

## Nova Scotia's Public school administrators maintain affiliation with NSTU

On February 27, the Public School Administrators Association of Nova Scotia (PSAANS) voted overwhelmingly to remain affiliated with the NSTU. All told 76.5 per cent of school administrators, which include school principals and vice-principals, participated in the vote which was mandated under the Education Reform Act (Bill 72).

Of those that took part, 93.2 per cent voted in favour of affiliation and only 6.8 per cent voted against.

PSAANS was officially formed on August 1, 2018 under provincial legislation and will now remain affiliated with the NSTU unless members vote in the future to terminate the relationship.

Affiliation with the NSTU means that administrators are able to maintain their seniority upon return to the

classroom. It also allows them to access professional development funding under article 60 in the Teachers Professional Agreement (TPA).

In an interview with the Chronicle Herald PSAANS President Tim Simony said he was "happy" with the outcome, which he says demonstrates the desire of administrators to have a "collaborative relationship" with the NSTU.

"From having a vote where 93 per cent of the membership voted that they wanted to remain affiliated with the NSTU, I think that's the clearest expression of how important that relationship is going forward," says Simony.

He also told the Chronicle Herald, "Being able to move forward with a mandate for us collaborating with

the NSTU, all with the purpose of serving the best interests of students, is, I think, the most meaningful message for us to take away from this vote."

Although affiliated with the NSTU, PSAANS is a separate organization and not a union. PSAANS will collect its own dues and provide services to its members.

NSTU President Paul Wozney says the result proves that administrators are teachers first.

"Redefining them as managers in law certainly doesn't change what great principals do in schools. So, we've always valued a collegial relationship with principals and we're glad to see that PSAANS members recognize that as well, and that we're going to be able to continue to work at that in this new dynamic," Wozney told the Chronicle Herald.

## NSTU approves Asking Package and chooses negotiating team

At its February 28 and March 1 meeting, the NSTU provincial executive passed a motion to accept the Asking Package for the next round of negotiations put forward by the Provincial Economic Welfare Committee. The Asking Package will be submitted to Government during negotiations.

"The Provincial Economic Welfare Committee received an unprecedented number of submissions that were carefully considered in developing this Asking Package," says NSTU president Paul Wozney.

PEWC, the committee tasked with reviewing, considering, and discussing all submissions, plus relevant research, received 426 submissions. The NSTU simplified and promoted the process for members to submit ideas and issues of concern in advance of developing the Asking Package. Members could email their submissions to [askingpackage@nstu.ca](mailto:askingpackage@nstu.ca), fill out a form on the website or contact their Local president and submit through them.

PEWC held nine days of meetings to develop the Asking Package, which is the proposed changes to the Collective Agreement that the NSTU wants to bargain. "I applaud the work of the committee in developing this package, which we believe best represents the best

interests of classroom teachers and specialists around the province, and I look forward to serving on the negotiating team," adds Wozney.

Members of NSTU's negotiating team were also chosen at the meeting. Members of the team are: NSTU president Paul Wozney, NSTU first vice-president Tami Cox Jardine, NSTU executive director Janine Kerr, provincial executive member Ian Kent (Lunenburg-Queens), Ryan Lutes (Halifax City), and Wanda Rodgerson-Fuller (Yarmouth), executive staff officer Wally Fiander (lead negotiator) and Executive Staff Officer Simon Wilkin. As per Operational Procedure 22, appointees to the Provincial Negotiating Team include the NSTU president and Executive Director, the First Vice-President, NSTU staff and two members from PEWC, as well as additional members as determined by the provincial executive.

A date for the opening of negotiations has yet to be determined, but under the Teachers' Provincial Agreement rules, negotiations may begin within five months of the expiration of a contract. The last contract, which was imposed by Government through Bill 75 will expire on July 31, 2019.



NSTU's provincial executive deliberate over the next Asking Package during a meeting on February 28.





# people

## NSTU Staffing Update

### Miguelle Légère appointed new executive staff officer, professional development

The NSTU welcomes Miguelle Légère who has been hired as a professional development staff officer on a probationary contract starting August 1, 2019. Légère is currently a French Immersion literacy coach with the Halifax Regional Centre of Education.

Légère's duties will include coordinating professional development initiatives, professional associations, and equity and outreach programs, as well as teacher referrals and the John Huntley Memorial Internship Program.

Since Légère is not able to be relieved from her teaching duties until after the end of this school year, retired executive staff officer Gérard Cormier joined NSTU staff on a part-time basis, effective February 25.



### Huntley Internship continues

The John Huntley Memorial Internship continued for the 2018-19 school year on February 7 and 8. The internship provides NSTU members the opportunity to learn more about the supports and services the NSTU provides. They also learn about the NSTU staff role in delivering NSTU programs. Five NSTU members spent two-days meeting with NSTU staff from member services, professional development, public relations and the Member Assistance program. Shown seated: member services staff officer Tim MacLeod; Morgan Banfield (Halifax County), a music teacher at Kingswood and Hammond Plains Elementary Schools; and Gale Doyle (Halifax County), Grade 4/5 teacher at Hillside Park Elementary School. Standing: Colin MacDonald (Dartmouth), Drama and French teacher at Dartmouth High School; Eliza Abbass (Pictou), virtual chemistry, biology and Oceans 11 teacher at North Nova Education Centre; and Martin Doucette (Kings), who teaches science, core French, investment and finance, law and Global Geography at West Kings District High School. The next deadline to apply for this internship is April 1.

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## NSTU and Strait Regional Centre for Education sign regional agreement

On February 11 NSTU president Paul Wozney and Strait Regional Centre for Education acting Regional Executive Director Paul Landry signed a new regional collective agreement. In an online vote on November 20, 2018, members of the Antigonish, Guysborough County, Inverness and Richmond Locals ratified the tentative agreement. Fifty-five per cent of NSTU members working for the SRCE voted 94 per cent in favour of the agreement. The term of this agreement runs from the official signing date of February 11, 2019 until July 31, 2021. The agreement was reached over five days of bargaining.

"This is the first regional agreement reached and ratified since school boards were abolished last March," says NSTU president Paul Wozney. "It's great to see a signed agreement between parties who engaged in an open, congenial and responsive process."

The parties gained agreement on clauses pertaining to special leave, teacher assignments and teacher transfers. Both the NSTU and SRCE thank all parties, especially the negotiating teams, for their work.

Members of both negotiation teams are shown. Left to right seated: provincial executive member Tammy Landry (Antigonish-Guysborough); Strait RRC Chair Phil Samson; NSTU president Paul Wozney; Regional Executive Director (Acting) Paul Landry; SRCE Director of Human Resources Janice Gough; Inverness Local president Robert LeLievre; and Acting Richmond Local president Catherine Gillis. Standing: Guysborough County Local president Dana Jewers; Antigonish Local president Julie McVicar; NSTU negotiating team member Bernie LeBlanc; Antigonish Local's First VP Lynette Babin-Rankin; and SRCE's Human Resources Coordinator Darrell LeBlanc.

Missing from the photo: Paula Landry, President of the Richmond Local.

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## NSTU recognizes the contribution of teacher research to public education

Since 2003 the NSTU has recognized teachers for education research. An annual fund of \$3,500 encourages and assists education research, with no individual award exceeding \$475. To be eligible individuals must be active members of the NSTU. Recipients are chosen through a peer assessment review by members of NSTU’s professional development committee. NSTU president Paul Wozney recognized members from the Lunenburg County and Queens Locals in receipt of 2019 these awards during his recent presidential tour. He is shown with Laura Fryday (Queens) who received recognition for her research, *Olfactory Senses in 2018 Classroom*, and Mai Ling Storm (Lunenburg County), who was recognized for her research *Implementing Technology in the Classroom: Why or Why Not?*

## New resource for internationally educated teachers provides orientation to teaching in Nova Scotia

HALIFAX – A new website, created to provide internationally educated teachers with comprehensive information and orientation to the education system in Nova Scotia, launched Thursday, February 28, 2019. [Teach-in-NovaScotia.ca](http://Teach-in-NovaScotia.ca) offers contextual awareness for internationally educated teachers, for preparation for certification, to increase success on the job, and/or to assist with alternative career exploration. [Teach-in-NovaScotia.ca](http://Teach-in-NovaScotia.ca) provides a wide range of useful information, from the history of education systems in Nova Scotia and the Canadian classroom experience, to labour market information and typical challenges. This resource was produced by the Internationally Educated Teachers Multi-stakeholder Work Group, comprised of members from Immigrant Services Association of Nova Scotia (ISANS), Nova Scotia Department of Labour & Advanced Education, Nova Scotia Department of Education & Early Childhood Development (including the Office of Teacher Certification), and the Nova Scotia Teachers Union. Funding for the project was provided by Nova Scotia Department of Labour and Advanced Education.

“Teach in Nova Scotia is a user-friendly, open access resource for internationally educated teachers. It provides comprehensive and reliable information about educational systems across Canada and in Nova Scotia, as well as how to apply for teacher certification and look for a job. To help them be successful in a Canadian classroom, it covers key concepts such as inclusive education and connects teachers to additional resources,” says Jan Sheppard Kutcher, co-chair, Internationally Educated Teachers Multi-stakeholder Work Group.

