

## Public school negotiations open

The Nova Scotia Teachers Union and the Department of Education and Early Childhood Development opened negotiations on a new Teachers' Provincial Agreement on September 29 at 8:30 a.m. at the NSTU building in Halifax.

"I am hopeful that both sides will negotiate respectfully in our goal of achieving a fair and reasonable contract for public school teachers," says NSTU president Shelley Morse.

At this initial meeting both parties established ground rules for negotiations, exchanged asking packages, and began to work on setting up a schedule of further meetings. At the initial meeting the NSTU was informed that Government was going to make its wage offer to Nova Scotia's public school teachers public. "Because of that, we informed our members through a bulletin that day," continues Morse.

Here is in part what was posted to the Public Service Commission early afternoon on September 29:

"Under the fiscal plan provision has been made for 1% general wage increases effective August 1, 2018 and August 1, 2019.

New money has not been allocated in the fiscal plan for wage increases from August 1, 2015 through to July 31, 2018; however, the position on scale (step increases) teachers see as they advance along the existing salary scales will continue as they have in the past. In accordance with the salary scales, these step increases provide more junior teachers with increases in the range of 4-5% per year."

In addition to the above, the Employer would also like to discuss the current salary scale structure.

This information was provided to members through a Negotiations Bulletin minutes after it was posted to the PSC website.

The parties did agree to keep their discussions at the table confidential. "We will continue with our past practice of keeping our talks confidential," says Morse. "However, we will update members as needed through our bulletins."

On October 7 and 8, regional meetings took place for NSTU Locals around the province. During this series of meetings, NSTU executive staff officers provided NSTU members with both asking packages—the NSTU's and Government's.

Articles in the NSTU asking package were derived from over 100 submissions from the NSTU membership to the Provincial Economic Welfare Committee, who prepared the package for approval by the Provincial Executive.

The current provincial agreement expired July 31, 2015. Important updates during the negotiation process will be distributed to NSTU members through NSTU email, on the NSTU website and through a public school negotiations site, which will give members the opportunity to ask questions about the process and raise concerns they may have.



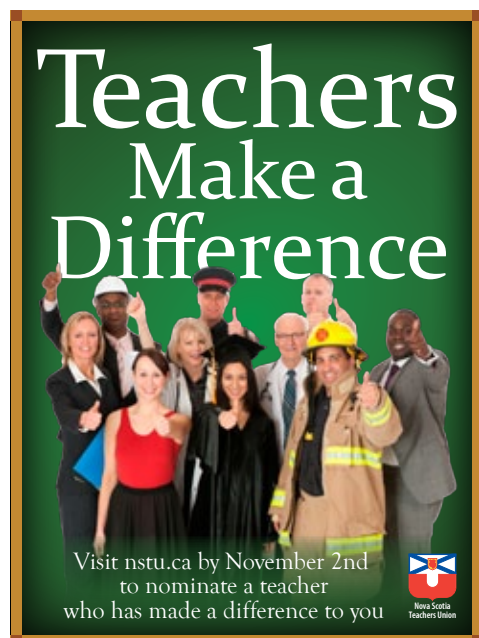
NSTU president Shelley Morse attended the regional asking package meeting at North Nova Education Centre for members of the Pictou Local on October 7. She is shown with Shelley MacPherson, NSTU rep for Pictou Academy, Caroline Linehan, NSTU rep at Frank H. MacDonald Elementary school, Doug Read, NSTU rep at Dr. Thomas McCulloch Junior High School, NSTU executive staff officer Kyle Marryatt and Pictou Local president Myla Borden.

The NSTU bargaining team consists of president Shelley Morse, first vice-president Wally Fiander, Alex Oickle (Lunenburg County Local), Jane Dorey (Richmond Local), executive director Joan Ling, assistant executive director Allan MacLean, executive staff officer Jack MacLeod and external lead negotiator Ron Pink. Pink is a partner with Pink Larkin and practices law in the fields of governance for organizations both public and private, pensions and benefits law, collective bargaining for public and private clients, municipal law, and labour and employment law.

The Department of Education and Early Childhood Development's team consists of external lead negotiator Ron MacLeod, Angela Kidney – Director, School Board Labour Relations, deputy minister Sandra McKenzie, associate deputy minister Karen Gaten; Chief Operating Officer Diana Eisenhauer; lawyer Lauren Scaravelli; Strait Regional School Board superintendent Ford Rice; Chignecto-Central Regional School Board Director of Human Resources Allison McGrath, and Nova Scotia School Boards Association executive director Nancy Pynch-Worthylake.

## Teachers Make a Difference campaign underway

The fourth annual Nova Scotia Teachers Union's *Teachers Make a Difference* recognition program launched on World Teachers' Day, October 5. Until November 2, students and parents in Nova Scotia can recognize a teacher who has made an impact by positively influencing their lives.



"Teachers go above and beyond inside and outside the classroom to ensure student success," says NSTU president Shelley Morse. "Their professionalism, experience and expertise not only develop minds and skills, but also nurture hearts, hopes and dreams, and we want to continue to offer Nova Scotians a way to recognize their value and positive influence."

The program encourages students and/or their parents to nominate a public school teacher, APSEA or Community College member who has made a big difference in their lives, and contributed to their school, campus and community, by visiting [nstu.ca](http://nstu.ca) and clicking on the Teachers Make a Difference banner or going to [teachersmakeadifference.ca](http://teachersmakeadifference.ca) and filling out the contest form. Up to 10 NSTU members will be chosen for their contributions to the lives of their students, school, campuses and communities. NSTU members are randomly selected corresponding with the eight school boards around the province, the Community College, and a member who works for students through Atlantic Provinces' Special Education Authority (APSEA). For each recognized teacher, a donation of \$300 will be made towards the home school/campus breakfast program or library materials.

"Despite the many challenges our teachers and Community College members face, they strive to do what is best for their students because they care about them and quality public education," concludes Morse.

Ads will run throughout CTV, and Global Television programming until November 2 and on C100 and The Bounce during this timeframe encouraging students and parents to go to the NSTU website and nominate. Also, four "How teachers make a difference" spots will be broadcast on CTV and Global. From November 9 to 29, "How teachers make a difference" spots through student testimonials will be broadcast on CTV, and Global along with ads announcing the NSTU members chosen this year. Bilingual posters are being distributed to NSTU representatives at your educational site to help promote this program.

The program is also being promoted online, through social media and in print. For more information visit the NSTU website [nstu.ca](http://nstu.ca) for and click on the Teachers Make a Difference

button or banner, which will bring you to the official contest page or visit [teachersmakeadifference.ca](http://teachersmakeadifference.ca). The contest closes November 2, 2015 at 11:59 p.m.

**Remembrance Week**  
**November 4-11**





# people

## Stand Up Against Bullying Day



Schools across the province celebrated the ninth annual Stand Up Against Bullying Day on September 10. Government and education partners recognize the second Thursday in September as Stand Up Against Bullying Day, and students, teachers and administrators wear pink to support putting a stop to bullying and cyberbullying. NSTU president Shelley Morse joined NSTU members from the CSANE Local at École secondaire du Sommet in celebration of the day while students ran an assembly and signed an anti-bullying pledge. *Morse is shown above (l-r) with vice-principal Samuel Samson; principal Armel Boudreau; and NSTU reps Keith Partridge who teaches math and physics; and Janika Moser who teaches a variety of Grades 9 to 12 subjects including English, entrepreneurship, and film & video.*

## NSTU proud sponsor of CSLC

The Nova Scotia Teachers Union was one of many sponsors of the 32nd Canadian Student Leadership Conference (CSLC) held at Halifax West High School from September 22 to 26. Halifax West High School and Lockview High School in Fall River hosted the conference, which saw 800 students and teacher advisers from every province and territory in Canada further develop their leadership skills, build confidence, and discover new ideas to help them make difference in their own schools and communities, while being treated to East Coast hospitality.

Highlights of the conference included keynote speakers: Alex MacLean, founder of East Coast Lifestyle brand; comedienne, actress, and motivational speaker Kathy Buckley, known as “America’s First Hearing Impaired comedienne; and UNITY, a non-for profit organization that engages and empowers youth to be leaders in their community through the arts. Students were exposed to community service initiatives and had educational tours of Citadel Hill, and the Canadian Museum of Immigration at Pier 21, and attended many workshops over the four-day conference. There was entertainment, including a performance by Haligonian Kayleigh O’Connor who has quickly risen to the status of one of the most promising young talents on the indie scene, cultural moments—that included a smudge ceremony that was part of the opening of the conference—and a very moving parade of all student delegates from across the country.

Many NSTU members put in countless volunteer hours of organization for this conference for the past year including over the summer months to create an incredible experience for students. “I am continually impressed with the dedication of our members in providing incredible extracurricular opportunities for students. Congratulations to conference co-chairs Phil Goora and Sandra Staratt and all the teachers behind the scenes involved in this conference.”

NSTU president Shelley Morse is shown with conference co-chair Phil Goora, a phys ed, technology and fine arts teacher at Lockview High School, Halifax West principal Tim Simony and conference co-chair Sandra Staratt, who teaches French and social studies at Halifax West.



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## Cape Breton teacher wins 2015 French Second Language Educator of the year

Canadian Parents for French, Nova Scotia recently honoured Vicki Podetz, a dedicated French Second Language teacher who has worked extensively in Core French, Intensive French and French immersion programs. Currently, Podetz teaches at Oceanview Education Centre in Glace Bay but taught for a number of years at Sydney Mines Junior High.

The CPF Nova Scotia French Second Language Educator of the Year Award recognizes French Second Language educators in the province and celebrates their dedication and continued efforts as educators. This award acknowledges excellence in French second language teaching, and teachers’ initiative and innovation.

Podetz creates opportunities of self-discovery and self-evaluation for her students. Her classroom is a stimulating environment that encourages students to take risks with their language learning. It is an atmosphere that allows students to make mistakes, yet in the same instant provides correction in a manner that builds the learner’s self-esteem. As a result, her students face the challenge of learning French with fearless enthusiasm.

Laurie MacIntosh, French Second Language Coordinator at the Cape Breton-Victoria Regional School Board presented the award. She congratulated Podetz on the fine job that she was doing in her career as a French teacher. The award was presented at the Canadian Parents for French, Nova Scotia conference on September 26 at Keltic Lodge. Félicitations to Vicki Podetz.



*Local president Myla Borden; Colchester-East Hants Local president Christine Caudle; Digby Local president Josée Desjardins; Shelley Morse and RRC Chair Rollie Hannem.*

## Local Presidents’ conference

NSTU’s Local presidents and RRC chairs attended their first conference of the school year on September 11. This biannual conference provides NSTU leaders with valuable information and professional development to assist them in their leadership roles, allows them a great networking opportunity and forum to share best practices with other NSTU leader colleagues. *Pictured are presidents and RRC chairs new in their role for 2015-16 with NSTU president Shelley Morse. From left to right: Cape Breton District Local president Sally Capstick; Queens Local president Stacy Thorburn; Conseil syndical acadien de la Nouvelle-Écosse (CSANE) Local president Renée Samson; Pictou*



# South Shore teacher wins 2015 Lieutenant Governor's Teaching Award

Selena Davidson Eno, a physical education and core French teacher at Bayview Community School in Mahone Bay, is the 2015 recipient of the Lieutenant Governor's Teaching Award. In a ceremony held on September 16 at Government House, Lt.-Gov. J.J. Grant presented Davidson Eno with her award, a specially designed Nova Scotian Crystal sculpture and a framed certificate to recognize this achievement.

"Teachers have a profound influence on the lives of young people and the wider community," said Lt.-Gov. Grant. "It is my privilege to recognize Ms. Davidson Eno's extraordinary commitment to the youth of our province and to the teaching profession as a whole."

Selena Davidson Eno has been teaching at Bayview Community School, in the South Shore Regional School Board, for 11 years. She has taught all levels, Primary to Grade 12, in a career that spans 17 years. She has taught many subjects such as core French, healthy living and art, but teaching physical education is her true passion. She values the importance of extra-curricular activities for all students and takes pride in getting them involved in athletics as well as other physical activities to develop the whole child.

"As a physical educator having the opportunity to develop students' physical literacy is a gift that I can give them to last a lifetime," she said. "The most rewarding part of teaching has come from being involved in extra-curricular activities at the school level. I enjoy watching the students develop their skills and confidence and the

strong school pride it brings to the school community."

Davidson Eno values the connections she makes with her students both in and outside of the classroom and her legacy is proof that the health and well-being of a community can be greatly enhanced by quality public education delivered by qualified and passionate teachers.

