



Encourage Engage Evolve Summit builds capacity

NSTU's Encourage Engage Evolve Summit 2022, which took place on December 16 and 17 at the Hotel Halifax, saw some 40 Black, Indigenous and racialized teachers from across the province come together to have their perspectives magnified.

"We are trying to better engage our Black, Indigenous and racialized members," says NSTU president Ryan Lutes. "This Summit gave these teachers an opportunity to learn from each other, receive well-needed professional learning, and build a network to support each other."

This is the first time the NSTU has organized an event like this—a first of its kind gathering in Nova Scotia. The line-up included professional learning, networking, and a comprehensive overview of ways to become involved and engaged with the NSTU.

Delegates were representative of the majority of NSTU's 22 Locals. "We want to encourage equity-deserving members from underrepresented groups to engage with their Union and have their voices heard and amplified," continues Lutes. "This is just one way we are building equity, diversity, inclusion and accessibility within the NSTU."

The event began with Indigenous elder Brian Knockwood from Sipekne'katik First Nation opening the space for our learning journey, followed by a traditional Christmas dinner with all the fixings," says NSTU's BIPOC staff officer Wendie Wilson.

Later, a panel of BIPOC members gave first voice to their experiences of Union

involvement over the years. The evening ended with a local Black DJ, Loonie Toonez giving time for members to socialize and enjoy some hospitality. "It was a great time

production of documents such as the BLAC Report and other educational reports and initiatives. He was also a founding member of the Black Educators Association.



Above are delegates from the EEE Summit.

for BIPOC teaches to "talk shop," many of them meeting each other for the first time," continues Wilson.

The Saturday keynote speaker was Brad Barton. Barton is a well-known retired educational leader whose career has spanned decades. He has worked in many communities as a teacher, administrator, supervisor and holding equity roles at HRCE. He was also the first Black principal of a high school in Nova Scotia. Barton was at the helm of educational reform in the 90s with the

NSTU's Wendie Wilson provided a workshop on Indigeneity and Education, and at the end of the Summit, participants were encouraged to complete the equity engaging survey that was launched earlier in the month to collect data on possible barriers to engagement for equity-deserving groups. All responses to the EEE Summit were positive, and members are looking forward to the possibility of other engagement opportunities in the near future.



people

Education Research Award presentation

NSTU president Ryan Lutes presented Dr. Andrew Francis with his NSTU Education Research Award certificate at New Glasgow Academy during the filming of NSTU's 2022 Holiday Message in December. Dr. Francis, who was principal of NGA, received his award for work he did when he was an NSTU member during the 2016-17 school year. His award was for research entitled: *Paths of Becoming: A hermeneutical-phenomenological inquiry into teacher candidate professional self-understanding*. At the time he was vice-principal at Northumberland Regional High School. Currently Dr. Francis is Coordinator of Literacy Innovation and Special Projects with the Chignecto-Central Regional Centre for Education.

Since 2003 the NSTU has recognized teachers for completed education research. An annual fund of \$3,500 encourages and assists education research, with no individual award exceeding \$500. 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. The deadline for next year's applications is December 6, 2023 by 4:00 p.m. For more information on this award and others check this link: <https://nstu.ca/nstu-members/professional-development/grants-opportunities/study-and-research-grants>



Shown in the photo (left to right): Pictou Local president Doug Read, Dr. Andrew Francis, and NSTU president Ryan Lutes.

NSTU offers

Parliamentarian Training

The NSTU held its second round of third training sessions in parliamentary procedures on February 9 and 10. This training is intended to create a pool of parliamentarians for the NSTU. One individual from each Region along with a member from each of the CSANE and APSEA Locals were selected for the training. Topics in the training include NSTU Governance, parliamentary rules of order, duties of presiding officer and parliamentarian, deliberative assemblies, classes of motions, voting procedures and nominations and election of officers.



Seated: Mike Jamieson (Dartmouth); NSTU staff liaison Louis Robitaille; and Shelley Luddington (Halifax County). Standing: Stephen Bradford (Cumberland); Isabelle Cotnoir (CSANE); Julie McVicar (Antigonish); Ian Kent (Queens) and John Mackenzie (Digby). Missing from the photo are: Keli Brewer (Cape Breton District); and Laura McCulley (Kings).



Managing Editor: Angela Murray
Assistant Editor: Mark Laventure
Advertising & Circulation: Nancy Day



Canadian
Educational
Press
Association
Association
canadienne
de la presse
éducative

Published eight times a year
 (September-June)
 by the **Nova Scotia Teachers Union**
3106 Joseph Howe Drive,
Halifax, N.S. B3L 4L7
 Phone: 902-477-5621
 Fax: 902-477-3517
 Toll free: 1-800-565-6788
 Email: theteacher@nstu.ca
 Website: www.nstu.ca

Submission deadlines for 2022-2023:

ISSUE	DEADLINE
March.....	March 3
April.....	April 6
May.....	May 5
June.....	June 9

The opinions expressed in stories or articles do not necessarily reflect opinions or policy of the Nova Scotia Teachers Union, its staff or elected provincial representatives.

We assume no responsibility for loss or damage to unsolicited articles or photographs.

We welcome your comments and suggestions: **1-800-565-6788 or email theteacher@nstu.ca.**

© Nova Scotia Teachers Union 2023



Shown are members of the ad hoc Committee on Inclusion of Equity Seeking Members. This committee helped organize the Encourage Engage Evolve Summit. From left to right: staff liaison Amanda O'Regan-Marchand, committee chair Adam Martin (Cape Breton District), staff liaison Wendie Wilson, provincial executive members Myla Borden (Pictou) and Jo-Leigh MacPhee (Annapolis-Hants West-Kings), and Cynthia Thibodeau (Halifax County).



Executive staff officer Wendie Wilson provided a presentation on Indigeneity and Education at the Summit.



**CREDIT
UNION**

Teachers Plus Credit Union

16-36 Brookshire Court
Bedford, NS B4A 4E9
Toll Free: 1 (800) 565-3103
Tel: (902) 477-5664
Fax: (902) 477-4108
www.teachersplus.ca



**Every Dollar
Spent Locally**

creates up to **4 times** more
economic benefits than money
spent at big box chains.

TEACHERS *PLUS*

Credit union firsts'.



- 1961 First financial institution to lend to women in their own names
- 1977 First full-service ATMs
- 1982 First debit card service
- 1995 First fully functional online banking
- 2013 First mobile cheque deposit app
- 2016 First to offer mobile pay in Canada

Investing in your RRSP?
**Talk to someone who
is invested in you.**





from the nstu president



Access to food an issue of equity

It is a new year, and there is a lot to look forward to, however, there is also a lot of uncertainty on the horizon. One of those areas of uncertainties is the rising cost of living. While the affordability crisis is having an impact on all of us, as with many social inequalities, the impact is greatest on those who already have the most need.

Childhood poverty was a serious concern before inflation reared its ugly head, however, as inflation eats away at families' incomes, our students and their families are feeling an even greater pinch. Teachers have a profound insight to the impacts that poverty has on their classrooms. We see how the potential of our students is dulled by factors outside of their control like socioeconomic status and poverty. We see the tangible academic and social affects that poverty has on our kids.

In September, the Auditor General delivered a report on Healthy Eating in Schools. The report found that the majority of schools tested are not complying with the School Food and Nutrition Policy, and furthermore, only nine per cent of third-party service providers tested are compliant. The report also acknowledged, and this will come as no surprise to teachers, that some students' exposure to healthy eating choices only happens at school. Soon after this report was released, Government announced it would be improving its healthy food policy for schools and creating a universal lunch program. This program, if instituted correctly, will have a profound impact on many of our students. The Breakfast Club of Canada estimates that roughly one out of every three children in Nova Scotia are going to school hungry. Expecting students to come to school ready to learn when they are hungry, or who only have unhealthy food as an option, is not only unrealistic—it is an issue of equity. If Nova Scotia truly wants kids to learn and grow in an equitable way, a healthy universal school food program is a must.

In October, your Provincial Executive passed a motion to endorse the Nova Scotia Coalition for Healthy School Food. The mission of the Coalition is to advocate for the creation of a universal cost-shared school food program for Canada, that would see all students having daily access to healthy food at school. The Coalition operates under several guiding principles. As an endorser of the Coalition, the NSTU believes that a successful school food program should be: health promoting, universal, cost-shared between federal and provincial governments, flexible and locally adapted, committed to indigenous control over programs for Indigenous students, a driver of local economic development, promoting of food literacy, and have strong accountability measures.