“As an International Educated Teacher I consider this amazing website to be a powerful tool for

my career. I find a lot of beneficial information that all newcomers with teaching background need to know in order to be successful in Nova Scotia. I encourage you to take advantage of this resource,” says Sandra Probert, Internationally Educated Teacher.

### About Multi-stakeholder Work Groups

To build a fair system for assessing and recognizing international qualifications, ISANS leads Multi-stakeholder Work Groups. Each work group focuses on a specific profession. Funded by the Department of Labour & Advanced Education, and working closely with the department, their purpose is to make sure pathways are fair, unnecessary requirements are removed and programs are developed to help skilled immigrants get licensed and find work in their fields. Each work group includes representatives from the regulatory body, government, educational institutions, professional associations, employers, unions and ISANS. The groups also include internationally educated immigrant professionals.

For more information, or to arrange an interview, please contact:

Anna McBeth  
902-406-8848 | [amcbeth@isans.ca](mailto:amcbeth@isans.ca)

### Teach in Nova Scotia

Are you an internationally educated teacher interested in teaching in Nova Scotia?

Learn about how to become a teacher in Nova Scotia, how to find a teaching position, and what it is like to teach in a Canadian classroom

[www.teach-in-novascotia.ca](http://www.teach-in-novascotia.ca)

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# from the nstu president

## Better is Possible

February was a short, brutal month in Nova Scotia; backs aching from constant shovelling from one corner of the Province to the other, only to learn another storm is on the way.

It's a great metaphor for what Nova Scotia's teachers have experienced the past two years.

In 2017, province-wide job action and a one-day strike weren't enough to stop the government from legislating a real wage cut and the end of Charter Freedoms for teachers. In 2018, not even the unprecedented threat of an illegal strike could stop the government from terminating elected school boards or ripping principals from the Nova Scotia Teachers Union.

The pain of those storms remains very real for teachers, and this needs to change.

When it comes to education, we can't keep doing things the same way and hoping for a different result.

Our education system faces significant challenges. On that, we can all agree. Only by working together, in good faith, will we be able to address the decades of inaction suffered by our P-12 system.

There are clear examples that show this to be true.

March marks the one-year anniversary of Students First, the report delivered by the Commission on Inclusive Education. The Commission (and its resulting roadmap to providing the best education for all public education students in Nova Scotia), made plainly clear what was possible when we work together. In a time where relationships seemed hopelessly broken; teachers, government and Nova Scotians at large found courage and resolve to study inclusion. Wide-ranging consultations led to a comprehensive report that laid out a costed five-year plan holding the very real promise of establishing Nova Scotia as a leader in delivering inclusive and accessible education in Canada.

Anything that distracts from this effort is a disservice to those students who aren't being adequately supported at the present time.

This past fall, Government and teachers partnered on enhanced criminal background checks (despite a snap announcement of legislation), and just recently our leadership team made an unprecedented appearance at Public Accounts to address questions about the Teachers Pension Plan.

With the opening of the legislature at the end of February, the NSTU is cautiously optimistic that the vicious cycle of legislation targeting teachers' collective rights and eroding democratic accountability has come to an end and instead the focus will finally shift to building a better future for our province's children.

The new leadership at the NSTU is 100 per cent committed to putting past differences aside and partnering with government to bring about positive change.

Recently, when asked about upcoming contract negotiations with teachers, Premier Stephen McNeil was quoted as saying, "by now they should understand who they are dealing with."

The real question is, does the Premier know who he is dealing with?

If he listened carefully to teachers, he would discover they have invested their lives in helping students reach their full potential in every corner of this province. They persist with courage and immeasurable sacrifice to keep students from falling through the cracks that 30 years of systemic mismanagement have left wide open.

He'd also learn that teachers never have the option to stop working on challenges in the classroom, and that this determination makes them deeply reasonable partners in negotiating vital changes that benefit students.

Nova Scotians are tired of the petty political battle that has overwhelmed our education system and demoralized teachers.

It's time to change the narrative and begin a constructive conversation about what needs to be done to make Nova Scotia Canada's leader in delivering quality public education.

## Nous pouvons faire mieux

Février a été un mois court mais brutal en Nouvelle-Écosse. Partout dans la province, on a mal au dos à force de pelleter constamment la neige, seulement pour apprendre qu'une autre tempête approche.

Ceci est une excellente métaphore de ce que les enseignants de la Nouvelle-Écosse ont vécu au cours des deux dernières années.

En 2017, des moyens de pression au travail dans l'ensemble de la province et une grève d'une journée n'ont pas suffi à empêcher le gouvernement d'adopter une loi comportant une réelle réduction de salaire et mettant fin aux libertés garanties par la Charte pour les enseignants. En 2018, même la menace sans précédent d'une grève illégale n'a pas pu empêcher le gouvernement de dissoudre les conseils scolaires élus et d'évincer les directeurs d'école du Nova Scotia Teachers Union.

La douleur découlant de ces tempêtes reste très réelle pour les enseignants et cela doit changer.

En matière d'éducation, nous ne pouvons pas continuer à faire les choses de la même manière tout en espérant un résultat différent.

Notre système d'éducation se heurte à des défis importants. Sur ce point, nous sommes tous d'accord. C'est seulement en travaillant ensemble et de bonne foi que nous pourrions remédier aux décennies d'inaction dont a souffert notre système M-12.

Il existe des exemples clairs montrant que cela est vrai.

Le mois de mars marque le premier anniversaire de Students First (les élèves d'abord), rapport présenté par la Commission on Inclusive Education (Commission sur l'inclusion scolaire). La Commission (et la feuille de route qui en a résulté pour offrir la meilleure éducation à tous les élèves des écoles publiques de la Nouvelle-Écosse) a clairement montré ce qui était possible lorsque nous travaillons ensemble. À une époque où les relations semblaient désespérément rompues, les enseignants, le gouvernement et l'ensemble des Néo-Écossais ont trouvé le courage et la détermination pour se pencher sur l'inclusion. Des consultations de grande envergure ont abouti à un rapport détaillé présentant un plan quinquennal chiffré portant la promesse très réelle de faire de la Nouvelle-Écosse un chef de file de la prestation d'une éducation inclusive et accessible au Canada.

Tout ce qui détourne notre attention de cet effort nuit à ces élèves qui ne sont pas suffisamment soutenus à l'heure actuelle.

À l'automne dernier, le gouvernement et les enseignants se sont associés pour améliorer la vérification des antécédents criminels (malgré l'annonce très soudaine de la législation). Récemment, notre équipe de direction s'est présentée pour la toute première fois devant le comité des comptes publics pour aborder les questions concernant le régime de retraite des enseignants.

Avec l'ouverture de la législature à la fin du mois de février, le NSTU a l'espoir prudent que nous sommes arrivés au bout du cercle vicieux d'une législation qui attaque les droits collectifs des enseignants et entraîne l'érosion de la responsabilité démocratique. Au lieu de cela, il y aura un revirement d'objectif en vue de construire un meilleur avenir pour les enfants de notre province.

La nouvelle direction du NSTU est absolument déterminée à mettre de côté les divergences antérieures et à travailler en partenariat avec le gouvernement en vue d'apporter des changements positifs.

Le premier ministre Stephen McNeil, alors qu'on l'interrogeait sur les négociations des conventions avec les enseignants, a récemment déclaré : « Ils devraient maintenant savoir à qui ils ont affaire ».

La vraie question est la suivante : le premier ministre sait-il à qui il a affaire?

S'il écoutait attentivement les enseignants, il découvrirait qu'ils ont investi leur vie en vue d'aider les élèves à réaliser leur plein potentiel partout dans la province. Ils persistent à le faire avec un grand courage et au prix d'immenses sacrifices pour empêcher les élèves de passer à travers les mailles du filet laissées grandes ouvertes par 30 ans de mauvaise gestion à l'échelle du système.

Il apprendrait également que les enseignants n'ont jamais l'option de cesser de relever les défis qui surgissent en salle de classe et que cette détermination fait d'eux des partenaires éminemment raisonnables pour négocier des réformes essentielles qui bénéficient aux élèves.

Les Néo-Écossais en ont assez de la politiaillerie mesquine qui a envahi notre système d'éducation et démoralisé nos enseignants.

Il est temps de changer de discours et d'engager une conversation constructive sur ce qui a besoin d'être fait pour que la Nouvelle-Écosse devienne un chef de file au Canada en matière d'enseignement public de qualité.



Candidate 1st Vice President

Tami Cox Jardine

Our Profession. Our Voices. Our Union.  
Notre Profession. Nos Voix. Notre Syndicat.