Davidson Eno's passion for physical education is obvious. She runs half-marathons, practices crossfit, plays soccer, basketball and hockey and is a certified yoga instructor, which she integrates into her elementary and junior high level teaching. With her caring, dedicated manner, she ensures that all of her students have access to physical education by providing proper gym clothes and sneakers when needed and through her perseverance Bayview has a comprehensive competitive and non-competitive physical activity program for

students to get active. She coaches soccer, elementary basketball, cross-country and track and field. She organizes house league activities for elementary students, activity periods, and sock hops. She manages an award-winning recycling program and is a regular chaperone for the Grade 9 trip to Quebec. Working with Mahone Bay Centre she developed an after-school program "After the Bell" for junior high girls. These are but a few of the extracurricular activities she's involved with for her school and community.

"Selena is very deserving of this award," said NSTU president Shelley Morse. "Through her devotion she ensures her students receive every opportunity to be involved in physical education, above and beyond the school day. She demonstrates the positive impact teachers have on students, schools and communities. Her dedication to her students, school and school community is an inspiration to all. She truly reflects the outstanding work done by our teachers each day."

(continued on page 5)



Above the 2015 Lieutenant Governor's Teaching Award recipient Selena Davidson Eno, with their Honours Lt.-Gov. J.J. Grant and Mrs. Grant and NSTU president Shelley Morse.

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# from the nstu president

Ashley Moore



## October PD Day provides forum for relevant professional learning

*“The most valuable resource that all teachers have is each other. Without collaboration our growth is limited to our own perspectives.”*

—Robert John Meehan

October 23, and the 32nd annual Provincial Professional Development Day is just around the corner and this quote says it all. Countless hours are committed by volunteers for upwards of 22 conferences. These conferences are organized each year through the hard work of dedicated NSTU members who plan and deliver an astounding array of workshops and sessions for each professional association—and the organizers do so on their own time. The planning and organization of these teacher-initiated conferences in partnership with various organizations represent your devotion to the improvement of public education in Nova Scotia.

This premier professional development opportunity enables you to receive resources, learn new strategies and come to new understandings of practice to support students through the provision of a variety of topics that are practical and applicable. But this annual event also provides a forum that reinforces your professionalism, experience and expertise, and in turn, enables your voices to be heard in the planning and development of relevant professional development. You have long been requesting relevant, purposeful and supportive professional development, and that is why we continue to be proud of the opportunity provided to meet this through the annual Provincial Professional Development Day, and its associated teacher-driven conferences. This opportunity allows us to take ownership in moving our learning forward.

Self-directed Professional Development is important for authentic learning with the teacher focusing on requirements presented by the curriculum, individual classroom composition issues, and/or the changing needs of the students. A day to engage teachers as learners allows teachers to concentrate on the skills needed to address their students’ learning challenges, or develop new strategies and techniques. This type of professional development is most effective when there is a direct correlation to our daily work. The organizers of this Professional Development day know the needs of today’s classroom because they are in the trenches, witnessing first-hand which practices work, and what needs improvement. It is also a day to celebrate successes, and hear practical ideas from colleagues regarding program delivery.

In 2006, the University of Toronto completed a review of the literature on professional development for teachers and stated, “Research highlights that effective professional development must be personalized and responsive to the complex and unique needs and context of the learner. Collaboration, shared inquiry, and learning from and with peers have been identified as central to professional development”.  
<http://www.oise.utoronto.ca/ite/UserFiles/File/AReviewofLiteratureonPD.pdf>

Participation in Annual Professional Development day or October conference is just one way you engage in lifelong learning to remain current and improve your teaching practice for student success. You persistently demonstrate your responsibility to students by continually upgrading your skills and knowledge, and this is something that Nova Scotians view as important. Public opinion polls taken over a number of years including one at the beginning of this school year have consistently shown that the majority of Nova Scotians have a favourable attitude toward professional development. Most Nova Scotians consider teacher Professional Development days as important or critically important. Positive perceptions regarding Professional Development days largely stem from believing that it is important for teachers to maintain and/or upgrade their skills. The respondents also commented that Professional Development days are a good use of teacher time and that teachers need interaction with one another.

As we approach October 23, let us remember the importance of collaboration and interaction with each other, and be reminded that our continued, collective collaboration will be of utmost relevance in the coming months.

Enjoy your Conference day.

## La journée de perfectionnement professionnel d’octobre fournit un forum pour un apprentissage professionnel pertinent

*« La ressource la plus précieuse dont disposent tous les enseignants sont les autres enseignants. Sans collaboration, notre croissance est limitée à nos propres perspectives ».*

—Robert John Meehan

Le 23 octobre et la 32e journée annuelle provinciale de perfectionnement professionnel approchent à grands pas et cette citation en dit long. Des bénévoles consacrent des heures innombrables à préparer 22 conférences ou plus. Ces conférences sont organisées chaque année grâce au travail acharné de membres dévoués du NSTU qui planifient et présentent un éventail étonnant d’ateliers et de sessions pour chaque association professionnelle — et les organisateurs font cela durant leur temps libre. La planification et l’organisation de ces conférences à l’initiative des enseignants en partenariat avec diverses organisations illustrent votre dévouement à l’amélioration de l’enseignement public en Nouvelle-Écosse.

Cette excellente occasion de perfectionnement professionnel vous permet d’obtenir des ressources, d’apprendre de nouvelles stratégies et d’acquérir une meilleure compréhension de la pratique pour aider les élèves grâce à l’apport d’une variété de sujets pratiques et pertinents. Mais cet événement annuel fournit aussi un forum qui renforce votre professionnalisme, votre expérience et votre expertise, en retour, vous permet de faire entendre votre voix dans la planification et le développement de perfectionnement professionnel pertinent. Vous réclamez depuis longtemps du perfectionnement professionnel pertinent, utile et pratique, et c’est pourquoi nous continuons d’être fiers de l’occasion offerte de répondre à ce besoin par le biais de la journée annuelle provinciale de perfectionnement professionnel et de ses conférences à l’initiative des enseignants. Cette occasion nous permet de prendre en charge l’avancement de notre apprentissage.


Le PP autodirigé est important pour l’apprentissage authentique car l’enseignant se concentre sur les exigences imposées par le programme d’études, les problèmes de composition des classes individuelles et/ou l’évolution des besoins des élèves. Une journée qui engage les enseignants en tant qu’apprenants permet à ces enseignants de se concentrer sur les compétences nécessaires pour relever les défis d’apprentissage de leurs élèves, ou de développer des techniques et des stratégies nouvelles. Ce type de perfectionnement professionnel est particulièrement efficace lorsqu’il est en corrélation directe avec notre travail quotidien. Les organisateurs de cette journée de PP connaissent bien les besoins des salles de classe d’aujourd’hui parce qu’ils sont au cœur de la bataille, et observent de première main les pratiques qui fonctionnent, et ce qui doit être amélioré. C’est aussi une journée dédiée à la célébration des réussites et à l’écoute des idées pratiques des collègues au sujet de la mise en œuvre du programme.

En 2006, l’Université de Toronto a effectué un examen de la littérature sur le perfectionnement professionnel des enseignants et a déclaré : « La recherche souligne que le perfectionnement professionnel efficace doit être personnalisé et réceptif au contexte et aux besoins complexes et uniques de l’apprenant. La collaboration, l’interrogation partagée et le fait d’apprendre de nos pairs et avec eux ont été identifiés comme des aspects essentiels du développement professionnel ».  
<http://www.oise.utoronto.ca/ite/UserFiles/File/AReviewofLiteratureonPD.pdf>

La participation à la Journée annuelle de PP, aussi appelée Conférence d’octobre, est seulement l’un des moyens de vous engager dans la formation permanente afin de vous tenir au courant et d’améliorer votre pratique de l’enseignement pour la réussite de vos élèves. Vous démontrez inlassablement votre sens de responsabilité à l’égard des élèves en améliorant continuellement vos compétences et vos connaissances, et c’est ce que les Néo-Écossais jugent important. Les sondages d’opinion menés au cours des dernières années, dont l’un au début de cette année scolaire, ont invariablement révélé que la majorité des Néo-Écossais ont une attitude favorable à l’égard du perfectionnement professionnel. La plupart des Néo-Écossais considèrent les journées de PP des enseignants comme importantes ou très importantes. La perception favorable au sujet des journées de PP provient en grande partie de la conviction qu’il est important pour les enseignants de maintenir et/ou améliorer leurs compétences. Les répondants ont indiqué également que les journées de PP font un bon usage du temps des enseignants et que les enseignants ont besoin d’interaction entre eux.

Alors que nous approchons du 23 octobre, rappelons-nous de l’importance de la collaboration et de l’interaction entre nous et n’oublions pas que notre collaboration constante et collective sera de la plus haute importance dans les mois qui viennent.

Profitez bien de votre journée de conférence.



**Enjoy the NSTU’s largest  
PD event of the year!  
Provincial Professional  
Development Day  
— October 23<sup>rd</sup>**



# South Shore teacher wins 2015 Lieutenant Governor’s Teaching Award

(continued from page 3)

Bayview Community School held a special assembly in her honour on September 21 after she received her honour at Government House. The entire student and teaching body was present to recognize her achievement. Davidson Eno’s nominator, colleague Marc Breough, read special remarks from one of her students. “You are so outstanding that I cannot even put into words how much you mean to me,” wrote Stella Cameron-LeBlanc. “It makes me so happy that I was chosen to brag about you to everyone here today. You are truly the one and only Ms. Davidson. We are so lucky to have you.”

Principal David Pottie echoed the student’s comments. “If someone says, ‘we can’t do that because we haven’t got enough cleats,’ she get cleats. “We can’t do that because we don’t have drives,’ she drives,” he said. “She, above anyone else I’ve come across in my life, says ‘my time and talents are yours.’”

She also says she is just following in the footsteps of others and paying it forward through her unending drive and dedication to simply find something students love to do to keep them physically active. “Because of those people who helped me out along the way, I was able to do stuff I loved and I know there are always barriers for kids and parents to do that.” For her it’s all about giving back the time teachers gave to her when she was growing up. “If I didn’t have teachers and coaches doing that for me, then I probably wouldn’t have been involved in sport, and I wouldn’t be where I am today.”

An Annapolis Valley native, Davidson Eno began her teaching career with the Annapolis Valley Regional School Board and received her undergraduate degree in physical education and BEd from Acadia University. She holds a Master of Sport Administration degree from Ottawa University, a Master of Educational Leadership degree from Acadia University and a Master of Education degree with a focus in Technology from Mount Saint Vincent University. She also studied French language at Université Saint Anne, Université de Laval and overseas in Switzerland.

She was mission staff for team Nova Scotia for the 2009 Canada Games, has been Regional and District Coordinator for the Nova Scotia School Athletic Federation and the South Shore representative for the Teachers Association for Physical and Health Education (TAPHE). She developed a Pilot Program for the NSSAF for the Special Athletes Competition for Track and Field. This gives students with special needs the opportunity to participate for their school track and field team at the district, regional and provincial level and has allowed students to be inclusive in the classroom and in extracurricular. She was a member of the Department of Education and Early Childhood Development’s physical education curriculum development committee and has facilitated workshops for colleagues for the new physical education curriculum.

Former Lieutenant Governor Myra A. Freeman, CM, ONS, MSM in partnership with the Nova Scotia Teachers Union instituted the Lieutenant Governor’s Teaching Award in 2005. His Honour, Brigadier-General the Honourable J.J. Grant, CMM, ONS, CD (Ret’d), Lieutenant Governor of Nova Scotia re-established this award in 2013. Each year a teacher is selected to represent the teaching profession in Nova Scotia. To be eligible, the teacher representative must be a member of the NSTU and be a currently active teacher or administrator in the public school or Community College system.



Selena Davidson Eno is shown with her husband Shane Eno, a science teacher at Parkview Education Centre (centre) and (l-r) Bayview guidance counsellor Marc Breough (her nominator), NSTU president Shelley Morse, Lunenburg County Local president Carole Hipwell and South Shore Regional School Board vice chair Cheryl Fougere.

# The little Farm to School Project has big dreams

by Elaine Duarte & Dawn Hare on behalf of the Annapolis Valley Farm to School Committee

Our big dream is to have a province-wide farm to school program. The Annapolis Valley Farm to School Committee (originally named the Producer Supplier Committee) was established in 2006 as a subcommittee of the Annapolis Valley Health Promoting Schools Program (AVHPSP). The committee works to support schools in the Annapolis Valley Regional School Board (AVRSB) so they can provide access to locally produced nutritious foods, with particular emphasis on fruits and vegetables. The committee’s membership has representatives from farming, food distribution, and Departments of Health, Education and Agriculture.