The NSTU applauds the Government of Nova Scotia for

L'accès à la nourriture, une question d'équité

C'est une nouvelle année et beaucoup de choses sont à venir, mais il y a aussi beaucoup d'incertitude à l'horizon. L'une de ces incertitudes est la hausse du coût de la vie. Alors que la crise de l'abordabilité a une incidence sur nous tous, comme pour de nombreuses iniquités sociales, ses répercussions se font davantage sentir sur les personnes dont les besoins sont déjà les plus grands.

La pauvreté chez les enfants était une préoccupation importante avant que l'inflation se pointe le bout du nez, mais, alors qu'elle gruge les revenus des familles, nos élèves et leurs proches en souffrent encore plus. Les enseignants connaissent bien les effets de la pauvreté sur leurs classes. Nous voyons le potentiel de nos élèves s'effriter en raison de facteurs qu'ils ne contrôlent pas, comme leur statut socioéconomique et la pauvreté. Nous constatons de manière tangible les effets sociaux et scolaires de la pauvreté sur nos enfants.

En septembre, la vérificatrice générale a produit un rapport sur une saine alimentation dans les écoles. Le rapport a révélé que la majorité des écoles évaluées ne respectent pas la *Politique en matière d'alimentation et de nutrition*, et en outre, seuls 9 % des fournisseurs de services tiers examinés sont conformes. Il a également reconnu que, et cela ne surprendra pas les enseignants, certains élèves ne sont exposés à des choix alimentaires sains qu'à l'école. Peu après la publication de ce rapport, le gouvernement a annoncé qu'il améliorerait sa politique de saine alimentation pour les écoles et créerait un programme de dîner universel. Ce programme, s'il est institué correctement, aura une grande incidence sur beaucoup d'élèves. Le Club des petits déjeuners du Canada estime qu'un enfant sur trois en Nouvelle-Écosse arrive à l'école en ayant faim. S'attendre à ce que les élèves arrivent à l'école en étant prêts à apprendre lorsqu'ils ont faim ou n'ont accès qu'à des aliments malsains est irréaliste : l'accès à la nourriture est une question d'équité. Si la Nouvelle-Écosse désire vraiment que les enfants apprennent et grandissent de manière équitable, un programme alimentaire scolaire universel sain est primordial.

En octobre, votre Comité exécutif provincial a adopté une motion pour appuyer la Coalition pour une saine alimentation scolaire de la Nouvelle-Écosse. La mission de la Coalition est de revendiquer la création d'un programme alimentaire scolaire universel à frais partagés pour le Canada qui permettrait à tous les élèves d'avoir accès à des aliments sains à l'école chaque jour. La Coalition mène ses activités en vertu de principes directeurs. Appuyant la Coalition, le NSTU croit qu'un programme alimentaire scolaire réussi devrait : promouvoir la santé, être

Continued on page 5

Suite à la page 5

committing to provide a universal school food program, and we will continue to advocate for a program that meets the best practices outlined above. The NSTU also believes that any successful school food program must be run by dedicated staff, and not put onto the plates of teachers, administrators, schools, parents and guardians, and volunteers.

Schools are an investment in the promise and potential of our kids. That promise must be met by adequate investment and priorities. By making the right investments, our government can make our schools more equitable places where all children and youth meet their potential.

universel, être assujéti à un partage des frais entre les gouvernements provincial et fédéral, faire preuve de souplesse et être adapté à l'échelle locale, permettre à des autochtones de gérer les programmes à l'intention d'élèves autochtones, stimuler le développement économique local, favoriser la littératie alimentaire et être doté de mesures de responsabilisation rigoureuses.

Le NSTU salue le gouvernement de la Nouvelle-Écosse pour son engagement à offrir un programme alimentaire scolaire universel, et nous continuerons à revendiquer un programme qui respecte les pratiques exemplaires susmentionnées. Le NSTU croit également que, pour connaître du succès, tout programme alimentaire scolaire doit être géré par un personnel dévoué et ne doit pas être mis dans la cour des enseignants, des administrateurs, des écoles, des parents, des tuteurs et des bénévoles.

Les écoles sont un investissement dans l'avenir et le potentiel de nos enfants. Cet avenir doit se réaliser au moyen d'investissements adéquats et de priorités. En investissant correctement, notre gouvernement peut faire de nos écoles des endroits plus équitables où tous les enfants et les jeunes atteignent leur plein potentiel.

EDUCATION WEEK

2023 APRIL 16-22

Active Learning = Engagement

School communities promote active learning in many ways, from outdoor and land-based learning to experiential/hands-on classroom opportunities. They find ways to address the needs of learners they support which results in authentic learning, movement, and improved well-being outcomes.

Proudly sponsored by



Partners:



SEMAINE DE L'ÉDUCATION

2023 16 - 22 AVRIL

Apprentissage actif = motivation

Les communautés scolaires utilisent de nombreuses approches différentes pour favoriser un apprentissage actif : activités en plein air, apprentissage axé sur le territoire, activités d'apprentissage par l'expérience, travaux pratiques en salle de classe, etc. Elles trouvent différentes manières de répondre aux besoins des apprenants auxquels elles apportent leur soutien, avec pour effet que ceux-ci vivent un apprentissage authentique, apprennent à bouger et obtiennent de meilleurs résultats sur le plan de leur bien-être.

Commandité :



Partenaires :



Water Love – An Authentic African Nova Scotian Story

by *Natalie Hodgson, Author, School Counsellor and Educator*

I co-authored *Water Love* with my good friend and colleague Rajean Willis. We are both Indigenous Black Nova Scotians with an active investment in our communities, focusing on youth development and mental health. I proudly introduce my co-author, as a social work clinician, scholar and PhD candidate.

The inspiration behind *Water Love* came from our participation with the North Preston Surf Program and our passion to create stories that emphasize Black excellence and representation. Our children enjoyed catching a wave and excelling in this program (in contrast you may or may not have seen me struggle on my surf board). North Preston resident and community leader, LaMeia Reddick, in collaboration with the Surfing Association of Nova Scotia (an organization that demonstrated allyship) led this program to counter the barriers and challenges that have historically kept our Black communities disconnected from water activities.

This story is told through spoken word, a written and oral style that resonates with the poetic and linguistic expressions and phrases that are familiar to children in our communities. Spoken

word captivates readers with sentence structures similar to cultural dialogue in the Black community. The intonation and creativity of spoken word provides opportunities to engage everyone.

Let's take a moment to talk about the artwork that is encapsulated in our book. The very talented, Sahle Robinson from Ontario, created vibrant images that helped bring our story to life. In addition, having the opportunity to work with an illustrator of African descent allowed the authenticity of *Water Love* to be visually captured.

That's when I fell in love with water—like the main character in our story, I also fell in love with water at a very young age. However, this is not the common narrative for African Nova Scotians. In fact, the relationship between water and our communities has been distant and often inaccessible. This is rooted in a dark history of generational trauma including a deep-seeded fear of water dating back to enslavement.

To accompany *Water Love*, we created a teacher's guide, published by the EECd. The teacher's guide articulates themes and direct connections to curriculum in the book.

Trust me, as a former classroom teacher, I understand how valuable ready-to-use resources are for educators (my school counsellor friends will also appreciate the inclusion of mental health issues).

The process of co-authorship is enlightening. As an educator and author, I am well grounded in Afrocentric principles. A significant Afrocentric worldview that guides my practice is the importance of the collective. One of the seven Nguzo Saba (also known as Kwanzaa) principles are Ujima, which means collective work and responsibility. Within this framework, an African proverb speaks to my engagement with collaborative projects, **"If you want to go fast, go alone. If you want to go far, go together."** Do I create independent work? Yes, of course I do. However, it's important to note that collective work and understanding is a part of my organic and holistic essence. Collaboration is a crucial element of my cultural and social identity. Ubuntu **"I am because we are"** is another African proverb that strengthens my core values.

"With ancestral footprints in the sand, salty air

*Collaborative minds, and braided hair
... that's when we fell in love with water."*

Check out a review of *Water Love* from Quill & Quire here: <https://quillandquire.com/review/water-love/>



Natalie Hodgson, BA, BEd, MEd (Lifelong Learning), MEd (Counselling), is an Indigenous Black Nova Scotian mother, partner, author, counsellor, educator and Impact of Race and Culture Assessor. She has a passion for literacy and its value in children's growth and well-being. Natalie believes that children need to see themselves reflected in the books they read. She is a school counsellor working for the Halifax Regional Centre for Education. Currently on

leave for the school year, Natalie is working with the African Nova Scotian Justice Institute on a national project to roll out Impact of Race and Culture Assessments (IRCA) across Canada.