Professional Experience

- Associate in Education (NSTC)
- Integrated Program French (DoE)
- Master of Education – Curriculum (MSVU)
- 30 years teaching experience in AVRSB and CCRSB
- Elementary, Junior High and High School
- Fluent in English & French
- Technology Integration Mentor
- Teacher/ Instructor Nova Scotia International Summer Programs 2011-13
- Facilitator/Educator MSVU Professional Development Belize Project 2016 & 17
- Master of Counselling – Acadia – TBD Working on it now

Nova Scotia Teachers Union  
Provincial Experience

- 1st Vice President
- Table Officer
- Provincial Executive Member
- Chair, Provincial Economic Welfare Committee
- Chair, Member Services Committee
- Provincial Negotiations Team
- Ad Hoc Committee Federation of Labour
- Nominations Committee
- AVISO Editorial Team
- Professional Development Committee
- Professional Committee
- CTF Delegate

- Returning Officer – Provincial Elections
- National / Atlantic Experience
  - Delegate Canadian Teachers Federation AGM
  - Panel discussions and symposiums on National Issues in Education- CTF
  - National Standing Committee Member (2 year term) – Aboriginal Education
  - Counsel of Atlantic Provinces and Territory Teacher Organizations CAPTTO)
- Regional Union
  - AVRRC
  - Rep Planning
  - Finance / Budget Committee
  - Teacher Management Committee
  - Regional Returning Officer PE Elections
- Local Union Experience – Hants West & Colchester East Hants
  - Local President Hants West
  - Past President, VP Communications, VP Professional Development, & Committee member, Retirement Banquet Committee Chair
- Professional Associations Experience
  - Nova Scotia Teachers for Learning & Literacy - Executive Member, Communications and Newsletter, October Conference Registrar, Presenter, October Conference



- Chair and Coordinator, Registration & Hospitality
- Association of Science Teachers, Participant and Presenter
- Nova Scotia Second Language Teachers Association
- NSTU Leadership Development Workshops included: Collective Bargaining, Parliamentary Procedures, Creating Resolutions, Contractual Framework, Roles & Responsibilities, Budgeting, and Public Relations Strategies, Working with Others, Communications, Taxable Benefits, and Navigating Technology within the Classroom, Collaborative Professional Relationships, Employee & Member Discipline, Financial Reports, Group Process, and Running Effective Meetings
- Other Relevant Experience
  - Teachers Institute Parliamentary Democracy 2018- Ask me about it!
  - Facilitator & Coordinator, Technology Integration Summer Institutes

The position of NSTU First Vice President has been a great opportunity for me to increase my union knowledge. In this role, I have built on previous knowledge, skills and experience. As a chairperson, I have gained a greater knowledge of Robert’s Rules and conducting meetings with a Restorative Approach. Chairing PEWC (The Provincial Economic Welfare Committee) has been instrumental in gaining direct knowledge of the needs and asks of members as we move forward. As well, I have deepened my understanding and application of the Constitutions for Provincial, Regional and Local Councils, the policies and procedures outlined in Provincial Executive Standing Orders, By Laws and Operational Procedures. Through this, I have more substantial knowledge of the framework of our union, how it has evolved and continues to endure changes and challenges.

The demands of us as educators continue to grow. We are frequently called on to defend our profession, our union and our needs to politicians and critics. The NSTU needs leaders who have the skills and commitment required to speak to these concerns responding, rather than reacting, to what seems to be assault on unions in this province; a plan to take away negotiated rights and benefits that we’ve worked so hard to achieve.

The NSTU is the collective voice of teachers in NS and as an elected Provincial Executive; I continue to speak on behalf of members, pressuring this government on issues such as:

- Fully implementing “Students First”, the independent report on with Inclusive Education including its recommendations
- Addressing an Enrolment PLUS Needs Based Funding for NS Public Education
- Recruitment and Retention of Teachers for and in Nova Scotia
- Marking and Preparation Time reflective of the present day teaching assignments
- Restoration of fair and collective bargaining with the NSTU after the devastating legislated “contract”; a “contract” with wage patterns well below the cost of living in Nova Scotia

One Voice; Deux Langues. Je n’oublie pas mes collègues de CSANE. Il faut que notre organisation identifie et se prépare pour les défis qui suivent. Un des défis est d’améliorer la qualité d’emplois et la vie des enseignants pendant le prochain tour de négociation, pour nos collègues en français et en anglais.

For 30 years, I have been committed and dedicated to this organization. My decisions have been and continue to be made with the interests of the NSTU being first and foremost. I have benefitted from the many experiences I have had in this union, I have learned to listen when I wanted to speak and I am using my skills of asking questions to policy makers and government, holding them accountable for changes they continue to make with little or no consultation.

I pledge to you my integrity and leadership going forward, working for all our members. I’m asking for your support and the opportunity to serve as 1st Vice President for another term. I look forward to meeting, chatting and connecting with you at Annual Council 2019.  
*A bientot , Wela’lin, Thank You*  
*Tami Cox Jardine*



NOTICE OF ELECTIONS — Spring 2019  
Election of NSTU Provincial Executive  
Members

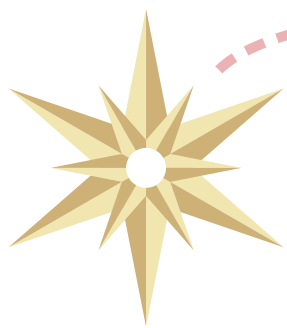
- I. Background:  
NSTU By-Law Article IV *The Provincial Executive* outlines the structure and duties of the NSTU Provincial Executive.
- Definition  
There shall be an Executive of the Council, to be composed of the President, the immediate Past-President (one year position only), the First Vice-President, twenty-two members elected on a regional basis at the local level, including one member elected by all the members of the CSANE Local, one member elected by all the members of the APSEA Local, and two members elected by all the members of the Community College Local. A majority of the members of the Executive shall constitute a quorum.
- Duties  
The Executive functions in the name of the Council between sessions. It shall perform its duties in a manner that is consistent with the will of the Council as expressed through resolutions passed by the Council. In addition, the Executive shall carry out duties imposed specifically by the *Teaching Profession Act* and:
  - (a) appoint and dismiss an Executive Director and such other paid employees of the Union as it may deem necessary and determine their duties, remuneration and terms of employment, including bonding;
  - (b) provide suitable offices and equipment for carrying on the work of the NSTU;
  - (c) direct and supervise the business, property and affairs of the NSTU between Council meetings, and all decisions that are deemed policy by the Executive shall be forwarded to the upcoming Council as resolutions;
  - (d) determine the place and date and make arrangements for workshops and special Council meetings;
  - (e) issue a post-Council press release;
  - (f) provide assistance with organizing Locals and Regional Representative Councils and Professional Associations;
  - (g) shall ratify constitutions of Locals, Regional Representative Councils and Professional Associations by following regulations outlined in the NSTU Guidebook;
  - (h) determine the boundaries of the Locals;
  - (i) publish a magazine or other official publications;
  - (j) cause the books and accounts of the Council to be audited annually by a chartered accountant and cause the report of the auditor to be submitted to Council;
  - (k) have the power to convene an emergency meeting of a Local or a meeting of the NSTU members in a given area; and
  - (l) is empowered to exercise on behalf of the Union, as the Executive deems advisable from time to time, the powers of the Union under the *Teachers’ Pension Act* and report thereon to the Council at the next following meeting of the Council.
- Representation  
NSTU Standing Order 10 *Composition of the Provincial Executive* delineates the representation by region.
- 10. Composition of the Provincial Executive
  - (a) Members of the NSTU in the following regions shall elect twenty-two members to the Executive subject to the following conditions: (2015-9)
    - (i) elections shall be held fifteen (15) days or more prior to the first meeting of the Council;
    - (ii) the regions and the numbers to be elected from each region shall be as follows:

Annapolis-Hants West-Kings	2 members
Antigonish-Guysborough	1 member
APSEA	1 member
Cape Breton District	2 members
Colchester-East Hants	1 member
Community College	2 members
Conseil syndical acadien de la Nouvelle-Écosse	1 member
Cumberland	1 member
Dartmouth	1 member
Digby-Shelburne-Yarmouth	2 members
Halifax City	2 members
Halifax County	2 members
Inverness-Richmond	1 member
Lunenburg County-Queens	1 member
Northside-Victoria	1 member
Pictou	1 member

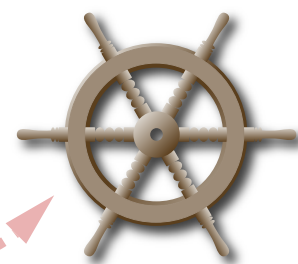
(2014-14) (2015-17)
- II. Election Locations:

Region	To be Elected
Annapolis-Hants West-Kings (2)	1 member
APSEA (1)	1 member
Cape Breton District (2)	1 member
Cumberland (1)	1 member
CSANE (1)	1 member
Digby-Shelburne-Yarmouth (2)	1 member
Halifax City (2)	1 member
Halifax County (2)	1 member
Northside-Victoria (1)	1 member
Pictou (1)	1 member
- III. Eligibility  
NSTU By-Law Article I-10(a) (iv) The right to vote and hold office at the Local and/ or provincial level.
- IV. Time Line:
  - A regional election must be conducted at least 15 days prior to Annual Council (May 3-5, 2019).
  - Nominations close 30 days prior to Election Day in a region.
  - The Regional Nominating Committee sets the exact dates for the election and the close of nominations in a region.
  - Contact your Local President to obtain the dates for the Close of Nominations and Election Day.
- V. Contact Person:  
For further information regarding the 2019 Regional Elections, contact Lise Meunier at [lmeunier@staff.nstu.ca](mailto:lmeunier@staff.nstu.ca) or 1-800-565-6788.