One of the committee’s early achievements was in developing and implementing the Strive for Five at School! initiative. Building on the success of that initiative, in 2009 the Farm to School program coordinated the monthly delivery of locally grown, seasonal fruits and vegetables to students and staff in AVRSB schools. The committee developed a business plan which included an environmental scan of programs in Canada and the United States and also developed costing for different models. The model for our program now works for the current funding and program landscape.

The model evolved into a program that has delivered locally grown produce to four middle schools in the AVRSB from 2011 to the present. For the past 4 years, the Farm to School program has provided all students and staff at Evangeline Middle School, Pine Ridge Middle School, Annapolis Royal Regional Academy (now merged with Annapolis West Education Centre) and West Hants Middle School with a universal, free fruit or vegetable snack each month.

Not only do we dream this goes province-wide, but that it evolves into a weekly or even a daily program. The main concept of the snack program remains that increased exposure to fruits and vegetables will lead to improved student perceptions around healthy eating and ultimately, an increase in their fruit and vegetable consumption. Exposure, preferences and willingness to try fruits and vegetables are all proven indicators of future eating behaviour and food choices. By providing fruit and vegetable snacks to every student and staff member in a school, this program is using a population health approach; helping to reduce inequities so everyone has access to the universal snack and their ability to be food secure is supported.

In 2014/2015, the Farm to School Committee hired a coordinator to establish best practice information and develop new models. The expanded program piloted new models at the elementary school level, working toward a phased approach to bring Farm to School to all AVRSB schools and ultimately informing a provincial program. Expansion to the elementary school level placed emphasis on engaging parents, youth and community volunteers in the implementation and sustainability of the program.

This school year will also see a transition for the original four middle schools. The middle schools will move from receiving fully funded programming to partial funding of their monthly deliveries, enabling the schools to take ownership of their program and prioritize their own school funding. The Farm to School Coordinator will continue on a part-time basis with the Committee, continuing efforts to support the expansion of Farm to School.

If you are interested in information about the existing farm to school programs or would like to engage in a conversation about how to initiate a farm to school program in your school you can reach out to one of the Farm to School Committee Co-chairs Nancy Tregunno at (902) 582-1445 x 238 or [NTregunno@mycountrymagic.com](mailto:NTregunno@mycountrymagic.com).

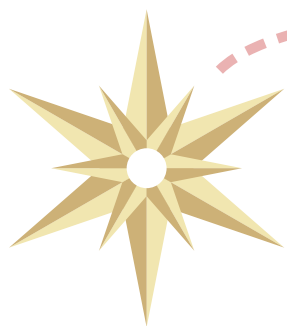


# Yarmouth Local school and media tour

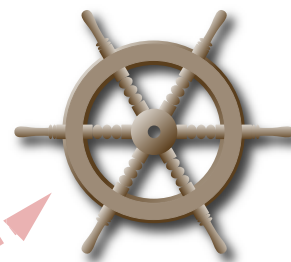
NSTU president Shelley Morse met with members of the Yarmouth Local executive during her school and media tour of the area on September 14.

**Shown with her (l-r) are:** first vice-president Wally Fiander, VP professional development Glyns Stephenson, secretary Beth Hannem, 1st VP Michelle Heighton, VP communications Allen Whittaker, treasurer Judy Rodgers, Debbie Nickerson, Vaughn Bullerwell, Local president and Tri-County RRC chair Rollie Hannem and Digby-Shelburne-Yarmouth provincial executive rep Colleen Scott. **Missing:** Digby-Shelburne-Yarmouth provincial executive rep Lori MacKinnon.





# Charting Your Course FOR PROFESSIONAL DEVELOPMENT



## Sheonorail Conference: Safe Schools One Peace at a Time

by Adela Njie, Executive Staff Officer, Professional Development

The Sheonorail Foundation was created in the late 1990s as a result of school research on violence in Nova Scotia public schools initiated by the Nova Scotia Teachers Union. Its objectives are: to support research and investigation into the effects of education site violence; develop and support appropriate intervention strategies; and to serve as a central repository for the preparation, collection, and distribution of resources.

The Sheonorail Foundation organized a Conference on Mental Health on September 24 and 25. The theme was *Safe Schools One Peace at a Time*. The conference featured four keynote addresses along with concurrent workshops on a variety of topics.

Dr. Stan Kutcher, Sun Life Financial Chair in Adolescent Mental Health, and director of the World Health Organization/ Pan American Health Organization Collaborating Center in Mental Health Policy and Training at Dalhousie University and the IWK Health Centre, kicked off the conference clarifying the various terminologies used to describe the term mental health. He also revealed data about some of the research he has been doing through his *TeenMentalHealth.org* project.

Friday morning keynote, Dr. Micheal Ungar, among the best known writers and researchers on the topic of resilience, and both a family therapist and professor of Social Work at Dalhousie University, spoke about nine things that can be done to make children change troubling behaviours and be more resilient. He reiterated with the audience the importance of students' interactions between their families, peers, schools, and communities. Actor, humourist, writer, speaker and social activist Bill Carr spoke at the conference luncheon on a restorative practice approach to solving conflict. As a founding partner of the Atlantic Restorative Company, Carr focused his message on how to create space for authentic human exchange and the use of restorative practices in all

aspects of social life through his humorous and touching style. The closing keynote was from recreational therapist, musician, and expedition kayaker Zac Crouse, who shared his *Paddle To The Ocean* story of using kayaking and music as an alternative approach for dealing with PTSD.

Some notable workshop sessions included that of Morris Greene and students from Citadel High who presented a workshop entitled the *Mask of Masculinity*, in which students shared their earlier experience of a "guys group" circle in junior high, facilitated by Green. Green is a co-ordinator of youth health for the provincial Department of Health and Wellness, and has been working with schools and boys, running Grade 9 healthy living curriculum in an effort to get them to talk about issues they are facing. This session was very moving for participants witnessing the young men discuss the importance of the program for them. It left the audience with wanting more and wondering how they could have a similar program in their schools.

HRSB teacher Amy Boudreau, and Richard Derible, shared their knowledge and experience on Restorative Approaches in schools. Glenn Thompson showed us how to use circles as an Instructional Model. Feedback from the conference was very positive. Participants shared with us the rich and significant insight that the Sheonorail Conference had on them.

The Sheonorail Foundation offers 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/faculty advisor(s)]. Funding is based on an application review process. **The next deadline is November 13, 2015.**

Thanks to all the presenters and participants for joining the Foundation on its journey towards peace—one step at a time.



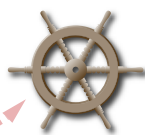
Above are some of the delegates from NSTU's Sheonorail Conference, *Safe Schools: One Peace at a Time*. **From left to right:** Cynthia Rigby (Halifax County) who teaches at William King Elementary School, Kate Therian (CSANE) who teaches at École Bois Joli, Chantal Letourneau (CSANE) who teaches at École du Carrefour du Grand-Havre and Kathy Rhodes Langille (Inverness), who is the Strait Regional School Board's Coordinator of Race Relations, Cross Cultural Understanding and Human Rights, P-12 Social Studies and Mi'kmaq liaison.



Above are conference delegates and members of the Sheonorail Board of Directors with Sheonorail conference guest speaker Michael Ungar. **From left to right:** conference delegate Mary-Alice Ali (Pictou); board member Angèle Marr (CSANE); conference delegate Beth Hannem (Yarmouth); NSTU president Shelley Morse, Ungar; and board members Angela Gillis (Halifax City) and John White (Cape Breton District).



### Charting Your Course FOR PROFESSIONAL DEVELOPMENT

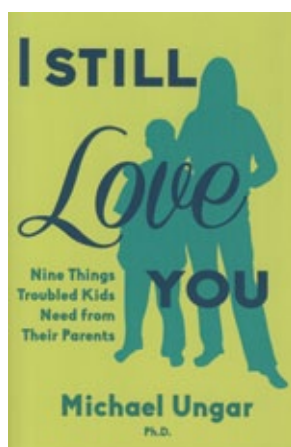


Email your name, home address, and school or campus name with PD Giveaway in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by November 23 to be eligible for the draw.

*I Still Love You* by Michael Ungar, published by Dundurn Toronto, is a book for parents and children with serious emotional, psychological and behavioural challenges. Through three family stories, Ungar offers nine practical and effective strategies that parents can use to make children change troubling behaviours and become more resilient.

This book illustrates that it's never too late to help children to change and reconnect with those who will always love them.

Ungar is internationally recognized for his work on resilience with at-risk youth.



Morris Green's *Mask of Masculinity* workshop was very well received. He is shown above with his circle of boys who have since graduated from Oxford School's "Guys Group" and are now students at Citadel High. They discussed the profound impact of the program on their lives.



Mental health and schools was the focus of NSTU’s Sheonoroil Conference, featuring keynote speakers and workshop leaders, below are some more highlights of the conference.



In Dr. Stan Kutcher’s opening keynote he confirmed that “Youth access to mental health care a problem,” in Nova Scotia. He also discussed the understanding mental health states and what the words or terms mean, like mental disorder, mental health problem, mental distress and no distress, problem or disorder. He also talked about how systems, including the school system sometimes reinforces issues like anxiety. “All anxiety is not toxic. The education system creates capacity for enabling anxiety.” Ultimately his research shows that, “Giving teachers mental health literacy and research has a profound impact on teachers’ own mental health. Knowledge stays up, stigma stays down.”



Dr. Michael Ungar discussed how risk and responsibility make children resilient and how schools can help. “If we give kids a genuine opportunity to contribute, it produces a bump in psychosocial development.” Creating resilience is key he says. “Our kids are waiting to be given opportunities to be held accountable and appropriate consequences to thrive and grow. When you create resilience in children something awakens. If you give kids more freedom they self-regulate more easily.”

For an up-to-date listing with details of

**DEALS & DISCOUNTS**

for NSTU members (including retired members),  
please visit the website at [www.nstu.ca](http://www.nstu.ca)  
email [theteacher@nstu.ca](mailto:theteacher@nstu.ca) or phone 1-800-565-6788.

NSTU pledges \$10,000 for Dominica teachers

On September 18, at its first meeting of the 2015-16 school year, the NSTU’s provincial executive approved a \$10,000 donation to the Dominica Association of Teachers (DAT), to assist with tropical storm Erika which struck the Caribbean island of Dominica on August 29, setting the country back by 20 years. Nine communities have been declared disaster areas.

Of particular concern to Education International, is the damage to the education system in the wake of the storm. Fourteen schools on the island were partly or completely destroyed. Others cannot be reached due to destruction of road infrastructure, or are being used as shelters for people who lost their homes.

“We understand that the village of Petite Savanne was particularly hit hard,” say NSTU president Shelley Morse. The primary school is covered by mudslides, over 200 homes were destroyed, including those of the teachers and the principal.”

NSTU’s support is being funneled through the Canadian Teachers’ Federation Trust Fund to the EI Solidarity Fund-Dominica. Dominica is one of the CTF’s Project Overseas countries.

The Project Overseas team leader for the Dominica project was in Ottawa recently. CTF president Heather Smith relayed the perspective from the Dominica team leader. “The team leader has been in contact with both teachers in Dominica and the team of Canadian teachers, and she was keen to find out if and how CTF was assisting. Tears came to her eyes when she learned of the assistance from the CTF Trust Fund and from CTF member organizations such as yours. She affirmed that she felt the Dominican teachers and community would survive this disaster and would put the money sent to worthwhile uses and declared her pride in CTF and Canadian teachers,” wrote Smith. “Thank you again and please extend our thanks to your Provincial Executive for the generous donation.”

Zac Crouse reminded the audience the importance of having a physical and creative outlet. For him kayaking and biking are his physical outlets, music is his creative outlet. The benefits of leisure are immeasurable. “You are what you do,” he says. He also dared the audience to try three things to improve the quality of mental and physical life. “Disconnect, turn off your phone or device for at least an our every day. Take one day off a week and do things to improve the quality of your life. Do less, and be ok with doing less.”



Bill Carr provided some gems for teachers in his luncheon keynote on restorative practice. In speaking about conflict resolution he said it’s important to, “Give each other evenly hovered attention to solve conflict.” He also had the audience think about reactions to events and problems. “Don’t think about things, that thinking about can’t change—Evagrius,” he commented. “The Greek word Epoche—breathe—is important. Breathe, relax and let it go. Deep breath is telling your brain you’re safe.” He also reiterated to teachers the impact they have. “I believe at a fundamental level as teachers you are changing the world.”

