing injury or illness and struggling to remain at work or return to work. The Early Intervention Program Case Coordinators are occupational therapists who focus on maintaining or improving a person's independence. The goal of the Early Intervention Program is to help decrease the incidence and duration of disability. Participation in this program is voluntary and confidential and EIP staff will travel to your community to provide services. You can contact the Early Intervention Program at 1-800-565-6788, press 4.

Resilience[®] Employee and Family Assistance Program

The Resilience[®] Employee and Family Assistance Program provides a number of services to members, their partners, and dependent children. Counselling services are provided to assist with coping with stress, alcohol and drug abuse, psychological disorders, anger management, marital/family/separation/divorce/custody issues, addictions, and many other issues members and their eligible dependents could be facing. The counselling is designed to provide support and understanding, and to help build coping skills and teach ways to effectively manage issues and problems.

Resilience[®] also provides Plan Smart and Career Smart Services that are designed to allow you to take a pro-active approach to every challenge and life transition and assist you in obtaining the information and support you need. These services include: childcare and parenting caregiver support services, elder and family care services, legal advisory services, financial advisory services and many others. Depression Care Services are also available through Resilience[®] and is designed to provide assistance for individuals suffering from certain types of depression.

Direct access is provided 24 hours per day, seven days a week at 1-877-955-NSTU (6788) and services can be provided in a way that is most convenient and comfortable for you, whether that be in-person, by phone, or through a secure online service. You can also access these services through the NSTU by dialing 1-800-565-6788, press 4.

Independent Psychological Assessment

Through the NSTU MAP, active members can access a Halifax based clinical psychologist that will perform a psychological assessment for members in need. The purpose of this program is to assist NSTU members to access timely assessment which will lead to quicker treatment. Reports are provided to the Member Assistance Program at the NSTU for discussion with the member with regard to treatment options and further direction. This program can be accessed through the NSTU by dialing 1-800-565-6788, press 4.

CAREpath

CAREpath is a Cancer Assistance Program provided to NSTU members, partners, and eligible dependent children. If you, your partner, or dependent children suspect having cancer, are diagnosed with cancer, or are living with cancer, CAREpath is ready and able to provide you with support. This service connects the member with a personal oncology nurse with the support of leading oncologists who are there to guide the individual through every step of the cancer experience or diagnosis through to the end of active treatment. CAREpath covers all types and stages of cancer and CAREpath nurses have the knowledge and experience to be able to advocate for the member and their family. CAREpath can be accessed directly by dialing 1-866-883-5956 or through the NSTU at 1-800-565-6788, press 4.

Seniors' Care Assistance Program

The Seniors' Care Assistance Program is the only service in Canada that connects members, immediate family, and parents to a registered nurse who specializes in senior care assistance. The program helps members understand their senior care choices and ensure they get the right care every time.

The program is based on three main principles: Connect, Access and Care. The Seniors Care Assistance Program will Connect you to publically funded senior care resources. Bayshore HealthCare nurses will assess all funding options and financial queries and help you and your family understand and access alternative ways to pay. Bayshore HealthCare nurses will also help you and your family manage Access to senior care and support services by finding and accessing services that are right for your family member. Bayshore also takes Care to ensure that recommended services such as nursing care, personal care, companionship, house cleaning, home retrofit and mail deliveries are fully assessed and approved by Bayshore HealthCare and are provided by organizations you can trust. The Seniors' Care Assistance Program can be accessed directly at 1-844-453-6788 or through the NSTU at 1-800-565-6788, press 4.

One of the very unique features of the NSTU MAP is access to a nurse who is a NSTU staff member. The nurse is available to assist members and provide direction on how best the NSTU MAP can address individual needs. The NSTU nurse can be accessed at 1-800-565-6788, press 4. In addition, you can e-mail the NSTU nurse at nurse@nstu.ca.

DEALS & DISCOUNTS - SPECIAL

THE PRINCE GEORGE HOTEL - is offering NSTU/RTO members a special rate from November 2016-March 2017 of \$115 for a Deluxe Guestroom including Parking and Wi-Fi. The Prince George Hotel is located at 1725 Market Street, Halifax, NS, B3J 3N9. General inquires call 902-425-1986. To make a booking call 902-425-6066 or toll-free 1-800-565-1567.



For detailed information on individual businesses in our Deals & Discounts Program for our NSTU Members (including RTO Members) - go to www.nstu.ca and click on Communications and then Deals & Discounts.

NSTU REP PINS

The NSTU Rep pin is available for purchase by NSTU Locals, for their NSTU Reps. At only \$2.50 each, these brushed pewter pins are sure to be recognized at your school or campus.

To order, contact:

NSTU Public Relations Department

Phone: 902-477-5621 or Toll-Free: 1-800-565-6788 or Email: pr@nstu.ca



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