# Charting Your Course FOR PROFESSIONAL DEVELOPMENT



## Digital Literacy 101 For Teachers

By Matthew Johnson, Director of Education, MediaSmarts

How can teachers equip their students to successfully and ethically navigate the digital world?

For more than 30 years, Canada has been a world leader in media literacy education. While MediaSmarts offers the world's largest free library of media and digital literacy lessons and resources, including our comprehensive K-12 digital literacy framework *USE, UNDERSTAND & CREATE*, the key to media literacy education has always been empowering teachers to develop their own activities. The heart of this approach has been the key concepts of media literacy, five fundamental ideas that underpin media literacy at the K-12 level. With an understanding of these concepts – that media are constructions, that media have social and political implications, that media have commercial implications, that audiences negotiate meaning, and that each medium is a unique aesthetic form – teachers can bring media literacy into classrooms at all grades without having to be “media experts.”

While these key concepts remain essential, there are elements to digital media that they don't address, and issues – from cyberbullying, to privacy, to “fake news” – that didn't exist in the age of traditional media. Now, teachers are getting the tools to develop their own digital literacy lessons and activities thanks to MediaSmarts' professional development suite of resources, *Digital Literacy 101*, which includes free workshops, guides, posters and videos to help teachers across the curriculum integrate digital literacy into their teaching practice.

The workshop, which is offered in three versions for K-6, 7-12, or all of K-12, makes digital literacy accessible by explaining five *key concepts* that can be communicated to students at all grade levels:

- **Digital media are networked:** In traditional media like TV or magazines, content only flows one way. But online, you're part of an infinite network – you can connect to others as easily as they can connect to you. You can be part of a community and find or share things with anyone around the world. But everyone else can do that too – and it is just as easy to share fake information as real.
- **Digital media are persistent and shareable:** When you're online, you leave “digital footprints.” Everything you share is stored somewhere – even things that you think are temporary. Other people can also copy, share and spread things you have shared.
- **Digital media have unexpected audiences:** It's hard to control who sees the things you share online. Once something is online, it's almost impossible to erase it. Because digital media are networked, nearly all interactions are two-way: even if you're doing something that feels like a traditional media experience, like watching a video online, data about what you're doing is being sent to the owners of the website.
- **Interactions through digital media can have a real impact:** What we do online can help people or hurt them, and through our actions online, we can choose to help make the world better or we can contribute to making things worse. But because we can't see people's faces or hear their voices, we can't always tell if something we've done has made them happy, angry or been hurtful. Most importantly, all of us – even kids – are full citizens online, and have the right *and* the responsibility to be part of shaping the values of our online communities.
- **Digital media experiences are shaped by the tools we use:** How digital tools like social networks and search engines are designed affect how we use them. Sometimes it's because of questions the designers didn't think to ask (like whether a tool might be used to harass people or whether news stories should be treated differently from ads) and sometimes it's so they can make more money (for instance, social networks are designed to make you use them more often).

This workshop, which can either be used as a self-directed tutorial or downloaded to present to a group, includes sample activities for exploring these concepts at different grade levels, but that's just the start! The *Classroom Guide* gives you all the information you need to build your own digital literacy program, from tips on dealing with technology limitations to suggested resources for making media in the classroom. There are also short videos you can use to explain these concepts to your students – or colleagues – in a fun, engaging way.

To access these resources, visit <http://mediasmarts.ca/teacher-resources/digital-literacy-101>.

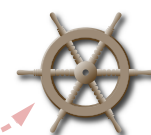
For a more thorough background on media literacy, see <https://mediasmarts.ca/media-literacy-101>

*Digital Literacy 101* was made possible with financial support from CIRA's Community Investment Program and Innovation, Science and Economic Development Canada's CanCode Program.

For more information on the many media library resources and timely research about youth and media literacy visit [mediasmarts.ca](http://mediasmarts.ca).



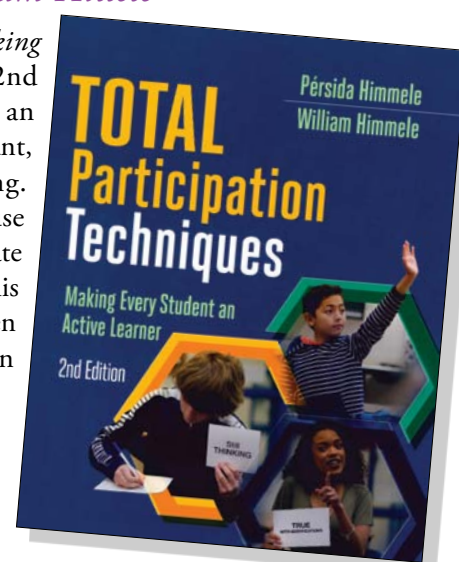
## Charting Your Course FOR PROFESSIONAL DEVELOPMENT



Email your name, home address, and the name of your school with **PD Giveaway** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by **March 25, 2019** to be eligible for the draw.

### Total Participation Techniques by Pérsida Millele and William Hillele

*Total Participation Techniques: Making Every Student an Active Learner* 2nd Edition, an ASCD publication is an essential toolkit for presenting relevant, engaging and challenging teaching. This resource includes 51 easy to use classroom-tested alternatives to motivate students to participate in learning. This 2nd edition includes more than a dozen new techniques to engage students in active learning.





# Sheonoroil celebrates 20th anniversary

The Sheonoroil Foundation celebrates its 20th anniversary this year through a special silent auction at Annual Council 2019, May 3 to 5 at the Halifax Convention Centre.

“This event will celebrate the work of Sheonoroil by highlighting some of the anti-violence projects developed by teachers over the years,” says Janine Kerr, Sheonoroil chair, and NSTU Executive Director.

Established in 1999 as an independent foundation to focus on all forms of violence in the public school, the Sheonoroil Foundation extends financial resources to anti-violence programs that have a direct and immediate impact on public school classrooms, students, teachers, staff, administration and community. Project proposals are accepted from active or retired members of the Nova Scotia Teachers Union, groups of active or retired NSTU members, or groups of students working in cooperation with a teacher advisor. “Over the past 20 years, we have supported over 120 projects,” continues Kerr.

In 2009 a 10th Anniversary dinner and silent auction was held and monies raised helped to supplement an endowment campaign that was launched in 2007. Monies raised at the 20th Anniversary Silent Auction will help support the Foundation.

“We are eager to showcase our Foundation’s achievements and continue to raise funds and awareness to help teachers and schools promote peaceful environments. The generosity of corporations and individuals remains crucial in providing the fiscal resources required to address as many program requests from teachers and schools and as possible.”

If you are interested in providing a Silent Auction item available to delegates at Annual Council May 3 to 5, please contact Gérard Cormier at the NSTU at 1-800-56-6788 or via email at [gcormier@staff.nstu.ca](mailto:gcormier@staff.nstu.ca). The word “sheonoroil” (pronounced shenerall) is a modified phonetic Gaelic title describing “peace with honour.”

madd

No alcohol. No drugs. No victims.

MADD Cobequid (Mothers Against Drunk Driving) in Colchester County invites all schools in Nova Scotia to participate in this years **Matthew Paul Carvalho poster contest** (5-10 yrs & 11-14 yrs) as well as our **Multi-Media contest** for students under 24 yrs of age. This is an exciting opportunity for students of all ages to connect with our message about the dangers of impaired driving and the victims created when someone makes a bad decision.

Detailed information about the contests and entry forms for submission can be found at [www.madd.ca](http://www.madd.ca). If submitting entries to a local chapter, please contact them directly to determine their closing date. If submitting directly to our National Office, the deadline is May 1st.

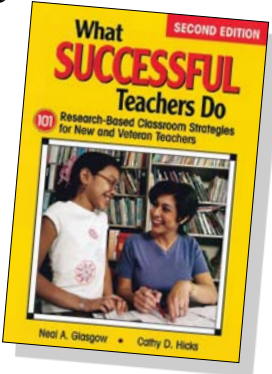
fresh

Putting new members in the KNOW!

Email your name, home address, and the name of your school with **FRESH** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by **March 25, 2019** to be eligible for the draw.

**What Successful Teachers Do**  
by Neal. A. Glasgow and Cathy D. Hicks

Published by Corwin Press, *What Successful Teachers Do: 101 Research-Based Classroom Strategies for New and Veteran Teachers* 2nd Edition provides research-based best practices and practical applications that encourage strong instruction and classroom management. This second edition includes a new chapter on supporting reading and literacy.



HAVE A GOOD IDEA FOR SUPPORTING PEACEFUL SCHOOLS AND COMMUNITIES?

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 and classrooms in Nova Scotia, get a Sheonoroil Project Application From [sheonoroil.nstu.ca](http://sheonoroil.nstu.ca).

Our Mandate

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

Our purpose

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

Our Pledge

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

PROJECT APPLICATION MAILING ADDRESS

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

DEADLINE

April 12, 2019

SHEONOROIL FOUNDATION

CONGRATULATIONS TO OUR

January/February Book Winners!