EQUITY COMMITTEE BOOK REVIEW

Email your name, home address, and the name of your school with **EQUITY** in the subject line to theteacher@nstu.ca by **March 3, 2023** to be eligible for the draw.

I Lost My Talk

written by Rita Joe, Artwork by Pauline Young

In tribute of Nova Scotia's 2023 Heritage Day's Honouree, Rita Joe, NSTU's Equity Committee is giving away a copy of *I Lost My Talk*.

I Lost My Talk by acclaimed poet Rita Joe of Whycocomagh First Nation references her time at the Shubenacadie Residential School. Known as the Poet Laureate of the Mi'kmaq, Joe's poem has inspired Indigenous across the country and is an often quoted piece in this era of truth and reconciliation. Her powerful words explore and celebrate the survival of Mi'kmaq culture and language despite its attempted eradication. Published by Nimbus this book features stunning, vibrant illustrations by Mi'kmaq artist Pauline Young.



fresh

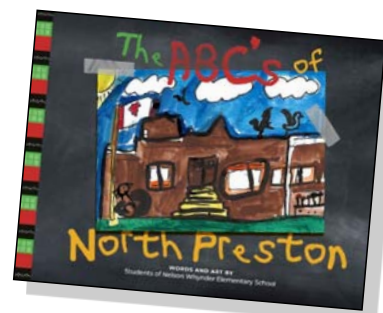
Putting new members in the KNOW!

Email your name, home address, and the name of your school with **FRESH ENGLISH** or **FRESH FRENCH** in the subject line to theteacher@nstu.ca by **March 3, 2023** to be eligible for the draw.

The ABC's of North Preston

by students of Nelson Whynder Elementary School

Published by the DBDLI (Delmore "Buddy" Daye Learning Institute) the students of Nelson Whynder Elementary School journey through the alphabet with words and images that highlight what makes "Up Home" so very special. *The ABC's of North Preston* is a loving tribute to the largest Indigenous Black community in Canada, created by some of those who know it best.



Une Imagination Comme la Mienne

par Latashia M. Perry

Illustratrice: Brittany J. Jackson

Éditeur: G Publishing LLC

Une Imagination Comme la Mienne emmènera les enfants dans une magnifique aventure, page après page! L'attention des jeunes lecteurs sera de toute évidence captivée par de belles images, des rimes et un refrain; pendant que l'expression de soi sera encouragée et la confiance renforcée.



pathways

FOR PROFESSIONAL LEARNING

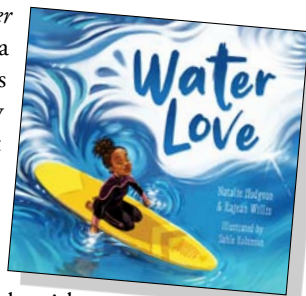
Email your name, home address, and the name of your school with **PATHWAYS 4 PL** in the subject line to theteacher@nstu.ca by **March 3, 2023** to be eligible for the draw.

Water Love

Written by Natalie Hodgson and Rajean Willis

Illustrations by: Sable Robinson

Published by Plumleaf Press *Water Love*, is a picture book about Kaya and her origin story, which arrives with the waves. It is a memory of a simpler time when barefoot summer days were spent basking in the wonder of the lake behind of her grandmother's house. With the cadence and style of a dub poet, she begins her tale with a declaration: "This is when I fell in love with water ..."



CONGRATULATIONS To Our November/December Book Winners!

EQUITY — Brandy Borden — CCRCE

FRESH — Karuna Singh — AVRCE

THE WELL TEACHER — Tim Cress — SRCE

PL — Cynthia Thibodeau — HRCE

Feeling Our Heart

By Amanda O'Regan-Marchand,
Executive Staff Officer Professional Learning

Dear Members,

With this month being Heart Health month, our Well Teacher giveaway highlights the importance of tending to our feeling heart as we would work towards optimizing our physical heart health. One of the ways we can do this is through working to understand our feelings and how we can take care of ourselves when those feelings are so very overwhelming.

Let's take a look at some of Brene Brown's words and how we might apply them to the life of a teacher.

"To form meaningful connections with others, we must first connect with ourselves." As teachers we make numerous connections during our days, months and school years. These connections can either feed us or be depleting—depending on the circumstances. The importance of connecting with ourselves on a regular basis to tap into our needs is exceedingly important, especially during the last number of years. What does connecting with yourself look like, sound like, feel like? I invite you to take a moment to connect with yourself now, without judgement or comparison to your expectations of where you wish you were or where you thought you might be. Where you are is where you are. How you feel is real, valid and important. What do you need? What is ONE thing you can do for yourself that can help you to feel better in this moment?

"Choosing to be curious is choosing to be vulnerable because it requires us to surrender to uncertainty. We have to ask questions, admit to not knowing, risk being told that we shouldn't be asking and, sometimes, make discoveries that lead to discomfort." In this excerpt, it confronts our idea that we have to be all for all and how many of us are hesitant to reach out for support. However, creating a circle of support of critical persons to whom we can turn in times of challenge and difficulty, is an important piece of our professionalism. This includes accessing the programs available to us through our employee assistance and (extended health benefits).

"Vulnerability is not weakness; it's our greatest measure of courage." Connecting with ourselves and turning inwards towards our challenges is hard work. It can be overwhelming. As we work to keep well, it's important to keep in mind that wellness is not a destination; it's a state of being that ebbs and flows. Showing ourselves compassion during our challenges and keeping our commitments to ourselves for

our wellness goals can only help to keep our wellness as optimal as possible as often as possible.

A goal for each month: Schedule a check-in with yourself—maybe even a 'date night' with yourself! Whatever it looks like, make time for you and what you need.

If you are curious to read more, *Atlas of the Heart* is available as an audiobook. Listening while in the car, on your run/walk, etc., could be part of checking in.

Finally, I will leave you with this quote, *"I am a mapmaker and a traveler."* Often, we can get caught up in the feeling of a loss of control. However, by connecting with ourselves and creating circles of support, we can create a map for our own wellness and support others who travel with us along our journey.

Bon voyage, colleagues.

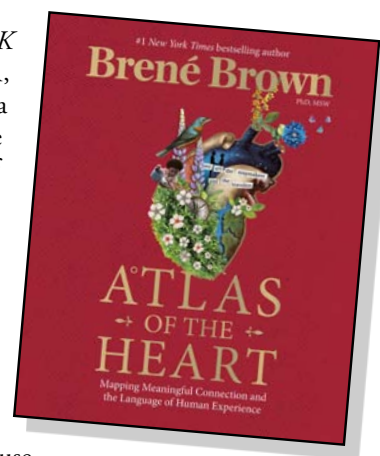


Email your name, home address, and the name of your school with **WELL TEACHER** in the subject line to theteacher@nstu.ca by **March 3, 2023** to be eligible for the draw.

Atlas of the Heart

By Brené Brown

In this #1 **NEW YORK TIMES** BESTSELLER, Brené Brown takes us on a journey through 87 of the emotions/ experiences of what it means to be human. She gives us the language and tools to access numerous new choices and second chances, and shares stories of moments with one another to build connection. This book is published by Random House.



CONTACT • Charlottetown, PEI • August 2023

We are looking for expressions of interest to facilitate a workshop at the CONTACT conference in Charlottetown, PEI in August, 2023. The conference runs from August 1st to August 4th and centres around innovative teaching techniques and strategies. If this is an area of interest for you and you would be interested in submitting a proposal for consideration, please email Executive Staff Officer, Amanda O'Regan-Marchand at amarchand@staff.nstu.ca on or before February 13th, 2023. Please include a short description of the proposed workshop as well as information about your educational background and area(s) of interest.



