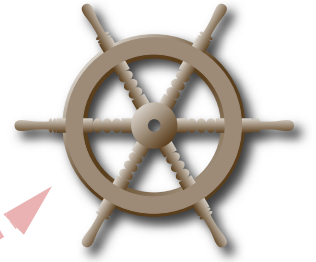


# Charting Your Course FOR PROFESSIONAL DEVELOPMENT



## Getting Better Together, teaching and living well with Educator's Health Guide

Betty Jean Aucoin, Executive Staff Officer

*"You are rainbows in the clouds."*  
Maya Angelou

I had the distinct pleasure of attending a moving keynote given by renowned poet Maya Angelou to a large crowd of teachers in 2013. She spoke about all of the "rainbows in the clouds," the many wonderful teachers who brought her hope and helped change her life. I have often recalled her words for inspiration and never more than during these past few months.

I shared with you, the NSTU members, weariness, frustration and sadness in entering job action and later having your rights taken away by having a contract legislated upon you. This weariness was shown in the stories told at Law Amendments, in the social media posts of teachers and their supporters and through the many media stories generated across our province. Teachers drew strength from their colleagues, families, students, parents and so many others to stand up and voice their concerns for public education and classroom conditions. Unfortunately, these concerns fell on deaf ears.

The silence did not stop members and their supporters from rising to the call of democracy in rallying across this province. Co-leading the many NSTU rallies, I saw the faces of the rainbows in the clouds. We united together to call for action in support of our classrooms and our schools. We united together as professionals in support of our future, the children and youth of Nova Scotia.

This week we made the decision to move forward with the Sheonoroil Conference 2017. In response to the happenings of the past year, we have decided to call the Conference, **"Getting Better Together, teaching and learning well with Educator's Health Guide."** Just as we reflect on Canada's Food Guide to support us in healthy living, so to we thought this an excellent opportunity for teachers to concentrate on and cultivate their teaching and well being.

The **"Getting Better Together Conference,"** to be held at The Westin Halifax April 27 and 28 will have four strands. The keynotes and workshops will focus on the emotional, mental, physical and social health of our rainbows in the clouds. The sessions will include information and resources to support teachers and students. Information will be sent to schools this week and online registration opens Wednesday, March 8, 2017.

I encourage you as Maya encouraged us to keep talking and encouraging one another with "some sass...some flair, some passion, some compassion, some humour." Until then, remain united and the Sheonoroil Directors and I hope to see you at the **"Getting Better Together" Conference 2017.**

## Sheonoroil Conference Getting Better Together



### Teaching and living well with **Educator's Health Guide**

April 27 & 28, 2017 The Westin Nova Scotian

Featuring: Zac Crouse • Stan Kutcher • Michael Ungar

Registration fee of \$250 includes:

- Evening Banquet on April 27 • Breakfast & Lunch on April 28
- Keynotes & Workshops

On line registration begins March 8th at [www.nstu.ca](http://www.nstu.ca)  
For more information contact Toni Maggio at [tmaggio@staff.nstu.ca](mailto:tmaggio@staff.nstu.ca)