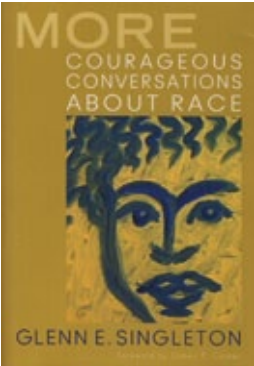
**EQUITY** BOOK REVIEW

COMMITTEE

Nova Scotia Teachers Union

Email your name, home address, and school or campus with EQUITY in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by November 23 to be eligible for the draw.

Published by Corwin, *More Courageous Conversations about Race* by Glenn E. Singleton is a sequel to Singleton’s highly acclaimed *Courageous Conversations About Race*. This book continues in the vein of building racial equity in schools but also shares the challenges, successes and strategies for moving to achieving systemic transformation. The perspectives of champions of racial equity are explored in this volume.

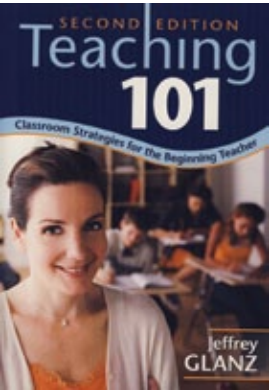


fresh

Putting new members in the KNOW!

Email your name, home address, and school or campus with FRESH in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by November 23 to be eligible for the draw.

This month’s giveaway is *Teaching 101: Classroom Strategies for the Beginning Teacher*, Second Edition, by Jeffrey Glanz, a publication of Corwin, a SAGE Company. From the publisher’s website: “The noble profession of teaching plays a vital role in inspiring students to achieve excellence. This new edition of one of the most comprehensive introductions to teaching available provides essential knowledge and actively engages new teachers practicing to become exceptional teachers. This wide-ranging guide provides tools such as questions and activities at the end of each chapter, websites and readings vital for further study, and a self-assessment instrument to help readers succeed in their first year. The second edition includes more information on curriculum development and technology, more sample lesson plans, a new section on bullying, new activity sheets, and many checklists with immediate application procedures. Teaching 101 is an invaluable resource that teachers can reference throughout their careers to expand their skills and perspectives.”





## What is Influenza?

Influenza or the “flu” is a potentially life threatening viral infection affecting the nose, throat, airways and lungs. It is contagious and is easily spread by having contact with the saliva of an infected person through coughing and sneezing. Influenza can cause mild to severe illness. At times, influenza can be so severe that it can result in death. The mortality rate caused by influenza has increased over the past 25 years. Older adults, young children and people with certain heart conditions are at a higher risk for developing severe complications from flu, including pneumonia.

Symptoms of influenza include sudden fever, dry cough, chills, sore muscles, sore throat, fatigue, headache, weakness and loss of appetite. Some older people may experience confusion when they have the flu. In many cases these symptoms are overlooked as non-threatening, leading many individuals to ignore them. The peak of symptoms is usually at day three to four, with the recovery period usually taking around seven to 10 days. If you develop persistent headaches and congestion, ongoing coughing, difficulty swallowing, vomiting and difficulties in breathing, seek consultation from a doctor for testing to determine if a more serious condition has developed—such as pneumonia.

## What is Pneumonia?

Complication of influenza often leads to pneumonia, either by the influenza virus itself or from a bacterial infection that starts because the individual is weakened from influenza. Pneumonia is an inflammation of the lungs that can be quite serious. The air sacs become filled with liquid (such as pus), making it difficult to breathe. Poor breathing results in a blockage of oxygen reaching the bloodstream which leads to the compromised ability of the cells in your body to work properly. Without enough oxygen in our blood, the cells do not function properly and this can lead to death. The risk of death from pneumonia is higher for people with heart disease,

diabetes and weakened immune systems.

Symptoms of pneumonia can vary depending on the cause of the pneumonia (whether bacterial or viral) and the overall health of the person who has pneumonia.

Usually pneumonia causes a cough which produces sputum. With bacterial pneumonia, all or part of the lungs slowly fills with a liquid; this process is called consolidation. Some bacterial lung infections develop within a few hours and usually results in a high fever—sometimes going up to 39°C. Other symptoms can include shortness of breath, shivering, chills, headache, delirium (confusion), severe bad breath, muscle pain, weakness, chest pain—especially when breathing deeply—and blue lips and nail beds from lack of oxygen in the blood.

Viral pneumonias do not actually cause the lungs to fill with liquid. Instead, the lung tissue itself becomes inflamed. Viral pneumonias are usually milder than bacterial infections with the exception of the influenza virus, which can be very serious. Usually viral pneumonia results in symptoms such as dry cough, minimal sputum, headache, muscle pain, weakness and fatigue, moderate fever up to about 39°C, chills, shortness of breath, blue lips and nail beds.

## What can you do to prevent Influenza and Pneumonia?

Trying to prevent these illnesses is better than any cure. Once these conditions are contracted, medication and rest can only assist so much.

Influenza and pneumonia vaccines offer the best protection. Receiving an influenza vaccination once a year is the best way to prevent or minimize the flu. Because the influenza virus changes from year to year depending on the variability of the virus strain, you should receive the vaccination each year, usually in the fall before the flu season begins.

To dispel a common myth, you cannot get the flu from the influenza shot because the influenza vaccine is made from



inactivated viruses. However, those with any allergy to eggs should contact their doctor before taking the vaccine. The vaccine is especially recommended for those considered “high risk.” This list includes any child between the ages of six to 23 months, anyone with a chronic condition in their lungs or heart, diabetes or kidney disease, people 65 years or older, pregnant women, and health care and household personnel that provide direct contact and care.

You only need the pneumococcal vaccine once and it is usually recommended for those older than 65 and for younger adults who smoke or who have asthma, diabetes, kidney problems or heart failure. Talk to your doctor to see if you would benefit from this vaccine. Pneumonia immunization can be given throughout the year at any time.

Prescribed medications that fight influenza virus may help prevent influenza in the event of an outbreak.

Avoid close contact with people infected by influenza and pneumonia. Stay at home when you are sick. Keeping your distance from others will prevent them from getting sick.

Frequent hand washing, particularly when you are around people who have colds and good hygiene can prevent spreading of bacteria that cause illness.

Avoid touching your eyes, nose or mouth. Germs are frequently spread when you touch something that is contaminated with germs and then touch your eyes, nose or mouth.

Cover your nose with a tissue when coughing or sneezing.

Thoroughly clean surfaces in the house, since viruses can survive on them and infect others who come in contact with them. Sanitize utensils, toys, equipment and furniture. This can help reduce the spread of germs in your house that can lead to serious illness.

Proper nutrition is very important such as eating a well balanced diet. Get plenty of rest, exercise and learn how to manage your stress. If you are generally in good health your immune system is in a better position to fight off illnesses.

## When to contact a doctor?

If despite all your efforts you become ill with influenza or pneumonia, take good care of yourself. Get plenty of rest and drink lots of fluids. Pay careful attention to your symptoms. If your treatment at home does not improve symptoms within a few days or if symptoms worsen, you should contact your doctor. It is better to confront the illness early on rather than waiting for it to progress resulting in you becoming very sick. Contact your doctor immediately if you have shaking chills, trouble breathing or fast breathing or if you feel confused.



### Attention Teachers:

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For previous *The Well Teacher* articles,  
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Click on ► **Communications**  
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► **The Well Teacher**

**Congratulations to our Book Winners  
from September!**

**FRESH - Grant Dunn—TCRSB**

**EQUITY - Susan McKay—HRSB**

**PD - Jennifer Field—CCRSB**



# 2015-2016 Local Presidents & RRC Chairs



**Standing (left to right):** Tammy Cox Jardine (Hants West), Natalie MacIsaac (Kings), Renée Samson (CSANE), Josée Desjardins (Digby), Ferne MacLennan (Community College), Sally Capstick (Cape Breton District & Cape Breton-Victoria RRC), Roland Hannem (Yarmouth), Carole Hipwell (Lunenburg County), Allister Wadden (Annapolis Valley RRC), Deena Jewers (Guysborough County), Milton Bonnar (Northside-Victoria), Phil Samson (Richmond), Tammy Landry (Strait RRC), Dawn Smith (Shelburne County), Myla Borden (Pictou), Krista Wright (Annapolis), Wade Van Snick (Cumberland), Liette Doucet (Halifax City), and Christene Caudle (Colchester-East Hants). **Seated (left to right):** Mark Savoury (Dartmouth), Andrew McCara (APSEA), Stacy Thorburn (Queens), Shelley Morse (NSTU President), Meg Ferguson (Halifax County& Halifax RRC), Angela Deagle (Inverness), and Neil MacIsaac (Antigonish). **Missing from the photo:** Gerry Alley (Chignecto RRC) and Rebecca Smart (South Shore RRC).



## GOT A GOOD IDEA FOR RESPONDING TO VIOLENCE IN SCHOOL?

**We can help you turn your idea into a useful, practical program!**  
If you, your class, or your colleagues have ideas to share with other teachers, classrooms and campuses in Nova Scotia, get a **Sheonorail Project Application Form** from [sheonorail.nstu.ca](http://sheonorail.nstu.ca)



**Project Application Mailing Address**  
**Sheonorail Foundation Project Review Committee**  
**3106 Joseph Howe Drive,**  
**Halifax, NS B3L 4L7**

**Deadline—November 13, 2015**

## The John Huntley Memorial Internship Program

*The deadlines for application for the John Huntley Memorial Internship Program for the 2015-2016 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](http://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**

## Hants West Local's Meet & Greet

The Hants West Local held its annual Meet & Greet the evening of September 24 at MacLeod House, formerly the Kingsway Inn in Windsor. NSTU president Shelley Morse attended and is shown with members of the Local and its executive.



**From left to right:** Karen DesRoches, chairperson Social Committee, Shelley Morse, Hants West Local president Tami Cox Jardine, Adam Boyd, first vice-president, Glenn Nightingale, new teacher in the Hants West Local (at West Hants Education Centre/ Windsor Adult High School), Brian Wong, principal, West Hants Education Centre & Windsor Adult High School, Elsie Wetmore, Elementary Guidance (new to Hants West Local), Brenda Newcombe, principal, Brooklyn District School, and Charmaine MacAdoo, new teacher at Brooklyn District School.

## Digby Local's Meet & Greet

NSTU president Shelley Morse attended the Digby Local annual Meet & Greet, which was held on September 23 at the Digby Pines Golf Resort. She is shown with Digby Local members and members of the Local's executive.



**From bottom 1st step from left to right:** Debbie Walker (Secretary), Josée Desjardins (President), Joanna Wilson (Treasurer). **2nd step:** Tammy Farrell-Walker, Céline Leclerc, Shelley Morse. **3rd step:** Joelle d'Entremont, Sarah Price (VP of PD/Social), Joan O'Neil, NSTU first vice-president Wally Fiander. **Back row:** Ben Elms, Jennie O'Brien, Nick Wilson, Joanne Addington, and NSTU executive staff officer Grant MacLean.



# I am the NSTU – focus of 2<sup>nd</sup> annual Member Engagement Day

NSTU Locals around the province had planned events for NSTU's second annual Member Engagement Day, which took place this year on October 5, World Teachers' Day under the theme I am the NSTU. NSTU Locals hosted social events, family days, meet and greets and other events and sessions on or before October 5 to showcase the importance of NSTU involvement and acknowledge the contributions of members to the Union.

**NSTU president Shelley Morse joined both October 4 events highlighted below.**

The **Cumberland Local** also celebrated Member Engagement Day on Sunday, October 4 enjoying a wonderful afternoon at the Wentworth Provincial Park. NSTU president joined Cumberland Locals for a delicious BBQ, prepared by Local president Wade VanSnick. Smokey the Bear even dropped by the event.



The **Colchester-East Hants Local** hosted a Member Engagement Member/Family Day in Victoria Park, in Truro on Sunday, October 4. This event featured musician Gary Foley from Hants North Rural High and a yoga session with Lisa MacNutt from Bible Hill Junior High. There was entertainment, face painting, a bouncy house, BBQ, prizes and NSTU members and their family enjoyed a beautiful fall afternoon together. The Local also provided pens to members with the **I am the NSTU** slogan.