Graceful Life Counselling Tania Margeson, RSW, LCT-C

In person in Grand Bay-Westfield, NB
(By Appointment Only)

or Tele-counselling
throughout NB and NS

(506) 217-LIFE

GracefulLife.ca

Status of Women Committee Book Giveaway

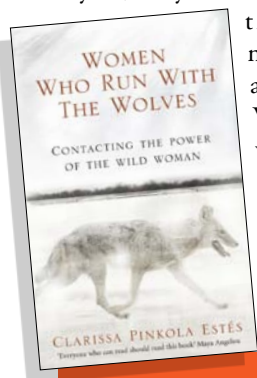
#EveryWomanCounts



Email your name, home address, and the name of your school with **WOMEN WHO RUN WITH THE WOLVES ENGLISH** or **FRENCH** and/or **SULWE ENGLISH** or **FRENCH** in the subject line to theteacher@nstu.ca by **March 3, 2023** to be eligible for the draw

Women Who Run with the Wolves/ Femmes Qui Courent avec les Loups by Clarissa Pinkola Estés

Published by Penguin, *Women Who Run With the Wolves* upacks myths, fairytales and stories, to help women reconnect with their instinctual nature. We learn love and understand the Wild Woman as one who is both magic and medicine. In this book, Dr. Estes creates new vocabulary for the female psyche.



Sulwe

by Lupita Nyong'o and
illustrations by Vashti Harrison

Published by Simon and Schuster for Young Readers *Sulwe* is featured in its own episode in the Netflix original show *Bookmarks: Celebrating Black Voices!* From Academy Award-winning actress Lupita Nyong'o is a moving picture book about colourism, self-esteem, and learning that creates a whimsical and heartwarming story to inspire children to see their own unique beauty.



Bring the theatre to your students!

Neptune's Touring Company brings exciting LIVE performances to your schools in Spring 2023.

Featuring three fantastic productions, for grades P-6 and 6-12.

Digital supports and study guides also available.

Book now at neptunetheatre.com/tourco



TOURCO



AVIS

canada



ExxonMobil

THROUGH THE GENEROUS DONATIONS OF
JASON ROTH AND
CHERYL STEADMAN ROTH

HOTEL HALIFAX

www.hotelhalifax.ca • 833.357.8155



THE BARRINGTON HOTEL

www.thebarringtonhotel.ca • 833.357.8155

NSTU LEISURE RATE

\$104.00 Leisure rate to include a \$12.00 discounted self-parking rate (when forecasting less than 95% occupancy) Between November- April.

\$129.00 Leisure rate to include a \$12.00 discounted self-parking rate (when forecasting less than 95% occupancy) Between May- October.

\$144.00 Leisure rate to include a \$12.00 discounted self-parking rate (when forecasting over 95% occupancy) Between November- April.

\$169.00 Leisure rate to include a \$12.00 discounted self-parking rate (when forecasting over 95% occupancy) Between May-October.

*Please note that the rates quoted above are net non-commissionable and do not include the current 2% Halifax Regional Municipality Marketing Levy nor 15% HST.

To book this leisure rate call 902-425-6700 (Hotel Halifax), 902-429-7410 (The Barrington Hotel) or 1 833-357-8155 and quote "NSTU Leisure Rate" rate.

You may also visit www.hotelhalifax.ca or www.thebarringtonhotel.ca.

Use the 'Special Rates' drop-down menu to select 'Corporate/Promo', and enter code YTY.

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 Sheonorail Project Application Form from sheonorail.nstu.ca.

Our Mandate

is simple. The Sheonorail 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).

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

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

DEADLINE
April 14, 2023

**SHEONORAIL
FOUNDATION**

Governance & Policy Committee

Above are members of NSTU's Governance and Policy Committee during a meeting which took place at the NSTU building on February 10. This committee, comprised of provincial executive members, develops and maintains an ongoing awareness, commitment to, and practice of good governance with the Provincial Executive and within the Nova Scotia Teachers Union as a whole. Committee members develop and review policy and regularly review the governance relationships between and amongst NSTU members, Annual Council, Provincial Executive, Locals, Regional Representative Councils, standing committees, Professional Associations, and NSTU staff.



The deadline for the March issue of The Teacher is February 24

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

Seated: Meg Ferguson (Halifax County), Jo-Leigh MacPhee (Annapolis-West Hants-Kings) and Taunya Pynn Crowe (Colchester-East Hants). Standing: Andrew McCara (APSEA); John MacKinnon (Digby-Shelburne-Yarmouth); Phil Samson (Inverness-Richmond); NSTU president Ryan Lutes; Sarry Tutty (Lunenburg County-Queens); Lynne Murphy (CSANE); and Kim Dunning Northside-Victoria).

 Bank of Canada | Musée de la Banque du Canada

The only museum in Canada devoted to economics and currency.

Check out our online educational resources!

@BOCMUSEUM
BANKOFCANADAMUSEUM.CA/LEARN

notices

CBC Books First Page Student Writing Challenge

The First Page student writing challenge is back for 2023. Bestselling YA writer Courtney Summers will judge the 2023 First Page student writing challenge. She is the author of several novels for young adults, including *Cracked Up to Be*, *All the Rage* and *Sadie*.

WHO CAN ENTER: This contest is open to all Canadian residents who are full-time students enrolled in Grades 7 to 12. Entries will be judged in two age categories: Grades 7 to 9 and Grades 10 to 12.

PRIZES: The winner of each category will receive a one-year subscription to OwlCrate, which delivers monthly boxes of books and literary-related goodies. The school library of each winner will also receive a donation of 50 books.

HOW TO SUBMIT: During the submission period, a link to an online entry

form will be available at cbc.ca/thefirstpage.

The prize is open until Feb. 28, 2023.

TEACHER GUIDES: Visit Curio.ca for discussion questions and writing tips from Canadian writers, like Cory Doctorow, Linwood Barclay, Fonda Lee, Cherie

Dimaline, Erin Bow, Katherine Vermette and M.G. Vassanji.

HAVE QUESTIONS? Email us at cbcbooks@cbc.ca.

WANT MORE STUDENT WRITING CHALLENGES? Sign up for our newsletter to find out about our creative writing challenges.



SCHOOL PROGRAM

BRING THE OLYMPIC SPIRIT TO YOUR CLASSROOM!

Discover the Canadian Olympic School Program Library with over 100 FREE resources at olympic.ca/education



coming events

FEBRUARY

African Heritage Month 2023

The 2023 African Heritage Month theme, **Seas of Struggle – African Peoples from Shore to Shore**, recognizes the resiliency, strength, and determination of people of African descent from the shores of Africa to the shores of Nova Scotia—with the Atlantic Ocean being the everlasting connection.

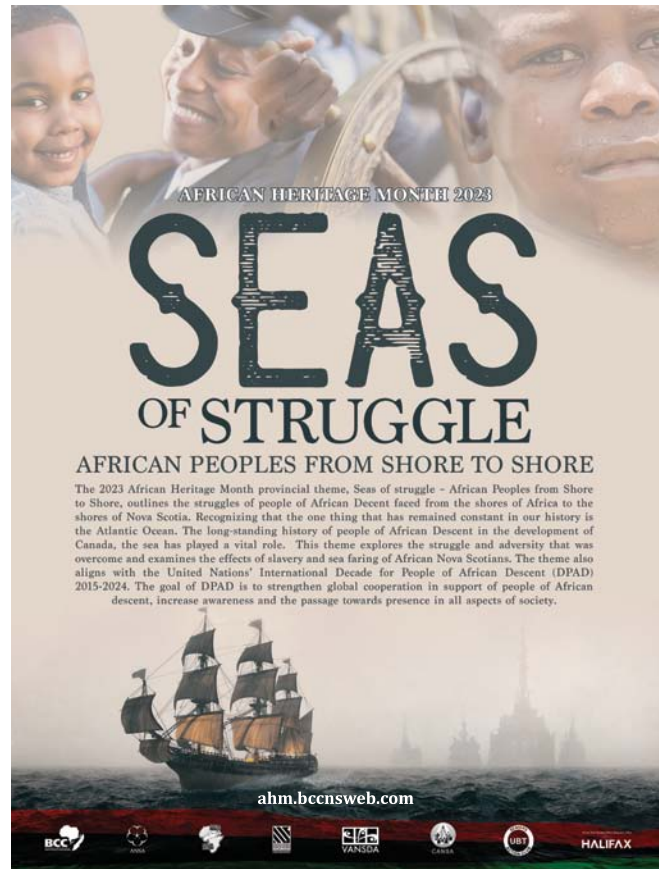
The theme highlights the role the sea has played in the long-standing history of people of African descent in the development of Canada and Nova Scotia. This year's theme aligns with the United Nations' International Decade for People of African Descent (DPAD) 2015-2024. The goal is to strengthen global cooperation in support of people of African descent, increase awareness and recognize their full and equal participation in society.

Nova Scotia has more than 50 historic African Nova Scotian communities with a long, deep and complex history dating back more than 400 years. African Heritage Month provides another opportunity to celebrate and promote the culture, legacy, achievements and contributions of people of African descent in Nova Scotia – past and present.