FRESH — Danielle AuCoin — CBVRCE

PD — Julie Keddy — TCRCE

CONGRATULATIONS TO OUR AFRICAN HERITAGE MONTH

Equity Book Winners!

Nancy Bradley — APSEA

Teresa Dowe — CCRCE Central Office

Kristen Walker — CBVRCE

Lisa Nicholson — HRCE

Helen Blaikie — CCRCE

Cheryl LeBlanc — CBVRCE

EQUITY COMMITTEE

BOOK REVIEW

Nova Scotia Teachers Union

Email your name, home address, and the name of your school with **EQUITY** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by **March 25, 2019** to be eligible for the draw.

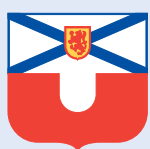
**Those Who Run in the Sky**  
by Aviaq Johnston

*Those Who Run in the Sky* by Aviaq Johnston published by Inhabit Media Inc. in Iqaluit is a coming-of-age story that follows a young shaman named Pitu as he learns to use his powers and ultimately finds himself lost in the world of the spirits. This book was a finalist for the Governor General’s Literary Award for Young People’s Literature in 2017 and named one of the best Canadian young adult and children’s books of 2017. Aviaq Johnston is an Igloodlik, Nunavut-based author. Her books include *Those Who Run in the Sky* and *What’s My Superpower?*

March 2019, The Teacher, Page 7



# NSTU CAMPAIGN GUIDELINES



The next deadline for candidates' information is **March 25th** for the **April 11th** issue. This information should be given or sent directly to *The Teacher* office at [theteacher@nstu.ca](mailto:theteacher@nstu.ca)

The following guidelines are for NSTU members running for the following positions/committees during Annual Council 2019: First Vice-President, CTF Delegate, Discipline Committee, Professional Committee and Resolutions Committee.

## 7. Vice-Presidential Campaign Guidelines

In respect of Vice-Presidential campaigns, the following guidelines shall apply:

- Active campaigning within the Council Chambers other than the normal address to delegates is prohibited. Passive campaign activity within Council Chambers is permitted.
- Locals are prohibited from directly making any monetary or non-monetary contribution to any candidate's campaign. Such contributions do not include expenditure of funds designated for the Local (e.g. Local meeting room at Annual Council). (2013-4)
- Campaign spending, excluding travel, by or on behalf of each candidate may not exceed \$1,500.00. Such expenses are the sole responsibility of the candidate. All promotional items including prizes sponsored by the candidate shall be included in the determination of the amount spent and shall be supported by receipts or assessed at fair market value. (2011-8)
- All candidates must submit an approved financial statement report form to the Annual Council Elections Committee within sixty (60) days from the conclusion of Annual Council. This statement is to include a list of all contributions with non-monetary items being assessed at dollar value, and an itemized list of expenditures;
- The Annual Council Elections Committee shall refer the financial statements of candidates to the Provincial Executive for review. These financial statements will be published in *The Teacher*.
- Publicity:  
Each candidate is permitted to insert in an issue of *The Teacher* prior to Council:

- one head and shoulder photograph of himself/herself;
  - biography of personal, educational, and career achievements, of no more than 150 words;
  - a personally prepared platform of objectives, no more than 600 words in length.
- (g) Items in (f) must be sent to *The Teacher* fifteen (15) working days before publication and these will appear in alphabetical order.
- Each candidate will be given a second opportunity to publish a statement subject to the provisions of paragraph (f), which statement shall not be more than 750 words in length.
  - Paid advertisements in any medium (press, radio, TV, *The Teacher*) are prohibited.
  - The number of campaign posters and/or banners on display in the hotel at Annual Council may not exceed a total of twenty-five (25) for each candidate. When Annual Council is held at a facility where Local delegates are divided between two facilities, the number of posters will be increased to thirty-five (35). A campaign poster shall include any poster, banner or sign posted by or for a member running for an elected position that makes a reference to the candidate and/or the position being sought.
- (h) Upon request, each candidate shall be given a list of the room numbers at the main facility used by NSTU delegates, alternates, official observers and guests once delegates have been accommodated. Distribution of campaign materials to rooms shall be limited to those rooms so identified. Such identification shall not allow the name of the occupant of the room to be determined.

## 8. Committee Campaign Guidelines

The above guidelines apply with the following exceptions:

- Campaign spending by or on behalf of each candidate may not exceed \$100. Such expenses are the sole responsibility of the candidate.
- Items must be sent to *The Teacher* fifteen (15) working days before publication and these will appear in alphabetical order.
- Paid advertisements in any medium (press, radio, TV, *The Teacher*) are prohibited.
- The number of campaign posters and/or banners on display in the hotel at Annual Council may not exceed a total of twenty-five (25) for each candidate. When Annual Council is held at a facility where Local delegates are divided between two facilities, the number of posters will be increased to thirty-five

(35). A campaign poster shall include any poster, banner or sign posted by or for a member running for an elected position that makes a reference to the candidate and/or the position being sought. (2011-9)

- Upon request, each candidate shall be given a list of the room numbers at the main facility used by NSTU delegates, alternates, official observers and guests once delegates have been accommodated. Distribution of campaign materials to rooms shall be limited to those rooms so identified. Such identification shall not allow the name of the occupant of the room to be determined.

## 9. General Campaign Guidelines - Active and Passive Campaigning

With respect to all elections, the following definitions shall apply:

- Active campaigning shall be considered any display or action that involves the presentation of partisan information in a manner that is difficult for a group of delegates to avoid. Examples of such active campaigning include the display of campaign posters, the shouting of campaign slogans, shouting out in support of a candidate other than during the normal address to delegates, distributing materials throughout Council chambers including the placing of campaign materials anywhere within Council chambers prior to, during or following a Council session, and demonstrations in support of a given candidate. (2011-13)
- Passive campaigning shall be considered any display or action that is observable only by people in the immediate vicinity of the campaign material and involves no explicit action to promote or advance those materials at the time at which the material is seen or heard. Examples of such passive campaigning include the use of writing materials containing references to a candidate, the wearing of campaign clothing, buttons or ornaments, and the presence of a single copy of a candidate's campaign literature at the delegate's seat and table spot. (2011-12)
- A candidate or representative of the candidate is permitted to place up to one (1) item per delegate per session at the tables in Council chambers prior to the start of the session. This would replace campaign material distribution at other times. A candidate would still be permitted to greet delegates as they enter Council chambers. (2011-10)
- In the event that campaigning for any other NSTU election takes place during Council, the guidelines for the Council Committee election campaigns applicable to the conduct of the campaign during Council, shall apply.
- Active campaigning for election to a position not related to the structure of the NSTU is prohibited.

More info: [YogainSchools.ca](http://YogainSchools.ca)

**Four days that will transform your life and those you teach.**

Inspire growth, inner peace and connection in your students.

**YOGA**  
in schools

**CANADIAN CONFERENCE**

### Yoga in Schools Canadian Conference 2019

This summer's Canadian Conference, themed Power of the Feminine will have all-levels workshops designed to support and empower all female-identifying students. The workshops will have a theoretical component along with movement practices to inspire confidence and resilience.

#### Topics Include:

- Strategies for thriving as a female-identifying person
- First Nations practices for healing trauma in women
- Workshops for boosting self-esteem in girls with learning differences
- Inspiring live performances from local artists
- Girl on Fire curriculum that is empowering young women across Canada

**Conference Hosts:** Jenny Kierstead and Blair Abbass and their team of leaders in women's issues and wellbeing

**Who can attend:** This program is suitable for male and female counsellors / teachers / Therapist / anyone working with young women.

**Date(s) & Time:** July 16th-19th, 2019

**Location:** Chocolate Lake Hotel

**Fee:** early bird \$500.00+hst until June 1st.

### NEW Certification!

Full 200hr Yoga in Schools & studio intensive Yoga Teacher Training, July 2-21st - with this 4 day conference included.

Register early to catch the early bird fee by calling 902-444-9642 or [info@BreathingSpaceYogaStudio.ca](mailto:info@BreathingSpaceYogaStudio.ca)

**BreathingSpace**  
YOGA STUDIO

**Congratulations to our Delmore Buddy Daye Institute Poster Giveaway winner!**

**Brandi Kozuch — HRCE**



**Delmore "Buddy" Daye Learning Institute**  
Excellence in Africentric Education & Research



# notices

## Youth Innovation Award

Do you know a teen whose innovation has the potential to solve real-world issues? Applications for the Ontario Science Centre's 2019 Weston Youth Innovation Award are now open.

This award recognizes and supports students who apply science and technology with the goal of making a difference in the world around them.

Canadians aged 14 to 18 have a chance to win one of five cash prizes: a first-place prize of \$15,000, second-place prize of \$8,500 and three finalists – \$3,500 each

If you know an exceptional young innovator, the application deadline is March 31, 2019.

The Weston Youth Innovation Award is generously supported by The W. Garfield Weston Foundation. For more info: <https://www.ontariosciencecentre.ca/innovationaward/>

## Governor General's History Award for Excellence in Teaching

Each year, Canada's History Society recognizes six teachers for innovative approaches to teaching Canadian history. The 2019 recipients will be awarded: an individual cash prize of \$2,500; a \$1,000 cash prize for the recipient's school; and a trip for two to Ottawa to attend the awards ceremony, the Canada's History Forum, and the History Makers celebration dinner.