## executive highlights

### September 18-19

- Filed the Table Officers Report;
- Selected four candidates to the John Huntley Memorial Internship Program, along with two alternates;
- Approved financial support to Education International Solidarity Fund - Dominica in the amount of \$10,000;
- Selected a member to serve on the Teachers with Administrative Responsibilities Committee with a term to end July 31, 2016;
- Selected a Chair of the Teachers with Administrative Responsibilities Committee;
- Selected members to serve on the Community College Negotiating Team;
- Approved amendments to the Public School Asking Package;
- Approved the Community College Faculty Asking Package;
- Approved the Community College Professional Support Asking Package;
- Approved amendments to the following Operational Procedures:
  - Operational Procedure 16 (e) (ii) RRC Funding and Surplus Funds;*
  - Operational Procedure 15 (c) (vii) Provincial Executive – Obligations;*
  - Operational Procedure 35. MLA Mail Program;*
  - Operational Procedure 4. NSTU Committees (xii) a. II. A. – PA/PR Handbook;*
  - Operational Procedure 15. (d) (x) Provincial Executive – Responsibilities;*
  - Operational Procedure 15. (d) Provincial Executive – Responsibilities, added a new (xvii) and (xviii);*
- Approved a recommendation to rescind a motion from the June 5, 2015 Provincial Executive meeting regarding Operational Procedure 8 – Election Procedures, (c) Electronic Voting Procedures for Election of NSTU President by Universal Suffrage, (xiv) Voting (b);
- Filed the Annual Reports from NSTU Standing Committees to be posted to the Members' Only website;
- Approved a recommendation that "I am the NSTU" buttons be purchased for all NSTU members.

For advertising information for The Teacher,  
contact Sonia Matheson at  
902-477-5621 or 1-800-565-6788  
or visit [www.nstu.ca](http://www.nstu.ca)  
email [theteacher@nstu.ca](mailto:theteacher@nstu.ca)



## NOVA SCOTIA TEACHERS UNION 2015 - 2016

**At the September 18-19 Provincial Executive meeting, the following NSTU members were appointed:**

*(The 2015-16 Committee List was printed in the September issue of The Teacher.)*

**Selected four candidates to the John Huntley Memorial Internship Program and two as alternates:** **Candidates:** Robert Allen, Inverness; Josée Desjardins, Digby; Adrienne Kelloway, Dartmouth; and Patrizia Aloisi, Halifax City. **Alternates:** Sarah Tutty; Queens and Martia MacLean, Cape Breton District.

**Selected a member to serve on the Teachers with Administrative Responsibilities Committee:** Diana Lynn Corkum, Halifax County.

**Selected Darrell LeBlanc to serve as a Chair of the Teachers with Administrative Responsibilities Committee.**

**Selected members to serve on the Community College Negotiating Team:** Ferne MacLennan, Ann Windsor-Hall, and Mike Kelly.



# Curriculum Corner

*Submitted by David MacFarlane*

The first Curriculum Committee meeting of the year was held on October 2, and was very informative with several Department of Education and Early Childhood Development Personnel on hand.

Monica Williams, Executive Director, Centre for Learning

Excellence briefed the committee on year two of implementation of the Minister's Action Plan. Williams outlined many of the undertakings that have occurred this year such as; four Early Years Centers throughout the province, nine early intervention Math Pilots in Grades 2 to 3, an increase in math mentors (P-3 increased from 18 to 28 and Grades 4 to 12 has increased to 24), Reading Recovering is now in 102 schools, two additional classes of Grade 6 intensive French, Brilliant Labs for hands on technology learning and coding, expansion of 02 Programs to 69 high schools, Skilled Trades now in 16 sites and five sites offering Discovering Opportunities at the Grade 9 level.

The Centre for Learning Excellence is preparing the framework for implementation of the new teaching standards. The Standards will focus on the following key areas, Professional Development, Teacher Education, Teacher Certification, Accreditation and Performance Management. The Department has researched countries that have the most successful educational programs and have found that the most important factor affecting student achievement is high quality teaching. The guiding principal for the teaching standards is that a focused and cohesive system along with strong leadership and teaching expertise will produce an environment to increase student success.

A new model of school improvement is being prepared by EECD. The goal of the new plan is to align school improvement with the Action Plan and with the school boards business plans. The new program will be called Student Success Planning (SSP).

Sue Taylor Foley, Director of Learning Resources and Technology Services, brought us up to date on this year's P-3 roll out. Although the changes were significant the impact on teachers was lessened through in-service days, having all the curriculum resources in one place and the Q & A, and FAQ's section on the website. With the success of the Q & A, and FAQ's the Department is planning on opening it up again around report card time so teachers' questions can be answered quickly.

Taylor-Foley also outlined the steps that will occur this year in the streamlining of the Grades 4 to 6 Curriculum. The intent is to have the curriculum ready to be rolled out next year with many of the same features that have been incorporated in the P to 3 curriculum. The EECD is also planning a review of the PSP with a focus on whether its fundamentals are inclusive.

Kim Jackson gave an update regarding PowerSchool and changes to the P to 3 report card. She highlighted the changes made in the report card, specifically those changes to Grade Primary and 1 to meet the needs of music and physical education teachers who had difficulty

recording first term marks given the limited exposure they had with students. Jackson also discussed the new terminology that will be used to describe student learning.

Anti-Bullying Coordinator, Joanne Syms, gave an overview of the Code of Conduct which is in its first year of implementation and focused on supporting safe and inclusive schools. Syms noted that, following presentations to school administrators, several changes were made to the draft document in response to their feedback. The Code of Conduct will be reviewed this year to ensure that it is fulfilling its purpose in working to support and create safe and inclusive schools. Funding will be provided to school boards based on per student enrolment to support positive student behaviour and safe schools. Dr. John LeBlanc, pediatrician at the IWK Health Centre known for his research and clinical work focusing on disruptive behaviours and bullying in elementary school children reviewed numerous evidence based programs promoting the development of social and emotional skills in children and recommended several for use in our schools. Dr. LeBlanc also recently completed a study of anti-bullying programs to see if they in fact have a positive impact in schools. The results of this study will be made public in the near future. There has been some indication that programs that introduce appropriate social emotional skills at an early age and restorative approaches hold more promise in reducing disruptive behaviours and bullying.

As the Action Plan continues to roll out, we will see changes in homework standards and stream-lined curriculum in Grades 4 to 12 as well as the development of a Minister's Forum for Teaching Excellence, an Inter-University Chair in Research, a Business Education Council and a Transition Task Force.



*Above are this year's members of the NSTU's Curriculum Committee. **Seated:** members: Kelli Burgess (Halifax County), Sheri Scott (Halifax County), committee chair David MacFarlane (Antigonish), Wendy Gould (Colchester-East Hants). **Standing:** NSTU staff liaison Debbie McIsaac, Keith Partridge (CSANE), provincial executive liaison Darlene Bereta (Northside-Victoria), Chad Hannahan (Northside-Victoria) and Adam Boyd (Hants West).*

# Teacher's Special

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# How Can the Teacher Voice Be Heard in the 2015 Federal Election? Chignecto Rep Retreat



By Francine Filion,  
CTF Director of Communications

On April 21, Parliament Hill was abuzz with meetings involving teacher leaders and federal officials discussing child and youth mental health, and child poverty in Canada. The CTF Board of Directors' annual "Hill Day" focussed on federal action and had Board members from across Canada meeting with their respective provincial/territorial federal party caucuses. At the same time, the CTF Executive Committee, led by President Dianne Woloschuk, met with NDP leader Thomas Mulcair, Liberal Leader Justin Trudeau, and Green Party Leader Elizabeth May. Although a few Conservative MPs did meet separately with CTF Board members, Conservative party leader Stephen Harper did not respond to our request. All political parties had been contacted months in advance in preparation for the Hill Day and to obtain each party's positions regarding child and youth mental health, and child poverty. Find out more by visiting **Our questions. Their replies** ([http://vox.ctf-fce.ca/?page\\_id=12878](http://vox.ctf-fce.ca/?page_id=12878)).

Child poverty and child and youth mental health were flagged by over 5,000 teachers surveyed by CTF as the two top priorities for advocacy activities in the next federal election. The results from the CTF survey, conducted in September 2014 showed that 95% of teachers selected child and youth mental health as the top federal advocacy priority and 93% chose child poverty. Find out more by visiting **Hear My Voice** (<http://vox.ctf-fce.ca/>).

These high percentages are symptomatic of classrooms across the country where teachers work daily with students who are facing a multitude of challenges not related to the curriculum.

Mental health and well-being are important factors influencing a student's ability to succeed in school. However, only 1 out of 5 children who needs mental health services receives them. Too often, wait times for assessment are more than a year because of an insufficient number of school-based mental health professionals, a lack of adequate staff training in dealing with children's mental illness and a lack of funding for school-based mental health services. We would not accept this lack of service with other illnesses; why should we with mental illness?

Poverty is also another factor that negatively impacts student learning and development. With growing income inequality in Canada, high poverty rates follow suit. According to Campaign 2000, over 19% of children in Canada, 1.3 million, live in poverty.

Federal government inaction and failure to address these issues are having a ripple effect in schools across Canada. CTF has mounted a national non-partisan advocacy campaign to give teachers a voice in their respective federal ridings. Teachers across the country are being asked to "think federally and act locally." After all, who better can tell their stories and advocate for children than teachers who work with them every day.

**In cooperation with Member organizations, the CTF "Hear My Voice" campaign (nicknamed VOX which is latin for voice) invites every teacher to be heard on issues related to child and youth mental health, and child poverty as we inch our way towards a federal election on Oct. 19, 2015. \*materials have been sent to all NBTA members.**

While the voice of the CTF Board of Directors was heard at the federal, provincial, and territorial levels, the voices of teachers in their ridings are equally important. Teachers are invited to share their stories with their federal election candidates—online, in person, or by phone—and to seek their commitment to support children and youth in Canada.

CTF's easy-to-read teacher advocacy toolkit helps teachers walk through the local advocacy process and offers ideas and approaches that can take from one minute to one hour to complete.

Download the 10-page Teacher Advocacy Toolkit (<http://vox.ctf-fce.ca/wp-content/uploads/2015/04/VOX-Advocacy-Tool-kit.pdf>)

Read up on the issues along with data ([http://vox.ctf-fce.ca/wp-content/uploads/2015/05/Hill-Day-2015\\_information-for-parliamentarians.pdf](http://vox.ctf-fce.ca/wp-content/uploads/2015/05/Hill-Day-2015_information-for-parliamentarians.pdf))

Do you wish to engage on social media? The campaign hashtags are #CTFVOX and #VOXCFE. And feel free to share/post the **social media shareables** ([http://vox.ctf-fce.ca/?page\\_id=3670](http://vox.ctf-fce.ca/?page_id=3670)).

We hope to hear your voices – Let's make Canada's children and youth a top priority in the next Parliament.



The Colchester-East Hants (CEH), Cumberland and Pictou Locals held a joint retreat for NSTU reps at the Holiday Inn in Truro on September 25 and 26. This year the Cumberland Local was charged with organizing the joint rep retreat. New Chignecto-Central Regional School Board superintendent Gary Adams provided opening remarks along with Gerry Alley, Chignecto RRC chair. NSTU Executive Staff Officer Simon Wilkin presented a session for reps on making the best use of NSTU email and professional services staff officer Angela Murray provided a workshop on NSTU grants and deals and discounts offered to NSTU members. The NSTU reps attending also learned more about financial issues and awareness through a presentation by the Teacher Plus Credit Union. Above are reps from the Colchester-East Hants Local during one of the workshops.

**The deadline for the November/December issue of The Teacher is November 13.**

**Contact Sonia Matheson at  
1-800-565-6788 or  
theteacher@nstu.ca**

## PROJECT OVERSEAS 2016

### 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 2016
- 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 2016, 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 Gail Doucette, NSTU, 3106 Joseph Howe Drive, Halifax, NS B3L 4L7; [www.nstu.ca](http://www.nstu.ca) or 902-477-5621, 1-800-565-6788 or [www.ctf-fce.ca](http://www.ctf-fce.ca)

**APPLICATION DEADLINE: NOVEMBER 13, 2015**

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







## When New Violence Risk Assessments Required

Teachers are regularly subjected to violence and threats of violence in the course of their work. As this is the beginning of a new school year, NSTU members should take the opportunity to read and understand their workplace’s workplace violence risk assessment and workplace violence prevention plan. Consider whether the assessment adequately describes the risks and whether the plan eliminates, to the extent possible, the risk of violence. Assess whether the precautions set out in the plan have, in fact, been implemented.