For more information about African Heritage Month and to order a poster, visit <http://www.ahm.bccnweb.com/wp/home>.

The African Heritage Month Information Network, made up of over 10 African Nova Scotian organizations selects the African Heritage Month theme, produces the poster and facilitates municipal proclamations across the province. Various events (virtual and in-person) will take place across the province during the month of February.

For further information visit: <https://ansa.novascotia.ca/>



PRIX LITTÉRAIRE - LE CHOIX DES JEUNES
HACKMATAK
CHILDREN'S CHOICE BOOK AWARD 2022-23

Thank you NSTU for supporting Hackmatack's 2022/23 year!

Get ready for another great year of reading!

Register today for Atlantic Canada's only bilingual children's choice literary program. Introduce your students to the best new Canadian titles for readers in grades 4 to 6!

Hackmatack clubs receive:

- exclusive access to reading guides, author bios, and program materials
- the opportunity for readers to cast their vote for their favourite book
- free virtual author visits

Visit hackmatack.ca to register and explore this year's selection of amazing French and English titles!





diverseminds



B'nai Brith Presents...



ATTENTION HIGH SCHOOL STUDENTS!

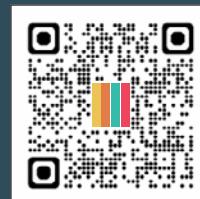
Write and illustrate a children's book that tells a story of diversity and inclusion

**WINNING BOOK WILL BE PUBLISHED
AND WILL RECEIVE A PRIZE OF \$5000!
2ND PRIZE: \$2500 • 3RD PRIZE: \$1000**

Deadline for entries is April 16, 2023!



3.2 M likes



diverseminds@bnaibrith.ca

diverse minds Calling all high school students in Canada!
Create a book for elementary school kids. Visit DiverseMinds.ca
for detailed submission information and guidelines

[#onceinalifetime](#) [#championingdiversity](#)

resources

DBDLI Africentric Resources

The Africentric Institute, The Delmore Buddy Daye Learning Institute (DBDLI) which creates educational change and genuine opportunities for learners and communities of African ancestry works directly with African Nova Scotian/Canadian organizations, communities, government partners, and educational institutions to identify, develop and implement educational and community capacity enhancement policies, programs and services.

It has an Africentric Publishing program featuring proud books and resources that amplify and celebrate African Nova Scotian history and heritage. Its classroom and community resources have been produced specifically for African Nova Scotians learners and educators.

To order publications and/or resources visit DBDLI's online store at:

<https://dbdli.ca/publications-resources/>

Deals & Discounts

for NSTU members
(including retired members),
please visit the website at www.nstu.ca

The John Huntley Memorial Internship Program

*The deadline for application for 2022-23
John Huntley Memorial Internship Program is*

April 1

Nova Scotia Teachers Union

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

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

Atlantic Geoscience Society's Classroom Resources

The Atlantic Geoscience Society has a long history of promoting and supporting education of the earth sciences, including the ever popular EdGEO outreach sessions offered to teachers, along with other workshops and opportunities hosted by various members and scientists.

Recently, several videos have been developed and released to YouTube that may be useful for teachers, and can be found on the AGS website

<https://atlanticgeosciencesociety.ca/ags-on-youtube>

The Rockhound of York Redoubt is now uploaded on the AGS YouTube channel, along with the link to a teacher's guide to the geology of York Redoubt.

Rockhound of York Redoubt (9 minutes, 7 seconds)

Join Dusty, a Golden Retriever, and the titular "*Rockhound of York Redoubt*", on a geological tour of the National Historic Site situated on Purcell's Cove Road in Halifax. As Dusty walks about the site, his long-suffering handler instructs the irreverent rockhound in how to recognize the two main rock types exposed at the Fort—metamorphosed sedimentary rocks formed on the 400–600-million-year-old Meguma microcontinent, and granite of the 375-million year old South Mountain Batholith. The 9-minute video is a good introduction to local geology for lay persons and can be supplemented by "A teachers guide to the geology of York Redoubt National Historic Site of Canada", Geological Survey of Canada Open File Report 6964; <https://geoscan.nrcan.gc.ca/starweb/geoscan/servlet.starweb?path=geoscan/shorte.web&search1=R=292865>.

Other new releases include Arisaig, with wonderful footage of what is considered to be the world's greatest exposure of continuous sea floor of 440–404 million years ago! As well, another video showcasing the UNESCO site of Joggins, with the world's earliest known reptile.

There are also some additional videos & presentations on the YouTube site including:

1. Recent Ice Age (1990) (despite the date, not really outdated by geological time!)
2. Has Climate Change Driven Human History? Lessons from the Past for a Future Climate
3. Explore Atlantic Canada's (newest) Global Geopark (by John Calder)

The AGS also provides other free educational resources and publications on the website, including downloadable guides for NS Minerals and Gems, NS Pebbles, and NS Rocks brochures. <https://atlanticgeosciencesociety.ca/education/ags-education-committee-2>



NOTICE OF REGIONAL PROVINCIAL EXECUTIVE ELECTIONS

Spring 2023

A. Background:

NSTU By-Law Article I – Membership sub-article 2 defines eligibility to hold office:

The rights of Active Membership shall include, but not necessarily be limited to the right to vote and hold office at the local and provincial level.

NSTU By-Law Article II – The Council sub-article 1 defines the Provincial Executive as:

The Executive of the Council as described in the Teaching Profession Act shall be the Provincial Executive.

NSTU By-Law Article III – The Provincial Executive sub-article 1 outlines the composition of the Provincial Executive as:

Composition

- (a) *The composition of the Provincial Executive shall be: the President, the First Vice-President, the Immediate Past-President, and twenty-one (21) Regional Members.*
- (b) *The number of Regional Members and the regions from which they shall be elected are as follows:*

(i) Annapolis/Hants West/Kings	2 Members
(ii) Antigonish/Guysborough	1 Member
(iii) Atlantic Provinces Special Education Authority (APSEA)	1 Member
(iv) Cape Breton Industrial	2 Members
(v) Colchester/East Hants	1 Member
(vi) Conseil syndical acadien de la Nouvelle-Écosse (CSANE)	2 Members
(vii) Cumberland	1 Member
(viii) Dartmouth	1 Member
(ix) Digby/Shelburne/Yarmouth	2 Members
(x) Halifax City	2 Members
(xi) Halifax County	2 Members
(xii) Inverness/Richmond	1 Member
(xiii) Lunenburg County/Queens	1 Member
(xiv) Northside Victoria	1 Member
(xv) Pictou	1 Member

- (c) *A Provincial Executive Member must be an Active Member of the NSTU.*
- (d) *A Provincial Executive Member shall not concurrently hold office at the Local, Regional, or Professional Association Level.*

NSTU By-Law Article III – The Provincial Executive sub-article 8 outlines the duties of the Provincial Executive as:

The Provincial Executive functions in the name of Council between sessions; it shall perform its duties in a manner that is consistent with the will of Council as expressed through resolutions passed by Council. In addition, the Provincial Executive shall carry out duties imposed specifically by the Teaching Profession Act, these By-Laws, Standing Orders, and Operational Procedures. The Provincial Executive will have, but not necessarily be limited to, carrying out the following duties:

- (i) *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;*
- (ii) *provide suitable offices and equipment for carrying on the work of the NSTU;*
- (iii) *direct and supervise the business, property, and affairs of the NSTU between Council meetings, and all decisions that are deemed policy by the Provincial Executive shall be forwarded to the upcoming Council as resolutions;*
- (iv) *determine the place and date and make arrangements for workshops and special Council meetings;*
- (v) *issue a post-Council press release;*
- (vi) *provide assistance with organizing Locals, Regional Representative Councils, and Professional Associations;*
- (vii) *shall ratify constitutions of Locals, Regional Representative Councils, and Professional Associations by following regulations outlined in the NSTU Operational Procedures;*
- (viii) *determine the boundaries of the Locals;*
- (ix) *publish a magazine or other official publications;*
- (x) *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;*
- (xi) *have the power to convene an emergency meeting of a Local or a meeting of the NSTU Members in a given area; and,*
- (xii) *is empowered to exercise on behalf of the Union, as the Provincial 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.*