If you or a teacher you know makes history come to life in the classroom, submit a nomination or apply online today. Applications are due April 1, 2019. More info: [CanadasHistory.ca/GGAward](https://CanadasHistory.ca/GGAward); Facebook, <https://www.facebook.com/CanadasHistory/posts/2125431184182511>; Twitter: <https://twitter.com/CanadasHistory/status/1095702977141182465>.

If you have any questions about the award or application, please contact Joanna Dawson at [jdawson@canadashistory.ca](mailto:jdawson@canadashistory.ca) or 204-988-9300 x.225

## CBC Shakespeare Selfie Student Writing Challenge

CBC's Grades 7 to 12 students' writing challenge starts in April and is Shakespeare-themed: <https://www.cbc.ca/books/the-2018-shakespeare-selfie-student-writing-challenge-1.4084894>.

The premise: Shakespeare Selfie is a writing competition that challenges students to write a soliloquy or monologue in the voice of a Shakespearean character based on a prominent news, pop culture or current affairs event from the last year (April 2018 to April 2019). Students can choose any topic they wish. Submission period is April 9 to 30, 2019. The judge is young adolescent writer Kenneth Oppel. Prizes: One year of OwlCrate for the winners and 50 books for their school libraries.

Teaching resources are available at: [curio.ca/en/collection/shakespeare-selfie-student-writing-challenge-2574/](https://curio.ca/en/collection/shakespeare-selfie-student-writing-challenge-2574/)



### Nova Scotia Language Teachers' Professional Development Day

Theme: "Neurolinguistic Approaches to Language Teaching."

Event Date: March 30, 2019  
Event time: 9 AM to 4 PM

Event Location: McNally Theatre Auditorium (MM113)  
at Saint Mary's University, Halifax, Nova Scotia



## So Many Sports. So Little Time.

May 2nd & 3rd  
HB Studios Sports Centre  
BRIDGEWATER, NS



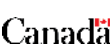




Title Sponsor



Register your class at: [sport nova scotia.ca](https://sportnova.scotia.ca)


Presenting Sponsor	Official Sponsors
	     




# ROYAL NOVA SCOTIA INTERNATIONAL tattoo

JUNE 29 - JULY 6

Book your tickets at [nstatattoo.ca](https://nstatattoo.ca)



## POWER OF PEACE



**NSTU MEMBERS SAVE 10%**  
USING CODE **NSTUI9**



# Presidential Tours 2018–2019



NSTU president Paul Wozney continued his tours with Locals around the province. These meetings help to inform the NSTU top of mind concerns of teachers in Nova Scotia. They also help to highlight the amazing work teachers are doing on behalf of students and their families.

Below are highlights from the Yarmouth, Antigonish, Lunenburg County, Queens and Cape Breton District Local tours. This is in addition to other tours which have taken place with APSEA, CSANE, Cumberland, Digby, and Shelburne County Locals



Antigonish Local

The Antigonish Local hosted Paul Wozney the evening of February 11 at the Antigonish Legion. This meeting followed the signing of the regional collective agreement between the NSTU and the Strait Regional Centre for Education. The focus of the conversation was on pensions and PSAANS.

NSTU president Paul Wozney is shown with some of the Antigonish Local executive. Left to right: Darren Teasdale (Treasurer); Gerarda Bonvie (VP Communications); provincial executive member (Antigonish-Guysborough) Tammy Landry; Lynette Babin-Rankin (First Vice and VP Economic Welfare); and Local president Julie McVicar.



*It was Fancy Formal Day at Bridgewater Elementary/Junior High School when Paul Wozney visited with teachers there. Left to right: NSTU rep Sarah Selig, Christine Gladwin, Wozney, Catherine Isaac Jamieson, Claudia Robar, and NSTU rep BJ Corkum-Oickle.*



*Hebbville Elementary School NSTU rep Erin Ramsay's students show off their Valentine's Day creations with Paul Wozney and Mai-Ling Storm.*



Yarmouth Local

Members of the Yarmouth Local and their families engaged with NSTU president Paul Wozney during a Meet and Greet Family Bowling night on January 27 at Brunswick Bowling Lanes. He is shown above with provincial executive member Lori MacKinnon (Digby-Shelburne-Yarmouth) and Yarmouth Local president Glenys Fraser.



Cape Breton District Local

NSTU president Paul Wozney met with members of the Cape Breton District Local the evening of February 21 at the Local's office in Sydney. The event included roundtable discussions in which teachers raised concerns with the NSTU president. Wozney then addressed all participants. Topics of discussion included the unfunded liability of the Teachers' Pension Plan, and issues with the Cape Breton-Victoria Regional Centre for Education, including substitute shortages, prep time and reduced library services. Wozney is shown with some of the members of the Cape Breton District Local executive: provincial executive member John White; treasurer Rayanne Nicholson; social coordinator Kenna MacLean; vice president of communications Sheila Halloran and Local president Dayna Enguehard.

## Lunenburg County & Queens Locals

The Lunenburg County and Queens Locals tour included a number of school visits on February 12 ending with a meet and greet social in Bridgewater. Accompanied by Queens Local president Tyler Dorey, South Shore RRC Chair Sarah Tutty and Lunenburg County Local president Mai-Ling Storm, Wozney visited North Queens School, South Queens Junior High, Queens Adult High School, Hebbville Academy and Elementary, and Bridgewater Elementary and Junior High.



*Hebbville Academy Family Studies teacher Amy Sullivan shows Paul Wozney a loom from her classroom.*



*North Queens School rep Judy Frail, Grade primary/1 teacher Dawn Wamboldt, Paul Wozney, Sarah Tutty and Tyler Dorey.*



## executive highlights

### February 28, March 1 & 2, 2019

- Filed the Table Officers Report;
- Approved six members to participate in the John Huntley Memorial Internship Program along with two alternates;
- Selected the Council Elections Committee for Annual Council 2019;
- Selected the Council Steering Committee for Annual Council 2019;
- Selected three members to serve on the Distributed Learning Committee;
- Selected a member to serve on the Public Relations Committee as well as serve as chairperson;
- Approved the Asking Package for the Teachers' Provincial Agreement with modifications;
- Appointed the NSTU Provincial Negotiating Team;
- Approved a resolution be forwarded to Annual Council 2019 regarding a new Policy on Funding of Public Education;
- Reaffirmed Policy 59 – Funding of Public Education with a change in title to Funding of Inservicing;
- Approved resolutions be forwarded to Annual Council 2019 regarding the following:
  - Policy 23 – Counsellors
  - Policy 60 – Guidance Counsellors
  - Policy 61 – Public - Private Partnership
  - New Policy – Commercialism in Schools
- Approved a recommendation that the Audited Financial Statements from Grant Thornton as of July 31 2018 be filed and forwarded to Annual Council 2019;
- Approved an amount of \$500,000 be transferred from the Reserve Fund to the operating account to cover crisis related costs incurred during the 2017-2018 fiscal year;
- Approved a recommendation that the proposed draft budget for August 1, 2019 to July 31, 2020 be forwarded to Annual Council 2019;
- Approved a resolution be forwarded to Annual Council 2019 regarding a transfer of \$350,000 from the Reserve Fund be used to balance the 2019-2020 budget;
- Approved a recommendation that Mary-Lou Donnelly be appointed as Independent Chairperson for Annual Council 2019;
- Approved the granting of six Local Service Awards at Annual Council 2019;
- Approved amendments to the NSTU Employees Pension Plan Amendment #1;
- Approved amendments to the Regulations under the *Teachers' Pension Act*;
- Appointed members to the ad hoc Committee regarding Students Success Planning; *Mike Jamieson, Therese Forsythe and NSTU Staff*;
- Approved a recommendation that the proposed Draft Alternate Budget for August 1, 2019 to July 31, 2020 be forwarded to Annual Council 2019;
- Approved a resolution be forwarded to Annual Council regarding the Annual Membership Fee for Active Members of the NSTU;
- Approved a resolution be forwarded to Annual Council regarding the per diem membership fee for Substitute Teachers;
- Approved permanent Executive Staff contracts for Louis Robitaille in Research, Policy and Governance and Wally Fiander in Member Services effective immediately;
- Approved a resolution be forwarded to Annual Council 2019 regarding Policy 98 – Internal to the NSTU Respectful Workplace;
- Approved a resolution be forwarded to Annual Council 2019 regarding the roles and responsibilities of school counsellors across NS;
- Approved a resolution be forwarded to Annual Council 2019 regarding school counselling support;
- Approved a recommendation that breakout space be provided for Equity-seeking groups at Annual Council 2019;
- Approved a recommendation that Provincial Executive explore ways to facilitate the development of caucuses that represent Equity-seeking groups of members with the NSTU;
- Approved a recommendation that the NSTU President issue a public statement in solidarity with NSCAD Members.