It is important to understand that the workplace violence risk assessment and prevention plan are not static documents. They must change, and the changes must be implemented, if new risks become apparent. The Workplace Violence Regulations under the Nova Scotia Occupational Health and Safety Act require employers to conduct a new violence risk assessment in any of the following circumstances:

- (a) the employer becomes aware of a type of violence occurring in similar workplaces that was not taken into consideration when the previous violence risk assessment was conducted;
- (b) there is a significant change in any of the following:
  - (i) the circumstances in which work takes place,
  - (ii) the interactions that occur in the course of performing work,
  - (iii) the physical location or layout of the workplace.

A significant change in the interactions might include a new student with a history of violent behaviour, or a threat of violence made by a member of the community.


If the new violence risk assessment indicates that there has been a significant change to the extent and nature of the risk of violence (for example, the new student’s behaviour is different in extent and nature than that of other students), the employer must ensure that the workplace violence prevention plan is reviewed, and, if necessary, revised.

An Officer of the Occupational Health and Safety Division of the Nova Scotia Department of Labour and Workforce Development also has the power to order an employer to conduct a new violence risk assessment. Information on risk and solutions that you or the NSTU provides to the Officer might very well result in an Officer ordering the employer to conduct a new violence risk assessment.

The NSTU also has the ability to pursue an employer’s failure to provide a safe workplace through a grievance under the Collective Agreement. In a 2014 case involving the City of Toronto and the Canadian Union of Public Employees, Local 79, the union did just that. In that case, two employees of the city were shot at and injured at their place of work. The employees had been raising safety concerns with the employer for some time, and had suggested numerous safety precautions that the employer either never put in place, or discontinued, for example, the provision of walkie-talkie radios, the maintenance of a switchboard number that could be called by staff for immediate assistance, and the installation of a wireless alarm button. The arbitrator found that by failing to implement these safety precautions, the employer had breached its obligation under the collective agreement to “take reasonable precautions or steps to provide a safe and healthy work environment and [to] take reasonable precautions for the protection of employees.” What made it worse was that the violent incidents leading to the shootings had been frequent and serious, and the employer provided no explanation for its failure to put the suggested precautions in place.

If you feel that reasonable steps are not being taken to protect you or your colleagues’ safety, these concerns should be brought to the employer’s attention. As the arbitrator said in the City of Toronto case, the employer’s obligations do not disappear if no-one is actually injured because of unsafe conditions in a workplace.


NSTU staff officers can assist you in taking your concerns to the employer, and if the concerns are not adequately addressed, they can contact the Occupational Health and Safety Division and/or pursue a grievance through to arbitration.



2015-2016

Pre-Retirement Seminars

SCHEDULE



DATES		LOCATIONS
October	29 & 30 (Thursday & Friday)	TCSB (Rodd Grand, Yarmouth)
November	3 & 4 (Tuesday & Wednesday)	SRSB (Civic Centre, Port Hawkesbury)
	9 & 10 (Monday & Tuesday)	AVRSB (Old Orchard Inn, Greenwich)
	16 & 17 (Monday & Tuesday)	HRSB (Dr. Tom Parker Building, Halifax)
December	1 & 2 (Tuesday & Wednesday)	CBVRSB (Holiday Inn, Sydney)
	7 & 8 (Monday & Tuesday)	CCRSB (Holiday Inn, Truro)
January	12 & 13 (Tuesday & Wednesday)	CCRSB (Wandlyn, Amherst)
February	4 & 5 (Thursday & Friday)	HRSB (Dr. Tom Parker Building, Halifax)
	11 & 12 (Thursday & Friday)	SSRSB (Best Western, Bridgewater)
	18 & 19 (Thursday & Friday)	HRSB (Dr. Tom Parker Building, Halifax)
	23 & 24 (Tuesday & Wednesday)	HRSB (Dr. Tom Parker Building, Halifax)
March	1 & 2 (Tuesday & Wednesday)	CCRSB (Museum of Industry, Stellarton)

Please register through your Board, **NOT** the NSTU by October 12.

October, 2015      Dates/locations subject to change



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Educational Leadership Consortium of Nova Scotia

The Artisan Teacher Conference

a Huge Success

This past August 150 educators from school boards throughout the province attended the NSEL sponsored conference on The Artisan Teacher featuring Dr. Mike Rutherford. Rutherford was not only engaging, but his extremely entertaining style kept participants on the edge of their seats for the two days. Rutherford shared strategies for high performance teaching that enhance student learning. Participants were introduced to patterns of skillful teaching through Rutherford’s well researched 23 themes of teaching. His themes enable teachers to create classrooms of high student engagement, effort, clarity, thinking and success.

Feedback from participants on the two day conference praised the session as one of the most valuable professional development opportunities experienced. Rutherford’s content was very practical and timely in preparing teachers to return to the classroom in September fired up and ready to go!! It was a fantastic two days exceeding many people’s expectations.



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# coming events

## October is...

Autism Awareness Month ([www.autismsocietycanada.ca/](http://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](http://www.cla.ca/clm14)); Eye Health Month ([opto.ca/](http://opto.ca/)); Healthy Workplace Month ([healthyworkplacemonth.ca/en/](http://healthyworkplacemonth.ca/en/)); Learning Disabilities Awareness Month ([www.ldac-acta.ca/](http://www.ldac-acta.ca/)); Lupus Awareness Month ([www.lupuscanada.org/](http://www.lupuscanada.org/)); National Occupational Therapy Month ([www.caot.ca/default.asp?pageid=190](http://www.caot.ca/default.asp?pageid=190)); Occupational Therapy Month ([www.caot.ca/](http://www.caot.ca/)); Psoriasis Awareness Month ([www.psoriasiscommunity.ca/](http://www.psoriasiscommunity.ca/)); Rett Syndrome Awareness Month ([www.rettssyndrome.org/get-involved/october-awareness-month/](http://www.rettssyndrome.org/get-involved/october-awareness-month/)); SIDS Awareness Month (Sudden Infant Death Syndrome) ([www.babysbreathcanada.ca/](http://www.babysbreathcanada.ca/)); The Flu Shot: Influenza Immunization Awareness Month (<http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/flu-grippe/index-eng.php>); National Veterinary Technician Week - Oct. 11-17 ([caahbt-actsa.ca](http://caahbt-actsa.ca/)); National School Safety Week - Oct. 17-23 (<http://canadasafetycouncil.org/campaigns/dress-brightly-and-be-seen/>); Respiratory Therapists Week - Oct. 25-31 (<http://www.csrt.com/rt-week-guide/>); National Infection Control Week - Oct. 19-25 ([http://www.ipac-canada.org/news\\_icweek.php](http://www.ipac-canada.org/news_icweek.php)); Canadian Patient Safety Week - Oct. 26-30 (<http://www.patientsafetyinstitute.ca/en/Events/cpsw/Pages/default.aspx>); Canadian Intensive Care Week - Oct. 25-31 ([http://www.caccn.ca/en/medialcanadian\\_intensive\\_care\\_week\\_2013.html](http://www.caccn.ca/en/medialcanadian_intensive_care_week_2013.html)); Women's History Month (<http://www.swc-cfc.gc.ca/commemoration/wbm-mhff/index-en.html>); World Food Day - Oct. 7 ([www.foodbankscanada.ca/](http://www.foodbankscanada.ca/)); World Spine Day - Oct. 16\* ([www.worldspineday.org/](http://www.worldspineday.org/)); International Stuttering Awareness Day - Oct. 22\* ([www.isastutter.org/](http://www.isastutter.org/)); World Stroke Day - Oct. 29 ([www.strokeassociation.org/STROKEORG/General/World-Stroke-Day-2012\\_UCM\\_444999\\_SubHomePage.jsp](http://www.strokeassociation.org/STROKEORG/General/World-Stroke-Day-2012_UCM_444999_SubHomePage.jsp)).

## OCTOBER

### Women's History Month - Her Story, Our Story: Celebrating Canadian Women

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.

The theme for Women's History Month 2015 is *Her Story, Our Story: Celebrating Canadian Women*. This theme highlights the outstanding achievements of women who have shaped Canada; as pioneers, innovators and activists. Canada's history is rich with examples of women who have

made a difference in the world and all Canadians can benefit from getting to know their stories. For more info visit the Status of Women Canada website at: <http://www.swc-cfc.gc.ca/commemoration/wbm-mhff/index-en.html>.

## OCTOBER

### Mi'kmaq History Month

The theme of Mi'kmaq History Month 2015 is *Wapna'kikewaq*, People of the Dawn, in recognition of the special place light holds in Mi'kmaq culture. Treaty Day, (October 1st) marks the beginning of Mi'kmaq History Month in Nova Scotia which was proclaimed in 1993 by then Premier John Savage and Mi'kmaq Grand Chief Ben Sylliboy. The month promotes public awareness about the Mi'kmaq culture and heritage. During the school year, and in particular throughout the month of October schools organize activities to enhance classroom learnings about our Mi'kmaq communities.

More information can be found at the following links: Millbrook Cultural and Heritage Centre, <http://www.glooscapheritagecentre.com/index.html>; Office of Aboriginal Affairs at <http://www.novascotia.ca/abor/office/what-we-do/public-education-and-awareness/mikmaq-history/>; Mi'kmaq Rights Initiative, <http://mikmaqrighits.com/>; Mi'kmaq Resource Guide, <http://novascotia.ca/archives/virtual/mikmaq/>.

## OCTOBER 18

### Persons Day

Persons Day, celebrated on October 18 is in commemoration of the historic decision to include women in the legal definition of "persons," which was handed down on October 18, 1929, by the then highest court of appeal in Canada—the Judicial Committee of the Privy Council of Great Britain. This decision gave women the right to be appointed to the Canadian Senate and improved participation in public and political life.

October 18 is the highlight of Women's History Month, and in celebration of the "Persons Case" which honours the "Famous Five"—five Alberta women whose determination led to the landmark victory in the struggle of Canadian women for equality. Five individuals and one youth are recognized for their contributions to equality for women, through the Governor General's Awards in Commemoration of the Persons Case. For more info: <http://www.swc-cfc.gc.ca/commemoration/pd-jp/index-en.html> and/or <http://canadianwomen.org/node/1955>.

## OCTOBER 22 & 23

### Digital Youth Summit

On October 22 and 23, MediaSmarts and the Information and Communications Technology Council (ICTC), in partnership with Encounters Canada and Hive Toronto, are bringing together industry leaders, compelling speakers, and 200 secondary students for two days of engagement on Cyber Citizenship and Cyber Security.

For more info: <http://www.ictc-ctic.ca/news-events/events/digital-youth-summit-2015/>.

## NOVEMBER 2

### Holocaust Education Week Seminar

This years Holocaust Education Week (HEW) Seminar will be held on Monday, November 2, 2015 from 9 a.m. to 3 p.m. at the Temple Sons of Israel, Whitney Ave, Sydney, N.S.

The speaker will be Dorota Glowacka of the University of King's College and International lecturer on the topic of the Holocaust. She is also an Author: *Disappearing Traces: Holocaust Testimonials, Ethics and Aesthetics*. Charlie Palmer, WWII Veteran will also be showing his rare World WarII photo collection. Registration will be: \$75.

For more information contact HEW Committee: [educationholocaust@gmail.com](mailto:educationholocaust@gmail.com) or visit <http://holocausteducationweek.tumblr.com>

## NOVEMBER 2 TO 6

### Media Literacy Week



This November 2 to 6, thousands of students, educators, parents and community organizations will join MediaSmarts and the Canadian Teachers' Federation (CTF) in celebrating 10 years of Media Literacy Week in Canada.

The official theme of Media Literacy Week 2015 is Respect in a Digital World, encouraging young people to be upstanding digital citizens by acting responsibly and ethically in their online environments by respecting themselves, others and the spaces they're in.

Each year, hundreds of collaborators and thousands of participants from across Canada and internationally celebrate the week and help raise awareness of the importance of media literacy and digital literacy in the education of children and youth.

The MediaSmarts website is packed with ideas and resources to help celebrate the week, whether it's by helping to promote the week through your networks to hosting your own activities – everything from small classroom or community-based projects to

large-scale public events.

The NSTU has been a proud sponsor of this initiative and supporter of the important resources MediaSmarts provides to teachers in Canada. For more info: <http://mediasmarts.ca/blog/mark-your-calendars-media-literacy-week-2015>

## NOVEMBER 9 (DEADLINE)

### National Democracy Challenge

Entries for the National Democracy Challenge (<http://www.democracy-democratie.ca/content.asp?section=nyc&document=index&lang=e>) are being accepted until November 9, 2015. Students aged 14 to 17 have a unique opportunity to show off their creative skills and a chance to win an exciting prize.

For the 42nd Federal election, Elections Canada is challenging students to show Canadians how to get ready to vote by submitting a video, artwork/image, or text. Check out the following promotional video for more info: <https://www.youtube.com/watch?v=OvrwFwWKAk>.