B. Regional Elections to be Held Spring 2023:

Regions Holding Elections	Number of Members to be Elected
Annapolis/Hants West/Kings	1 Member
Atlantic Provinces Special Education Authority (APSEA)	1 Member
Cape Breton Industrial	1 Member
Cumberland	1 Member
Conseil syndical acadien de la Nouvelle-Écosse (CSANE)	1 Member
Digby/Shelburne/Yarmouth	1 Member
Halifax City	1 Member
Halifax County	1 Member
Northside Victoria	1 Member
Pictou	1 Member

C. Procedure and Timeline of Election Process:

NSTU Operational Procedure 8 – Election Procedures sub-section B outlines the voting procedures for Regional Provincial Executive Members as:



**Leading with Heart:
Enhancing and Refining Your Leadership Skills
for Today's School Environment**

**Mount Allison University
Sackville, NB**

July 11-14, 2023

An Instructional Leadership Institute

Sponsored by:
New Brunswick Department of Education and Early Childhood Development
New Brunswick Teachers' Association
Prince Edward Island Teachers' Federation
Nova Scotia Teachers' Union
Public School Administration Association of Nova Scotia
Newfoundland and Labrador Teachers' Association

NSTU president meets pre-service teachers

NSTU president Ryan Lutes (centre) is shown with a group of first year physical education pre-service teachers from St. FX University who were attending the TAPHE pre-conference 50th Anniversary dinner on October 27, 2022. The NSTU runs a university liaison program with BEd programs throughout the province including participating in a Mock Annual Council held annually by the St. FX School of Education with BEd students acting as AGM delegates.



From left to right: Kat Waterbury, Savannah MacLachlan, Lyndon Murrin, Katie Ballhorn, Ethan Rondeau, Ryan Lutes, Mary Bailey, Jake MacDonald, Sarah Vanzeumeren and Abby MacInnis.

I. Notice of Pending Election

- a. Notice of all pending Regional Provincial Executive elections shall be posted on the NSTU website and advertised in an issue of *The Teacher* at least thirty (30) days prior to the closing of nominations. **(for Spring 2023 this means Wednesday, January 25, 2023)**
- b. Notice of a pending Regional Provincial Executive election shall be sent to NSTU leaders (Local President(s), RRC Chair (if applicable), and Provincial Executive Member(s)) from within the boundaries of the region as defined in NSTU By-Laws Article III – The Provincial Executive at least thirty (30) days prior to the closing of nominations. **(for Spring 2023 this means Wednesday, January 25, 2023)**
- c. Notice shall include the process for nominations.

II. Nominations

- a. Nominations for the office of Regional Provincial Executive shall be submitted on the official Nomination Form.
- b. The official Nomination Form may be found on the NSTU website.
- c. Individuals may nominate themselves.
- d. A candidate's Nomination Form must be completed and returned to the Executive Director or designate

no later than 4:00 p.m. on the last Friday of February (the closing of nominations). **(for Spring 2023 this means Friday, February 24, 2023)**

- e. In the event that no nominations are received in a given region, the close of nominations shall be extended by two (2) weeks, and notice shall be sent to NSTU leaders from within the boundaries of the region. **(for Spring 2023 this means Friday, March 10, 2023)**

III. Voting Day

- a. The voting day shall be the third Wednesday in April. **(for Spring 2023 this means Wednesday, April 19, 2023)**

D. Nominations:

The official Nomination Form is submitted online at: <https://nstu.ca/the-nstu/communications/online-forms/provincial-executive-nomination-form>. Confirmation of receipt of the Nomination Form will be emailed to the Candidate upon submission. Candidates will be contacted soon after the close of nominations regarding election procedures.

E. Contact Person:

For further information regarding the 2023 Regional Provincial Executive Elections, contact Louis Robitaille Executive Staff Officer Research, Governance, and Policy at lrobitaille@staff.nstu.ca or 1-800-565-6788 (local 902-477-5621).

Free Festival 'Celebrating Books that Make Kids Laugh'

Funny Pages, Canada's only festival 'celebrating books that make kids laugh,' will be bigger and better this year.

After an inaugural event in Halifax in 2022, it has expanded to include Lunenburg County. This April, Grades 3 through 6 students will enjoy presentations by some of the country's funniest authors at the Halifax Central and the South Shore Libraries. Hundreds more kids will share in the fun online via live-streaming.

Funny Pages line-up this year features a mix of local and internationally recognized authors, including Helaine Becker, Vicki Grant, Salma Hussain, Wesley King, Chad Lucas, and J. Torres.

The 2023 Funny Pages festival will take place in Mahone Bay and Lunenburg libraries on April 20 and at Halifax Central Library on April 21. Tickets are free and available to schools at www.funnypages.ca. Seating is limited. On April 22, Little Funny Pages takes place at Halifax Central Library for preschoolers and their parents. It features best-selling picture book authors Naseem Hrab, Shauntay Grant, Michelle Robinson and local newcomer Whitney Moran. These are drop-in presentations so no tickets are necessary.

Not every kid loves to read, but every kid loves to laugh. That's the central idea behind Funny Pages. We believe humour

can be an important tool in introducing even the most reluctant readers to the joy of books. Events are designed to appeal to different cultural backgrounds, reading levels, and ages. Through free, accessible and entertaining programming, Funny Pages hopes to laugh low literacy rates right out of existence.

A non-profit organization, Funny Pages receives sponsorship support from the HRM, EECDC, The NS Department of Communities, Culture And Heritage as well as private donors. For more information, contact Vicki Grant at funnypagescanada@gmail.com, 902-219-0300, www.funnypages.ca

Learn about the stellar 2023 author line-up:



Helaine Becker is the bestselling author of more than 90 books for children and young adults, including the international bestseller *Counting on Katherine: How Katherine Johnson Saved Apollo 13*; and Canadian national bestseller and *A Porcupine in a Pine Tree* (Scholastic Canada). She is a multi-time winner of the Silver Birch and Lane Anderson Awards for science writing for children. Her books have been recipients of Picture Book of the Year, the Cook Prize, the Giverny Prize, Bank Street Best of the Year, Red Cedar Award, and Eureka Award.



Shauntay Grant is a poet, playwright, children's author, and multimedia artist. Her love of literature stretches back to her storytelling roots in Nova Scotia's historic Black communities. A multidisciplinary artist with degrees in creative writing, music, and journalism, she "creates artworks that are engaging and accessible, but also challenging, rigorous, and informed by deep research (The Royal Society of Canada)." Her latest picture book is *My Fade is Fresh*.



Vicki Grant has been called "a superb storyteller" (CCBC) and "one of the funniest writers working today" (Vancouver Sun). Her books have won The Red Maple, The Arthur Ellis and Young Canada Reads and been shortlisted for the Edgar, CLA Book of the Year and many Forest of Reading awards. Her YA romcom, *36 Questions That Changed My Mind About You*, sold worldwide and was optioned for film. *A Green Velvet Secret*, is out this spring.



Naseem Hrab is the author of several picture books including the Ira Crumb series, *How to Party Like a Snail* and *Weekend Dad*, (2020 Governor General's Literary Awards finalist). *The Sour Cherry Tree*, was a 2022 Governor

General's Literary Award winner for Young People's Literature—Illustrated Books. Her work has been praised by *The Wall Street Journal*, NPR, Bank Street College and more.



Salma Hussain grew up in the U.A.E. to parents from Pakistan, and immigrated to Canada when she was 13-years-old. She has a BA (Hon.) in English Literature with a concentration in creative writing, and a law degree from the University of Calgary, and a Masters in Law from McGill University. Her middle grade novel *The Secret Diary of Mona Hasan* is set in Nova Scotia.



Wesley King, the author of over a dozen novels for young readers, is an Edgar Award, and Canada Silver Birch Award winner, a Bank Street Best Book of the Year, for his debut, *OCDaniel*, which received a starred review from *Booklist*. The companion novel, *Sara and the Search for Normal*, received a starred review from *School Library Journal* and was recipient of the Violet Downey Book and Ruth and Sylvia Schwartz Children's Book Awards. Others include *The Incredible Space Raiders from Space!*, *A World Below*, *Butt Sandwich & Tree*, and Kobe Bryant's *New York Times* bestselling *Wizenard* series.



Chad Lucas is a proud descendant of the historic African Nova Scotian community of Lucasville, he's worked as a newspaper reporter, communications advisor, freelance writer, part-time journalism instructor, and parenting columnist. His debut novel *Thanks A Lot, Universe* was named a Junior Library Guild Gold Standard Selection and a 2021 best middle grade book by the School Library Journal, New York Public Library, and Canadian Children's Book Centre. His second book, *Let The Monster Out*, was released in May 2022.