## Deals & Discounts

for NSTU members  
(including retired members),  
please visit the website at [www.nstu.ca](http://www.nstu.ca)

# LOOKING FOR THE ULTIMATE OUT-OF- CLASSROOM EXPERIENCE?

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[www.parl.gc.ca/teachers](http://www.parl.gc.ca/teachers)



## TEACHERS INSTITUTE ON CANADIAN PARLIAMENTARY DEMOCRACY



PARLIAMENT | PARLEMENT  
CANADA



# This Nutrition Month, Unlock the Potential of Food

March is Nutrition Month and across the country dietitians are helping Canadians Unlock the Potential of Food by sharing how food not only nourishes, but also fuels active lives, inspires children, helps heal, prevents chronic diseases – and most importantly — brings people together.

Here are five dietitian-recommended ways to Unlock the Potential of Food:

- **Potential to fuel:** Use our recipe ideas and smart tips to stay energized by planning nutritious snacks and meals in your day.
- **Potential to discover:** Foster healthy eating habits in children by teaching them to shop and cook alongside of you.
- **Potential to prevent:** Understand how you can use food and foster a healthy lifestyle to help prevent chronic diseases like type 2 diabetes and heart disease.
- **Potential to heal:** Learn how food can promote healing and how dietitians work in health care teams to make a difference.
- **Potential to bring us together:** Enjoy the benefits of bringing families and friends together with food and try our delicious Nutrition Month feature recipes.

A dietitian can help you to embrace food, understand it and enjoy it. Let us share our passion and our curiosity in the science behind food and its impact on your health.

**MARCH IS NUTRITION MONTH!**

**Dietitians of Canada**  
Les diététistes du Canada

Visit [www.NutritionMonth2019.ca](http://www.NutritionMonth2019.ca)

- Looking for reliable food and nutrition advice, without fads and gimmicks?
- A dietitian is the key to helping you **Unlock the Potential of Food**, every step of the way.
- Find a dietitian in your area: [www.dietitians.ca/find](http://www.dietitians.ca/find)

Visit [NutritionMonth2019.ca](http://NutritionMonth2019.ca) to find more information on how you can unlock the potential of food, including how to find a dietitian in your area. For

recipe ideas, download Cookspiration, a free app from Dietitians of Canada.

## North Queens Community School Hosting Red Dress Events

### Grade 9 Citizenship Education Class Recognizing Canada's Missing and Murdered Indigenous Women and Girls (MMIWG) with Red Dress Events

To mark International Women's Week March 4 to 8, Grade 9 students at North Queens Community School on the South Shore are looking to get people talking about an important women's issue in Canada. While 4 per cent of the Canadian population consists of indigenous women, 16 per cent of missing and murdered women are from our indigenous communities.

"This is a problem in our country and one that we need to start talking about. The issue is too silent and the facts need to be better known," says Grade 9 student Ira Reinhart-Smith.

The Grade 9's will be installing red dress displays at North Queens Community School, Miriam Hunt Park and the Wildcat Reserve in hopes of creating conversation and awareness. The public are invited to visit the displays and reflect.

"Take a moment to read the signs and become informed. It's only by creating understanding that we can begin to make change," says Grade 9 Research Team member Sage Apostolofski.

The Grade 9 class is happy to report that many high schools throughout the South Shore Region will also be participating in the Red Dress Campaign. Residents across the South Shore can expect to see dresses in their communities calling attention to the issue.

The week-long event ends on International Women's Day at March 8 at 6:30pm with a special event. At this time the community is invited to gather at Miriam Hunt Park (#9856 Highway 8) for a Red Dress Ceremony organized by the Citizenship Education class. The evening will consist of a sacred fire, traditional Mi'kmaq songs and drumming, as well as student performances, speeches and a special moment of reflection with music by the elementary school choir.

"We hope that the community will join us as we share our discoveries and pause to honour the many women and girls in our country who are missing or have been murdered. Helping others to understand is our goal so we really hope that people will join us," adds Reinhart-Smith.

Rod Francis, Coordinator for Mi'kmaq Student Services with the South Shore Regional Center for Education says, "The National Numbers around MMIWG reflects a nation-wide issue that many indigenous women and girls, and their families, have continued to face. Awareness is key to lowering these numbers."

The entire campaign, installation and event is being organised by the Grade 9 class and they are making their community proud with the work they've put in. "Their leadership and voices are an example of how we can all make a difference. The knowledge and understanding that these young men and women have will positively impact their communities and fellow students as they continue to move forward in their lives," adds Francis.



*NSTU president Paul Wozney is shown with North Queens Community School teacher Julie Ramey and students (from left to right) Ashley Yeates, Emily Rodenhiser, Dallas Weare, Mason Crouse, and Dakota Countway. Wozney visited the school during his Queens Local tour and chatted with the students about their project.*

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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!

### *Physically Active Lifestyles Videos from the Media Library*

This month, we are highlighting videos that you can stream and download from Learn360. You can access Learn360 from either the EduPortal or Google Apps for Education without an additional login. Once you have accessed Learn360, simply click on the links below to access these videos and many more.

For DVDs you can purchase for your classroom, please visit us at <https://medialibrary.ednet.ns.ca/exercise-and-fitness>

#### *Keeping Fit*

(grades 9-12)

<https://learn360.infobase.com/PortalPlaylists.aspx?wID=114538&xtid=11399>

Sedentary jobs and pastimes. Foods high in sugar, fat, and cholesterol. A superabundance of labor-saving technologies. Is it any wonder that a recent study by the Mayo Clinic shows that more than sixty percent of all adult Americans are statistically overweight? This program describes the basic components of physical fitness and the numerous health benefits that derive from regular physical activity while explaining why exercise is helpful in reducing overall health risks. (29 min; c.1998)

#### *Nutrition and Exercise*

(grades 6-8)

<https://learn360.infobase.com/PortalPlaylists.aspx?wID=114538&xtid=71818>

Teaches students about nutrition and exercise through an older student role model explaining the basics of nutrition, as well as provides brief discussion questions for class interaction. (20 min.; 2004)

#### *Exercise! It's Good For You!*

(grades P-2)

<https://learn360.infobase.com/PortalPlaylists.aspx?wID=114538&xtid=74699>

Shows how to adopt healthful routines to avoid the onset of disease often associated with sedentary lifestyles. Stressing the importance of a healthy diet and such physical activity as jogging and yoga, the presentation reviews the food guide pyramid and looks at the connection between bodily health and success in school and in personal relationships. (12 min.; c.2002)

#### *The Weight of the Nation for Kids Series*

(grades 9-12)

<https://learn360.infobase.com/PortalPlaylists.aspx?seriesID=116489&wID=114538>

This three-part series interviews young students as they make simple changes to their diets, school menus, or activities, and reveals just how effective these kids are at bringing about bigger changes in their world. Driven to improve themselves and their communities, they are an inspiration to those of all ages. (ca. 30 min each; c.2012)

#### *Deskercises Series*

(grades P-2)

<https://learn360.infobase.com/PortalPlaylists.aspx?seriesID=73344&wID=114538>

With 174 short videos to choose from, this daily classroom fitness series is both fun and educational, engaging both the body and the mind! (ca. 10 min each; c.2006)

#### *Pilates Kids Series*

(grades 3-8)

<https://learn360.infobase.com/PortalPlaylists.aspx?seriesID=146800&wID=114538>

Help students excel in and out of the classroom with simple but effective pilates exercises! This series introduces kids to the benefits of pilates while showing how to use pilates to increase physical and mental wellbeing. (ca. 10 min each; c.2017)

In addition to our lending and duplication collections, the Media Library also has videos that can be downloaded or streamed. Please log into the EduPortal and click on the link for "Online Video Library/Learn360" to access these digital titles.



## Pack your bags and get away...

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[WWW.MARRIOTT.COM/YHZHF](http://WWW.MARRIOTT.COM/YHZHF)

A poster for the Women's Symposium. It features a stylized female symbol logo in orange and purple. The text reads: "WOMEN'S SYMPOSIUM SUR LES QUESTIONS FÉMININES", "Women Deliver Public Education", "JUNE 3, 2019 VANCOUVER BRITISH COLUMBIA". At the bottom, it says "Canadian Teachers' Federation / Fédération canadienne des enseignantes et des enseignants" and "www.ctf-fce.ca".

## Congratulations to our Status of Women Committee Book Giveaway winners!

*Beautiful (English) Status of Women Book Giveaway*

Leah Gillis — HRCE

Kristina Jones — CCRCE

*Beautiful (French) Status of Women Book Giveaway*

Danyelle KarisAllen — HRCE

Suzette d'Eon — CSAP







update

## NSTU Group Travel Insurance Frequently Asked Questions

With March break fast approaching, it is the time of year when NSTU members start to think about travel. Whatever your reasons for travel and wherever you may go, it is important to have travel insurance, particularly if your travels take you outside of Canada.

**Q: What does the NSTU Group Insurance Plans offer with respect to emergency out-of-province/country travel insurance?**

A: NSTU MEDOC® Out-of-Province/Canada Emergency Medical Insurance

The NSTU Group Insurance Plans offer to both active and retired members the MEDOC® Group Travel Plan insured by Medavie Blue Cross that provides year-round coverage. A 35 day annual Base Plan can be purchased and provides coverage for an unlimited number of trips up to 35 consecutive days per trip during the policy year. For longer periods of travel, you can purchase a Supplemental Plan for additional protection to cover the period of time that you will be away. The Supplemental Plan provides coverage for one single trip longer than 35 days and includes the annual Base Plan coverage. Premium payments are made through monthly payroll or pension deduction to the policy renewal, which is September 1st.