## NOVEMBER 15 TO 21

### Bullying Awareness Week

Family Channel's 13th annual Stand UP! campaign in advance of Bullying Awareness Week has partnered with recording artist Shane Harte to create an original song, with a message of positivity. Family will commemorate Bullying Awareness Week, with bullying-themed programming that will inspire youth to rise up against bullying in their community.

During Bullying Awareness Week in November, Family Channel will air special programming including insightful content from the cast of Gaming Show (In My Parents' Garage), exclusive footage from the 2015 Rally Tour and bullying-themed episodes from fan-favourite series. Popular celebrities like Becky G, The Vamps, Joey Bragg, The Tide, Shane Harte and cast members from The Next Step and De-grassi will also be on hand to deliver special messages of support to viewers by sharing their own experiences with bullying and advice on how to handle situations, both as a victim and bystander.

Those interested in Family Channel's 13th annual Bullying Awareness Week campaign can visit [Family.ca/StandUp](http://Family.ca/StandUp) to listen to this year's Stand UP! anthem,

(continued on page 15)

## Watch History As It Happened – Online!

Subscribe to The War Amps YouTube channel to see the Canadian Army Newsreel series in HD – more than 20 hours of footage!

Filmed by army cameramen during the Second World War, the newsreels document our troops in training, in battle and behind the lines. Also shown is the war effort on the home front – a fascinating glimpse at Canadian society in the 1940s.



The War Amps  
waramps.ca



(continued from page 14)

watch bullying-themed episodes, nominate their school for a chance to win a Stand UP! rally and get some great advice about how to prevent bullying and spread positivity in their community. Students, parents and educators alike can download resources including printable activities and tip sheets prepared by PREVNet.

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

## NOV. 30 TO DEC. 6

### Week of the White Rose

To mark the anniversary of the tragic event at Polytechnique Montréal on December 6, 1989, which cost 14 young women their lives and injured another 14 people, Polytechnique Montréal launched the Week of the White Rose. Visit [whiteroseweek.org](http://whiteroseweek.org) for more info.

## NOTICES

### Canada's Coolest School Trip

A new school year brings the 5th edition of Canada's Coolest School Trip contest. This year, the grand prize is a five-day, all-expenses paid school trip to Jasper National Park in Alberta!

To enter, Grade 8/secondary 2 classes can register for the contest at [www.myparkspass.ca](http://www.myparkspass.ca). Next, classes must pick a Parks Canada place that they think is extraordinary and create a one-minute video that demonstrates why that place is significant to Canadians. Classes must submit their video by February 22, 2016 for a chance to win one of nine prizes! For trip details, and complete contest rules and regulations, visit [www.myparkspass.ca](http://www.myparkspass.ca).

### Magna Carta Canada Education Guide

To commemorate the 800th anniversary of the issuance of Magna Carta, the Magna Carta Canada Education Committee has assembled informative, interactive and fun learning materials available for all Canadian teachers, students and history geeks.

The Magna Carta Education Guide and Magna Carta Timeline encourage students of all ages to examine the history and significance of Magna Carta and to critically examine its impact on the western world, notably through Canadian history and the Canadian Charter of Rights and Freedoms. The bilingual education program is available, free of charge, for educators and students in Grades 1 to 12.

The Magna Carta Education Guide was created by the Magna Carta Canada Education Committee, and was designed to complement Canadian school curricula. It can be used either as part of an existing lesson plan or as stand alone lessons, or to accompany a classroom visit to the Magna Carta Canada exhibit. The Magna Carta exhibit will be in Toronto at Fort York National Historic Site - October 4 to November 7 and in Edmonton at the Legislative Assembly of Alberta Visitor Centre - November 23 to December 29.

For more info visit: <http://www.magnacartacanada.ca/education/>

## Yoga, & the 4 Foundations of Mindfulness Workshop

In our daily life we often encounter an overload of thoughts and conflicting emotions that we barely contain. Learn a practical method for anchoring mindfulness of body both in and outside of your yoga practice. Work directly with dropping thoughts and returning to body feeling. No yoga experience necessary. All levels welcome.

With **Peter Goodman** (MA, RMT, Osteopath)

& **Robyn Zwicker** (HRSB Teacher, CYT)

**Date** — Saturday, 21 November 2015

**Time** — 9:00 a.m. to 1:00 p.m.

**Where** — Pre-Register for Details

**Cost** — \$55

*"Movement is good for the body; stillness is good for the mind."*

—Sakyong Mipham Rinpoche, author *Running With The Mind of Meditation*

Contact: Robyn at [RZwicker@hrsbc.ca](mailto:RZwicker@hrsbc.ca) or Peter at 902-422-3760

### CBC Shakespeare Selfie 2016 writing challenge

The challenge is to write a modern-day soliloquy or monologue by a Shakespearean character, based on a prominent news, pop culture or current affairs event from the last year (April 2015 - April 2016). Could be in iambic pentameter or modern syntax. Should

be 200-400 words in length. Entries should be from students in Grades 7-9 and Grades 10-12. All entries will be published online so that students can share and teachers can verify/assess their students' entries. Prizes, judges and other details TBA. For more details go to [cbc.ca/books](http://cbc.ca/books).



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[www.prescottgroup.ca](http://www.prescottgroup.ca)





# Learning Opportunities via Raspberry Pi

South Shore Regional School Board Technology Teacher-Leader Byron Butt has been transforming the Bridgewater Jr./Sr. High School library into a “learning commons” environment complete with technology, makerspace materials and print resources thanks in part to a project grant from the Program Development Assistance Fund (PDAF).

The PDAF project A Learning Opportunity in Electronics and Computer Programming via Raspberry Pi attempts to fill an important need for young people in the digital age says Butt. “This project provides resources and materials necessary for student led inquiry and project development in electronics and computer programming.”

For those of you who don’t know what about Raspberry Pi, according to its website is “low cost, credit-card sized computer that plugs into a computer monitor or TV, and uses a standard keyboard and mouse. It is a capable little device that enables people of all ages to explore computing, and to learn how to program. It’s capable of doing everything you’d expect a desktop computer to do, from browsing the internet and playing high-definition video, to making spreadsheets, word-processing, and playing games.”

Butt says the Raspberry Pi (<https://www.raspberrypi.org/>) kits were chosen from several small portable devices because of their low cost (about \$280 for each device, including monitor, keyboard and mouse setup) and ability to allow students to explore computer programming (in languages such as Scratch, Python, and Wolfram), and design innovative projects. “Projects ideas abound online with YouTube videos of students as young as five years of age creating innovative projects utilizing the Pi and simple computer programming,” he adds.

The kits contain the credit card sized circuit board complete with input and outputs, a clear plastic case, a wifi USB for connecting to the internet, cables to connect to an HDMI monitor, and assorted electronic parts such as breadboards, resistors, diodes, etc. “We required a monitor and wireless keyboard/mouse for each device.”

Butt says the Raspberry Pi was originally conceived in England. “It was developed by folks who wanted to get kids excited about coding,” he says. “It’s really ultimately all about coding.” Coding has been a hot topic of late in education circles. Last December hundreds of students across Nova Scotia participated in the Hour of Code, a massive international learning event, in which students are introduced to computer science, and coding is demystified. “Coding is an important part of all the technology we use, and it’s important for students to learn a computer language along with other languages,” adds Butt.

“Through its 32G storage capacity and its own website, Pi store, browser etc. it’s really great for students who want a platform for games. In Minecraft for Pi game students can create and develop their own character through coding and programming. So my students now have self-directed learning opportunities by utilizing those resources, hints, tips, and example programs that the online Raspberry Pi community of users provide.”

An afterschool and lunch hour club have been developed in the learning commons says Butt to give students opportunities to learn basic coding through online websites (code.org), mobile apps (Hopscotch) and now through Raspberry Pi devices, obtained through PDAF funding.

“I started the ‘Pi Club,’” says Butt. He recalls how he had students set up the hardware, load the software and play with the options in the user interface. “I must confess to having already set up my own Raspberry Pi and having played around with the programming language and online resources. But how would these shy young people cope with it? Honestly, there were a few moments when I questioned the problem solving skills of one student. His desk a mess of torn cardboard, ripped plastic, upon which electronic components were scattered. After a couple of days curious students were stopping in to check out the set up. Another two students requested the opportunity to set up their own Raspberry Pi and with little to no instruction went to work, completing the task with the support of the other Pi Club members. I now had the foundation of a club.”

He is also reminded of an exchange student from the Czech Republic. “He took full advantage of all the components,” he says. “His dad is a software engineer and he would regularly check in with him to troubleshoot coding



*South Shore Regional School Board Technology Teacher-Leader Byron Butt is shown with Grade 12 students using Raspberry Pi kits.*

problems.” Other parents at the school have Raspberry Pi’s at home as entertainment centres.

“One of the most exciting aspects of running the Pi Club is the opportunity to interact with students as they take on learning activities and projects both individually and collaboratively,” he continues. “Students are now accessing the Pi resources at all times of the day and during our weekly after school meetings.”

For those teachers thinking of using the Raspberry Pi in their classrooms or in after school clubs Butt says “Do not be ashamed to say ‘I don’t know’ to an issue, problem, or query. I tell students up front that I am here to learn with them. The students who take on this learning tool have an interest and drive to understand. We problem solve issues together with them teaching me as much as I can teach them.”

Butt and students explore the online resources together. “We have ‘played’ with the extra resources such as the camera module and a 7” portable LCD

monitor and the discovery continues. It’s a rewarding learning opportunity for both student and teacher.”

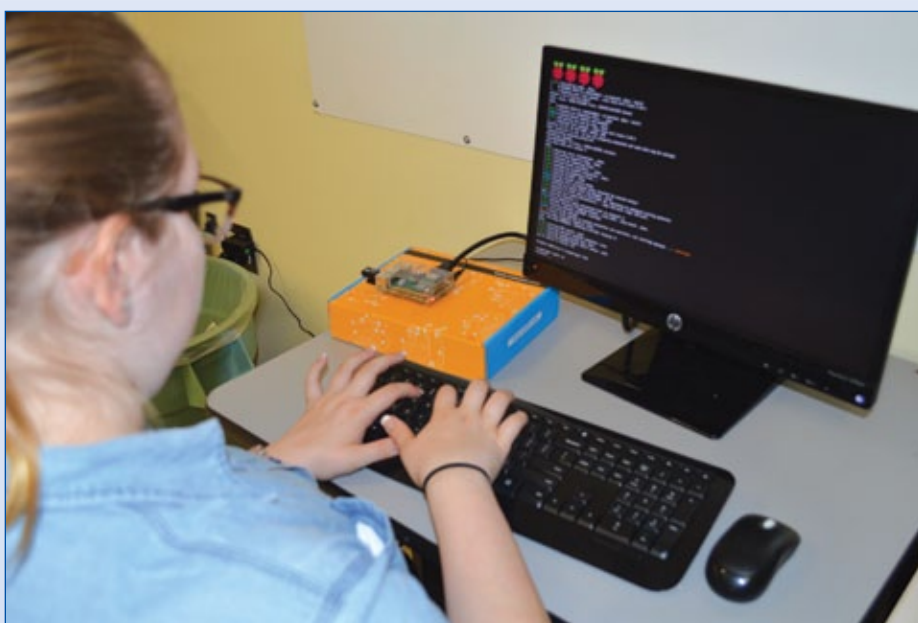
Butt says one colleague is incorporating coding into his curriculum through a discovery class course and will integrate the Raspberry Pi project kits for his students. Butt is presenting a Raspberry Pi workshop at this year’s AST (Association of Science Teachers) conference and also presented at the 2015 Summer IT Institute for teachers that takes place at StFX University. “I had no training other than my own experiences, but through learning with students and sharing my knowledge with teachers and I am slowly becoming knowledgeable.”

Butt was also able to get more Raspberry Pi kits when Bridgewater Junior-Senior High was chosen as the South Shore Regional School Board’s Brilliant Lab’s site. Being a Brilliant Lab site gives students the access to technology such as 3D printers, Oculus Rift, robotics kits, sewing machines, and Raspberry Pi platforms to gain skill and experience in engineering, metal and woodworking, fashion, textiles, electronics, robotics, computer programming etc.