Continued on page 23



APRIL 20-22, 2023



FUNNY PAGES

CANADA'S ONLY FESTIVAL CELEBRATING BOOKS THAT MAKE KIDS **LAUGH!**

Sign your class up for Funny Pages -- a day of laughter and literacy with some of Canada's funniest authors!

Suitable for Grades Three through Six.

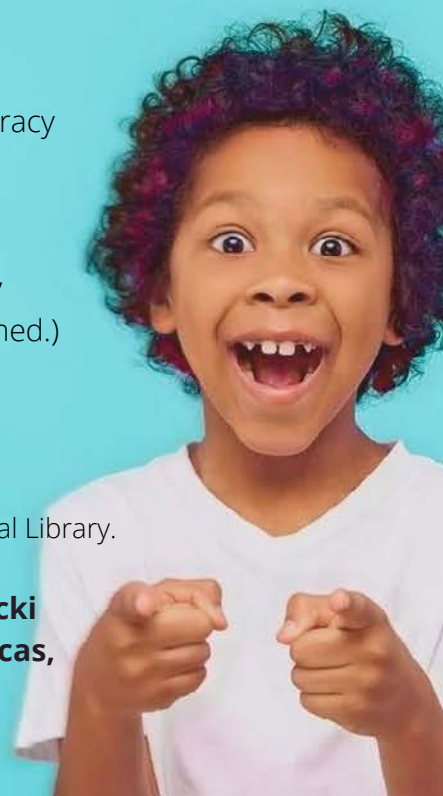
Tickets are free but seating is limited so sign up soon by visiting www.funnypages.ca. (Events will also be live-streamed.)

Thursday, April 20 -- Funny Pages South Shore -- Mahone Bay and Lunenburg

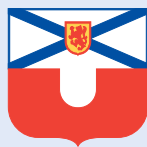
Friday, April 21 -- Funny Pages Halifax -- Halifax Central Library

Saturday, April 22 - Little Funny Pages (preschoolers) - Halifax Central Library.

Presenting authors: Helaine Becker, Shauntay Grant, Vicki Grant, Naseem Hrab, Salma Hussain, Wes King, Chad Lucas, Michelle Robinson, J. Torres and Whitney Moran.



NSTU CAMPAIGN GUIDELINES



The 2023 deadline for candidates' information is **March 3rd** for the **March 10th** issue or **April 7th** for the **April 14th** issue. This information should be given or sent directly to The Teacher office at theteacher@nstu.ca

Election guidelines for Annual Council Elections are found in NSTU Operational Procedures 9 - Election Procedures, D - Elections Conducted at Annual Council - First Vice-President, Discipline Committee, Professional Committee, Resolutions Committee, and CTF Delegate.

OPERATIONAL PROCEDURE 9 - ELECTION PROCEDURES

D. ELECTIONS CONDUCTED AT ANNUAL COUNCIL – FIRST VICE-PRESIDENT, DISCIPLINE COMMITTEE, PROFESSIONAL COMMITTEE, RESOLUTIONS COMMITTEE, AND CTF DELEGATES

I. Nominations

- a. Elections at Annual Council shall be held for the following positions:
 - i. office of First Vice-President,
 - ii. NSTU delegates sent to the Annual General Meeting of the Canadian Teachers' Federation,
 - iii. members serving on the Discipline Committee,
 - iv. members serving on the Professional Committee, and
 - v. members serving on the Resolutions Committee.
- b. Nominations for elections held at Annual Council shall open on the last Friday in February.
- c. Nominations for elections held at Annual Council shall be submitted on the official Nomination Form found on the NSTU website. Individuals may nominate themselves.
- d. A candidate's Nomination Form must be completed and received by the Executive Director or designate no later than noon on the Friday of Annual Council.
- e. Notwithstanding c and d. above, candidates may be nominated from the floor of Council by any Voting Delegate of Annual Council, without the need to complete a Nomination Form.
- f. Nominations for the office of First Vice-President shall close, with the Independent Chair's call for further nominations from the floor, during the Friday evening Session of Annual Council.

- g. Nominations for Committee members and CTF Delegate shall close, with the Independent Chair's call for further nominations from the floor, during the Saturday afternoon Session of Annual Council.

II. Campaigning

- a. Campaign guidelines are as set out in NSTU Standing Orders and these Operational Procedures.
- b. Active campaigning for elections held at Annual Council may begin no sooner than the open of nominations.
- c. If a Local invites candidates to attend a Local meeting or event, the invitation must be extended to all known candidates contending for that specific office/delegation/committee.
- d. Suspected violations to these campaign guidelines shall be resolved in the following manner:
 - i. prior to Annual Council, suspected violations shall be reported to the Executive Director or designate, in a timely manner, for resolution;
 - ii. during Annual Council, suspected violations shall be reported to the Chair of the Annual Council Elections Committee;
 - iii. the Executive Director and/or Chair of the Annual Council Elections Committee will attempt to resolve the issue informally;
 - iv. if an informal resolution can be found no further action is required;
 - v. if no informal resolution is possible, the Executive Director or designate will make a ruling, the ruling shall be final, and the ruling may be announced to Annual Council; and,
 - vi. rulings may include but are not necessarily limited to:

1. a written warning,
 2. a notice of censure to other candidates,
 3. a public notice of censure to the membership, or
 4. removal from ballot.
- III. Eligibility to Vote**
- a. Only Voting Delegates (including Local Alternate Delegates replacing Local Voting Delegates) are eligible to vote.
- IV. Electronic Ballot**
- a. The electronic ballot shall have candidates listed in alphabetical order on the screen at the front of Council Chambers. Unless otherwise instructed by a candidate, the full legal name of the candidate shall be posted on the ballot.
 - b. Voting will be conducted by electronic key pad.
 - c. Notwithstanding a. and b. above, if the electronic key pad system is not working, paper ballots will be used and scrutineers will count the ballots.
- V. Financial**
- a. Campaign spending by or on behalf of each First Vice-Presidential Candidate may not exceed one thousand five hundred dollars (\$1,500).
 - b. Campaign spending by or on behalf of each committee or CTF delegate candidate may not exceed one hundred dollars (\$100).
 - c. Candidates are solely responsible for all campaign spending.
 - d. All promotional items, including prizes sponsored by the candidate, shall be included in the determination of campaign expenditures and shall be supported by receipt or assessed at fair market value.
 - e. All candidates shall submit an official financial statement report form to the Annual Council Elections Committee within sixty (60) days from the conclusion of Annual Council. This report is to include an itemized list of expenditures.
 - f. The Annual Council Elections Committee shall forward candidates' financial statement reports to the Provincial Executive for review.
 - g. First Vice-Presidential Candidates' financial statement reports shall be published in *The Teacher*.
- VI. Candidates' Publicity**
- a. Each Candidate shall be permitted to have an insert in an issue of *The Teacher* prior to council. The insert to include:
 - i. one (1) head and shoulder photograph;
 - ii. a one hundred and fifty (150) word biography of personal, educational, and career achievements; and,
 - iii. a platform of objectives, not to exceed six hundred (600) words for First Vice-Presidential Candidates and not to exceed three hundred (300) words for all other Candidates.
 - b. The Candidate's material for the insert must be forwarded to The Teacher at least fifteen (15) business days prior to publication.
 - c. Inserts will appear in The Teacher in alphabetical order by office.
 - d. First Vice-Presidential Candidates shall have two (2) opportunities to have inserts in The Teacher in subsequent issues.
- VII. Election of First Vice-President**
- a. A candidate must obtain a majority of the votes cast to be elected as the First Vice-President of the Nova Scotia Teachers Union.
 - b. In the event that a candidate does not obtain a majority of votes on the first ballot, there shall be a second ballot. The second ballot shall contain only the names of the two (2) candidates obtaining the highest number of votes cast on the first ballot.
 - c. In the event of an equality of votes, the choosing of candidates for the second ballot or for the election of First Vice-President, the decision shall be by lottery. (i.e. placing the names of the candidates on equal size pieces of paper placed in a box and one (1) name being drawn by the Independent Chair of Council)
- VIII. Attendance at Annual Council and Provincial All Candidates' Forum**
- a. If not otherwise eligible to attend Council, First Vice-Presidential Candidates may attend Annual Council at the expense of the Union.
 - b. A Provincial All Candidates' Forum shall be held during the Opening Session of Annual Council.
 - c. The Forum shall consist of seven-minute presentations by each Candidate followed by a question and answer period of up to twenty (20) minutes.
 - d. The order of the Candidates' presentations shall be chosen by lots.