### NSTU Trip Cancellation / Trip Interruption Plan

The NSTU Trip Cancellation / Trip Interruption Plan is also available to active and retired NSTU members. This plan helps protect travellers against unforeseen circumstances that may prevent or interrupt a trip. This is also an annual plan that provides the following:

Trip Cancellation – up to a maximum of \$5,000 per insured person per annual coverage period.

Trip Interruption – up to a maximum of \$5,000 per insured person for each covered trip.

- Up to a maximum of \$3,500 for lodging, meals, car rental, telephone calls and taxi costs (\$350 per day).
- Up to a maximum of \$1,000 for loss of, or damage to, baggage and personal effects during a covered trip.
- Personal effects – actual cash value or \$500, whichever is less.

- Document replacement – up to a maximum of \$200.
- Baggage Delay – up to \$400.

**Q: What should you know and do if you have a medical emergency while outside of Canada?**

A: If you or an eligible family member have an unexpected illness or injury and you are insured under the NSTU MEDOC® Out-of-Province / Canada Emergency Medical Insurance Plan, it is extremely important to call or, if you cannot, have someone call for you the Medavie Blue Cross travel assistance provider at **1-800-563-4444 in Canada and USA** or collect at **1-506-854-2222 elsewhere in the world**. These numbers are on your ID card(s), therefore, it is important that you bring this card with you when you travel and share the numbers with a family member or travel companion. You should also have access to your family's provincial health cards when you travel.

The travel assistance provider will ask a number of questions including some information that is on your ID card like your policy number. They will also provide a file or claim number before you finish the call with them. You should mark this number down as it will need to be provided each time you call. The travel assistance provider will also coordinate with any medical facility you are in or being transported to. They will also confirm coverage and approve medical testing and treatment.

If you choose not to call the travel assistance provider, eligible expenses will be reimbursed at 80%, except in extreme circumstances when you are unable to call.

For a trip cancellation or interruption claim, you must use the same contact numbers as indicated above for the medical coverage. Once you have contacted the assistance provider, you will be asked to provide additional information on the situation which may include proof of eligible expenses incurred and documented evidence that an eligible risk was the cause of the cancellation or interruption.

Preparation is the key to a smooth claims experience if you and/or an eligible family member have a medical emergency or have your trip cancelled or interrupted. Preparation should include the following:

- 1. Have all travel documents accessible.**
- 2. Have your travel insurance ID card available and share its location with your family or travel companions.**
- 3. Always call the travel assistance provider in the event of a claim.**
- 4. Bring along your benefit booklet(s) for reference should you need them.**

If you have any questions, please contact the Administrator, Johnson Inc. at (902) 453-9543 or 1-800-453-9543 (toll-free).

## Resilience® Employee / Family Assistance Program Frequently Asked Questions

As busy teachers struggle to maintain a healthy work / life balance, the NSTU Group Insurance Trustees want to remind you that the Employee and Family Assistance Program, Resilience®, is there to help you and your family get through difficult times if additional support is needed.

**Q: What types of counselling services are offered through Resilience?**

A: Life is full of challenges. Once in awhile, a problem may become overwhelming and you may not know how to tackle it alone. An unresolved problem or ongoing stress can sometimes affect your health – emotionally and physically – and eventually, your quality of life. So, where can you turn for support and solutions? The NSTU Group Insurance Trustees make available to active NSTU members an Employee and Family Assistance Program. If you or eligible family members have a problem or need advice and someone to talk to, this service offers expert assistance from caring professionals. Resilience® offers counselling services for issues including, but not limited to:

- Stress
- Marital/family/separation/divorce/custody issues
- Alcohol and drug abuse
- Psychological disorders
- Retirement planning
- Aging parents/eldercare
- Sexual harassment
- Bereavement
- Weight, smoking and general health issues

You can choose to receive counselling in a way that is most convenient and comfortable for you, whether that is in-person, by phone, or through a secure online service.

As more and more Canadians are affected by depression, either personally or through someone they know, Resilience® provides additional support such as Depression Care Services. Resilience® can provide assistance for individuals suffering from certain types of depression and provide a counsellor who can deliver personalized sessions and will coordinate and consult with an individual's treating physician to ensure that all aspects of the treatment program are aligned to deliver the best possible outcomes.

**Q: Are there other services in addition to counselling offered through Resilience® for me and my family?**

A: In addition to counselling services, Resilience® also offers Plan Smart and Career Smart Services. Plan Smart and Career Smart Services are designed to allow you to take a proactive approach to managing everyday challenges and life transitions, and get the information and support you need to suit your unique situation. Plan Smart and Career Smart Services include, but are not limited to:

- Childcare and Parenting Caregiver Support Services
- Elder Care and Family Care Services
- Legal Advisor Services
- Financial Advisor Service
- Nutritional Support
- Career Counselling Service
- Retirement Planning Service

**Q: Are there any web-based resources available through Resilience®?**

A: You can also visit Resilience® online at [www.myresilience.com](http://www.myresilience.com) and register using the NSTU contract number of 39146 to access additional services such as Health eLinks. Health eLinks is an online resource of health care related materials. With Health eLinks, you can take part in an interactive health assessment, access a comprehensive library of medical information written by medical experts and even create a personal health improvement program.

There are also a number of E-courses available online. Go to [www.myresilience.com](http://www.myresilience.com) for course categories and descriptions.

*continued on page15*







classifieds

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

**Looking for a 40% GUIDANCE job share** in the Dartmouth area. Please contact **Roseita Corbett @rcorbett@hrce.ca** if you are interested in this opportunity for the 2019/20 school year.

**HRCE French/Social Studies teacher** looking for permanent exchange with someone in the CBVRCE for the 2019-2020 school year. Please email **melissam@gnsps.ca**

**HRCE permanent French Immersion teacher** seeking job share partner for 2019-2020 school year. Job share would be 20% French Immersion. Must have be French proficiency certificate. Please contact **mlandrigan@hrce.ca**.

**CCRCE music teacher seeking job share** partner for 2019-2020 school year. Job share would be 20% music at Cobequid District Elementary School in Noel. Please contact Laura Bowman **atlaurabowmanule@gmail.com** if interested.

**“Frantastic” Wedding Officiant** – Recently appointed as Administrative Justice of the Peace, I’m excited to officiate weddings in Nova Scotia. Customized services that reflect the partners are my interest. After decades as a couple therapist, I still believe that marriage is a great decision. Contact Fran Reddy Chisholm: **mfranrc1@gmail.com, 902-237-1423, 902-462-5889**.

**CBVRCE Permanent French/French Immersion/Resource teacher** looking to do an exchange with a teacher in either the AVRCE or l’École Rose-des-Vents for the 2019-2020 school year. Permanent exchange possible. Contact: **bgbugden@nstu.ca**.

**House Rental**– Fully furnished home in Dartmouth near NSCC waterfront. April 15–June 15 and Sept 15th– Nov 1. Responsible mature couple or single person. Call retired teacher Eva **902 471-7300** or **evafarma@yahoo.ca**.

**CCRSB music teacher** seeking job share partner for 2019-2020 school year. Job share would be 50% music (40% Rawdon District School, 10% Enfield District School). Please contact Gillian Sproul at **sproulgillian@gmail.com** if interested.

**TEACHERITIS:** Neck tension, back pain, restless legs, chronic dry cough, hands falling asleep or burning, stress and jaw tension. A cure – Massage Therapy. Bertina Evers, RMT serving NSTU members from Windsor to Kentville. **902 670 3068 medicinehands.ca** Online billing available.

**Permanent HRCE Physical Education teacher** looking to do an exchange with a teacher in the CBVRCE for 2019-2020. Permanent exchange possible. Please contact: **hrcepe14@outlook.com**.

**Permanent secondary teacher** with the CBVRCE looking for an exchange with a permanent teacher in the HRCE. Permanent exchange desired. Please contact **sfowler@gnsps.ca** if interested.

**CCRCE music teacher** seeking job share partner for 2019-2020 school year. Job share would be 20% music at Cobequid District Elementary School in Noel, and could possibly be combined with the job share at Enfield and Rawdon to make a larger percentage position. Please contact Laura Bowman at **laurabowmanule@gmail.com** if interested.

2019 REGIONAL ELECTION INFORMATION FOR LOCALS



All regional elections will be conducted by electronic vote.

Area	Vote Day
Annapolis-Hants West-Kings	April 16
APSEA	April 16
Cape Breton District	April 11
Cumberland	April 9
CSANE	Ian LeBlanc Acclaimed
Digby-Shelburne-Yarmouth	April 10
Halifax City	April 10
Halifax County	March 28
Northside-Victoria	April 17
Pictou	April 11

The John Huntley Memorial Internship Program

The deadlines for application for the John Huntley Memorial Internship Program for the 2018-2019 school year are

November 1, February 1 and April 1.

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.

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For a list of opportunities see: [www.internationalprograms.ednet.ns.ca](http://www.internationalprograms.ednet.ns.ca)