*The PDAF program encourages innovative program development in Nova Scotia’s public schools. Co-sponsored by the NSTU and the Department of Education and Early Childhood Development with an annual sum of \$200,000, it provides financial support for projects directly related to the Public School Program. **The next application deadline is December 1st by 4:00 p.m.** For more information visit the Professional Development section of the NSTU website at [www.nstu.ca](http://www.nstu.ca) or contact NSTU executive staff officer, Stacy Samson at 1-800-565-6788 or 902-477-5621 or [stsamson@staff.nstu.ca](mailto:stsamson@staff.nstu.ca) or [pd@nstu.ca](mailto:pd@nstu.ca).*



*A credit-card sized component that is Raspberry Pi.*



*A student looks at code through a Raspberry Pi device.*









update

# New Individual Psychological Consultation (IPC) Service offered through the NSTU Member Assistance Program

As the 2015/2016 school year begins, the NSTU Group Insurance Trustees would like to introduce a NEW SERVICE offered through the NSTU Member Assistance Program (MAP) for active NSTU members only.

Effective as of September 2015, Individual Psychological Consultation (IPC) is a service offered that can be accessed through MAP. An IPC is an independent psychological consultation conducted by a licensed psychologist who does not work directly for the NSTU.

### Why would you need an IPC?

While the NSTU MAP services such as the NSTU Counselling Services, NSTU Early Intervention Program (EIP), and the Resilience Employee and Family Assistance Program can be very helpful, we now offer the opportunity for members to consult with a psychologist who is an independent mental health professional. The IPC is intended to identify the best service(s) for a member with mental health issues. The IPC focuses on ways to improve response to current treatments, identify and recommend other helpful services, and to reduce the waitlists that would exist for a member to access a similar mental health assessment in the community. The overall goal of the IPC is to assist members in remaining emotionally healthy.

### How do you obtain an IPC?

Members can self-refer by calling the Members Assistance Program at 1-800-565-6788. Alternatively, if you are presently working with another MAP service you can speak with that professional and ask to be referred for an IPC.

### What will happen during the consultation?

As part of an Independent Psychological Consultation, the psychologist will:

- With your written consent, review the records and reports that may exist about your mental health.
- Conduct a clinical interview and psychodiagnostic evaluation of about 2-3 hours in length to assess your current functioning.
- Administer various psychological checklists/questionnaires.
- With your written consent, gather collateral information from other healthcare providers or family members, if applicable and/or needed.
- Formulate an opinion as to relevant causal or contributing factors for your problems.

- Provide an opinion regarding your prognosis and recommendations for treatment and management of your problems.
- Provide a written report and send a copy to the referral source.

### Does this service cost you anything?

Like the other MAP services, there is no charge for this service.

### What happens to the IPC report?

With your written consent the report is sent to the referring source (NSTU). The NSTU Trustees would also like to remind members of the other MAP services available:

**NSTU Counselling Services** – Confidential short-term counselling service available to members, their partners, and their dependents. Services are provided by two NSTU counsellors. This service is available to provide help and intervention at an early stage of difficulty as well as intervention for schools in conflict and crisis.

**NSTU Early Intervention Program** – Confidential services for members working or absent from work, who are experiencing illness or injury and struggling to remain at work or return to work. Services are provided by two Early Intervention Case Coordinators who are Occupational Therapists. Their focus is to maintain or improve a member's independence with the goal to decrease the incidence and duration of disability.

**Resilience® Employee and Family Assistance Program** – Confidential 24/7 service available to NSTU members and their eligible dependents. Counselling services for many concerns such as stress, marital/family/separation/divorce/custody issues, bereavement, and alcohol and drug abuse, to name a few. Plan Smart and Career Smart Services are also available to assist with issues such as Childcare and Parenting Caregiver Support Services, Elder and Family Care Services, and Legal Advisory Services. Depression Care Services are also available for individuals suffering from certain types of depression. Access is toll-free, seven days a week at 1-877-955-NSTU (6788) and services can be provided in-person, by phone or through a secure online service.

All of the services outlined above can be confidentially accessed through the NSTU Member Assistance Program (MAP) at 1-800-565-NSTU (6788). As noted above, you can also access the Resilience® EFAP directly at 1-877-955-NSTU (6788). These services are in place to assist members. If you believe any of these services may assist you or a member of your family (if applicable), please do not hesitate to utilize the NSTU Member Assistance Program.

*If you have any questions with regard to the above, please do not hesitate to contact Joan Ling or Allan MacLean, NSTU Staff Liaison Officer(s) for the NSTU Group Insurance Trustees, at (902) 477-5621 (local) or 1-800-565-6788 (NSTU) (toll-free).*

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# 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!

In addition to our lending and duplication collections, the Media Library also has videos that can be downloaded or streamed. This month, we are highlighting videos that focus on Mi'kmaq culture, residential schools and Native rights. 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.

#### Building Legends: The Mawio'mi Project Grades 9-12

<http://www.learn360.com/ShowVideo.aspx?ID=899718>

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://www.learn360.com/ShowVideo.aspx?ID=899717>

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://www.learn360.com/Search.aspx?Series=17007089>

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 – Trailblazers Grades 9-12

<http://www.learn360.com/ShowVideo.aspx?ID=1176019>

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://www.learn360.com/Search.aspx?Series=12520226>

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://www.learn360.com/ShowVideo.aspx?ID=1093138>

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

## RESOURCES

### Veterans Affairs Canada Learning resources

A suite of free *Veterans' Week* materials with updated content to help engage young people in remembrance are now available. The *Take Time to Remember* activity booklet (ages 5-7), as well as youth newspapers *Tales of Animals in War* (ages 5-11) and the *Canada Remembers Times* (ages 12-18) are all back again this year.

The popular *Postcards for Peace*, bookmarks and posters are also available, as is the on-line Veterans' Week teacher's guide. Check out the electronic versions and order your own bilingual copies today at no charge.

[www.veterans.gc.ca/eng/remembrance/get-involved/remembrance-day/learning-resources](http://www.veterans.gc.ca/eng/remembrance/get-involved/remembrance-day/learning-resources)

The Veterans' Week web feature has a wealth of other resources for educators, like social media tools that allow young people to share their thoughts on remembrance. Check it out at: [www.veterans.gc.ca/eng/remembrance/get-involved/remembrance-day](http://www.veterans.gc.ca/eng/remembrance/get-involved/remembrance-day)

### Back to school MediaSmarts Resources

In advance of *Media Literacy Week* (Nov. 2 to 6) MediaSmarts team has some resources for parents and educators available. There are many valuable resources available through MediaSmarts ([mediasmarts.ca](http://mediasmarts.ca)). In the Digital and Media Literacy Outcomes section of the website (<http://mediasmarts.ca/teacher-resources/digital-and-media-literacy-outcomes-province-territory>) are curriculum outcomes for different subjects in each province and territory and a listing of media education curricular outcomes, by grade, with links to supporting MediaSmarts resources.

*The Digital Literacy Framework* is based on MediaSmarts ground breaking research on digital literacy education in Canada (Young Canadians in a Wired World) – and it's linked to existing curriculum outcomes for each province and territory. The Use, Understand & Create digital literacy framework for grades K-8 (<http://mediasmarts.ca/teacher-resources/use-understand-create-digital-literacy-framework-canadian-schools>) provides tools for teachers and administrators to ensure that all Canadian students get the digital literacy education they need.

*The Avatars and Body Image* lesson plan for Grades 4 to 6 (<http://mediasmarts.ca/teacher-resources/avatars-body-image>) introduces students to the concept of "avatars" and shares their experiences creating and playing avatars in video games and virtual worlds while learning about self-representation, gender and body image.

*The Half Girl, Half Face* (<http://mediasmarts.ca/digital-media-literacy/e-tutorials/half-girl-half-face-workshop>) resource is an interactive workshop, which explores many of the issues girls in Grades 7 to 9 may encounter when they use digital media. The workshop includes a video and a comprehensive facilitator's guide with peer-led discussions and activities. It centres around the story of a teenage girl who discovers that an image of her face has gone viral and become a "meme" and how she struggles to deal with the aftermath.

Keep checking the <http://mediasmarts.ca> or sign up to receive the newsletter for up to day events, resources and research around media literacy.

### Watching the Elections Lesson Plan

In advance of the Federal Election on October 19, MediaSmarts has a *Watching the Elections* – Lesson plan (<http://mediasmarts.ca/lessonplan/watching-elections-lesson>) for Grades 8 to 12 in which students look at how elections are media events. They compare American and Canadian elections to other mass media events and watch election debates with an eye to analyzing them as media constructs.

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.)

### Mi'kmaq Series Grades 5-12

<http://www.learn360.com/search.aspx?Series=19404058&id=16488891>

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/>





# Great showing for Labour Day celebration



This year’s Labour Day celebration in Halifax on September 7 saw a great showing of NSTU members—more than any year on record. Members of the HRRC (Halifax Regional Representative Council), which includes the Dartmouth, Halifax City and Halifax County Locals, promoted the event over the summer to encourage NSTU participation. Approximately 150 NSTU members along with friends and family converged at Victoria Park in downtown Halifax joining the close to 500 union members in attendance. NSTU president Shelley Morse participated in the event, joining other Nova Scotia union leaders to lead the parade down Spring Garden Road and Summer Streets. “There’s a need for unions to protect workers in the province,” she said. “And as teachers, our working conditions are students’ learning conditions. It’s very important for us to be able to negotiate through a fair process and resolve our issues.”

**The deadline for the January/February issue of The Teacher is January 8.**

**Contact: [theteacher@nstu.ca](mailto:theteacher@nstu.ca)**



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**IS RIVER CRUISING ON YOUR “BUCKET LIST”?** We at AlmonTravel ([www.almontravel.ca](http://www.almontravel.ca)) can advise based on personal experience with the following: European River cruise (Main, Rhine and Danube), Portugal (Douro), Southern France (Rhône and Saône), Egypt (Nile), China (Yangtze) and American Queen Sternwheeler (Mississippi). Contact Danny ([danny@almontravel.ca](mailto:danny@almontravel.ca)) or 902-431-4932 or 855-902-4937. For best options, book a year in advance.

**DESTINATION WEDDINGS** - Is a Destination Wedding and exotic honeymoon with family and friends something someone close to you has dreamed about? Savings can be as much as 70% less than an at-home wedding. AlmonTravel ([www.almontravel.ca](http://www.almontravel.ca)) has experience working with 115 couples from across Canada. Contact Danny at [danny@almontravel.ca](mailto:danny@almontravel.ca) or 902-431-4932 or 855-902-4937.

**FOR RENT** - Florida Condominium for rent fall 2015 in Estero (near Naples) - Owned by Halifax couple. Beautiful community includes pools, golf, tennis, nearby beaches and shopping. Tropical climate. Enjoy great Florida weather at reduced rates during this quieter season. Email [pmccallum@hfx.eastlink.ca](mailto:pmccallum@hfx.eastlink.ca) for details.

**TEACHER EXCHANGE** - Permanent elementary teacher/administrator with the HRSB interested in an exchange with a permanent elementary teacher/administrator from CBVRSB for 2016-2017 school year. Possible permanent exchange desired. If interested contact [whaler2780@gmail.com](mailto:whaler2780@gmail.com)


**TEACHER EXCHANGE** - Permanent resource and early literacy support teacher with the HRSB interested in an exchange with a permanent teacher from the CBVRSB for 2016-17 school year. Permanent exchange desirable. If interested contact [dmlachowicz@nstu.ca](mailto:dmlachowicz@nstu.ca)

**TEACHER EXCHANGE** - Middle School French Immersion teacher in Cape Breton-Victoria Board seeking an exchange with teacher in Chignecto-Central Board for the 2016-2017 year. Permanent exchange desired. Please contact [cnock@nstu.ca](mailto:cnock@nstu.ca)

**TEACHER EXCHANGE** - Permanent elementary teacher with HRSB interested in an exchange with a permanent elementary teacher from CBVRSB for 2016-2017 school year. Possible permanent exchange desired. If interested contact [djclark@nstu.ca](mailto:djclark@nstu.ca)



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



**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](mailto: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](http://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 2015-2016 academic year AVISO editions are:

Fall – Mind Up for PD

Winter – Innovative Teaching and Learning in Our Schools

Spring – Widening the Perspective of Cross Cultural Competency

**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](mailto: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 longueur et de la cohérence.

Les directives relatives aux collaborateurs sont disponibles en consultant le site Web du NSTU — [www.nstu.ca](http://www.nstu.ca)

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Les photos/images originales reliées aux soumissions sont appréciées.

Les thèmes des éditions d’AVISO pour 2015-2016 sont les suivants:

Automne – Pleins feux sur le PP

Hiver – Enseignement et apprentissage innovateurs dans nos écoles

Printemps – Élargir la perspective de la compétence transculturelle