Continued on page 22

continued from page 21

- e. The forum will be moderated by the Independent Chair of Annual Council. Extension to the question and answer period will be at the discretion of the Independent Chair with consideration being given to the overall agenda of the business meeting.

General campaign guidelines for all NSTU elections are found in NSTU Standing Orders 8 – Campaign Guidelines.

STANDING ORDER 8 – CAMPAIGN GUIDELINES

- (a) These guidelines apply to any election campaign within the NSTU.
- (b) Active campaigning within Council Chambers is prohibited except for the normal address to Delegates by Presidential and First Vice-Presidential Candidates. Passive campaigning within Council Chambers is permitted.
- (c) Active or passive campaigning for elections or activities not related to the structure or operations of the NSTU are prohibited within Council Chambers.
- (d) 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, but is not limited to, 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.
- (e) 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 written 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 delegates' seats and table spots.
- (f) 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.
- (g) Paid advertisements in any medium (press, radio, TV, The Teacher) are prohibited.
- (h) The use of employer email is prohibited for campaigning purposes.
- (i) The use of the Membership Registry is prohibited for campaigning purposes by individual candidates.
- (j) The number of campaign posters/banners on display in the hotel(s) at Annual Council may be controlled by the hotel(s). If the hotel(s) do limit the number of posters/banners candidates will be informed of such limitations the week prior to the start of Council. 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.



REGIONAL ELECTION SCHEDULE 2023

Region	# Members to To Be Elected
Annapolis/Hants West/Kings (2)	1 Member
Antigonish/Guysborough (1)	No Election
Atlantic Provinces-Special Education Authority (APSEA) (1)	1 Member
Cape Breton Industrial (2)	1 Member
Colchester/East Hants (1)	No Election
Cumberland (1)	1 Member
Conseil syndical acadien de la Nouvelle-Écosse (CSANE) (2)	1 Member
Dartmouth (1)	No Election
Digby/Shelburne/Yarmouth (2)	1 Member
Halifax City (2)	1 Member
Halifax County (2)	1 Member
Inverness/Richmond (1)	No Election
Lunenburg County/Queens (1)	No Election
Northside-Victoria (1)	1 Member
Pictou (1)	1 Member

Election date: April 19, 2023

as of February 17, 2023



ROYAL NOVA SCOTIA INTERNATIONAL
tattoo
 NSTATTOO.CA

KIDS 18 & UNDER GET IN FREE

Teachers and Administrators
 can save 10% on
 Tattoo tickets by using
 the promo code

THANKYOU2023

JUNE 30 - JULY 03 2023

OCEANS

VISIT NSTATTOO.CA FOR DETAILS

continued from page 18

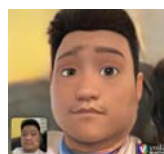


Whitney Moran has always lived by the sea, and never too far away from a lighthouse. She is the managing editor of Nimbus Publishing and Vagrant Press. She has just released her first picture book, *I Want To Build A Seahouse*.



Michelle Robinson, a hugely popular author in her native UK, has written over 40 children's books including the *World Made a Rainbow*, *She Rex*, *How to Wash a Woolly Mammoth* and the *Do Not Disturb the Dragons* series. Her books have been translated and published all over the world. One was

even read to Earth from the International Space Station. In 2021, Michelle moved to Tatamagouche with her husband and two children.



J. Torres is a Filipino-born Canadian comic book writer, best known for his work on DC's original *Teen Titans Go* comic book series, the Forest of Reading Honour Book *Planet Hockey*, and *Lola: A Ghost Story*, recipient of an Aesop Accolade from the American Folklore Society. He was born in Manila and raised in Montreal where he was educated at McGill University. He has also worked in animation and television.



NSTU Group Insurance Trustees Paramedical Practitioners:

What Do They Do and What Coverage Do You Have?

With the new year now in full swing, the NSTU Group Insurance Trustees want to let you know about the Paramedical Practitioners coverage available through the Total Care Medical Plan. Here is a brief summary of some of the more frequently used practitioners and your available benefit coverage:

Acupuncturist

When you actually look forward to getting needles... The general goal of all acupuncturists is the promotion, maintenance and restoration of health, and the prevention of illness. Traditional oriental medicine defines a perfect state of health as a state of balance. The key to active treatment is to identify the most important imbalances and do what is possible to shift the patient back towards this balance.

Massage Therapist

Better than a bubble bath...Massage is, by far, the most widely used paramedical service amongst our teachers. A massage therapist is a professional who performs massage treatment. A massage therapist's goal is usually to relax the patient while promoting general health and well-being. Some branches of massage therapy are focused on treating specific health conditions and on addressing muscular problems.

Naturopath

Nature nurtures...Naturopathy is a system of healing that aims to provide holistic or whole body health care by drawing on treatment methods from several traditional systems of medicine. Naturopathy seeks to use the natural healing powers of the body to cure itself and focuses on treating the cause of disease rather than the symptoms.

Chiropractor

When the sound of your back cracking is a good thing... Chiropractors believe the vertebrae of the spine and neck are routinely pulled out of alignment by everyday stressors and these misalignments can be the cause of many physical and mental ailments.

By physically manipulating individual vertebrae or readjusting the entire spine, chiropractors hope to relieve pressures caused by these misalignments.

Occupational Therapist

More than just ergonomic assessments...Occupational therapists (OTs) help patients discover and achieve a balance in work, leisure, and self-care that results in a

level of independence and competency in all three areas of life. Occupational therapists seek to identify potential habits within each lifestyle component that could result in compromising the health of the individual and have a real potential of leading to injury or possibly a permanent disability. While all areas of life include some degree of risk, the role of the OT is to help the client see those risks clearly and move toward behavior patterns that help minimize the risk.

We currently have two OTs working at the NSTU, with a third one on the way. So you can access this service privately (at 80% coverage) or for free by calling the NSTU and setting up an appointment with one of our OTs.

Osteopathy

The link between the structures of the body and the way it functions....Osteopathy is a way of detecting and treating inner parts of the body such as muscles, ligaments, nerves, and joints. It assists the body to function as a balanced and efficient system. Once balanced, the body will function with minimum wear and tear which enables it to have better function and more energy. Osteopathic practitioners use specialized skills to identify restrictions and tensions of the tissues in the body. Their specific techniques ease those restrictions which allows for normal physiology to continue.

Physiotherapist

I like to move it...move it! A physiotherapist works with patients who have become disabled by injury, illness, or age. The goal of the physiotherapist is to help patients regain their range of movement, or to support patients with permanent disabilities to prevent further damage and increase their functionality. Typically, a physiotherapist establishes a relationship with their patients, and they are part of a larger care team which is designed to support the patient through the healing process.

Podiatrist/Chiropodist

To let your feet do the talking and the walking... Podiatry is a field of medicine that focuses on preventing, diagnosing, and treating conditions associated with the foot and ankle by medical, surgical, or other means. Some common issues that are treated by podiatrists are problems of the feet including bunions, corns, ingrown toenails, and plantar warts. Podiatrists prescribe orthotics when needed, treat plantar fasciitis, flat feet, hammer toes and club feet. Circulation

problems in the feet due to diabetes can also be treated by a podiatrist.

Psychologist Services

Mental health matters! Psychologists typically provide services to manage and enhance the cognitive, behavioural, emotional, interpersonal, and physical functioning of individuals or groups of people by applying and using psychological assessment and intervention strategies, including psychometric testing and psychotherapy. As part of this work, psychologists also assess and diagnose behavioural, emotional, cognitive, and mental disorders.

Speech Therapist

Say what? Say anything! Speech therapists work with patients who have a variety of speech-related disorders. These disorders can include the ability to produce certain sounds, speech rhythm and fluency problems as well as voice disorders. Speech therapists use written and oral tests, as well as special instruments, to diagnose the extent of impairment and to record and analyze speech, language and swallowing irregularities. Once a patient has been assessed, they develop an individualized plan of care tailored to each patient's needs.

Benefit Coverage

The plan reimburses you for 80% of the usual and customary charges per treatment to a maximum of 20 visits per calendar year for the services of each of the following practitioners:

- Acupuncturist
- Chiropractor
- Naturopath
- Occupational Therapist
- Osteopath
- Physiotherapy
- Podiatrist/Chiropodist
- Psychological Services
- Speech Therapist

Massage Therapy – the plan reimburses you for 80% of the usual and customary charges per treatment to a maximum of 20 visits per school year **(August 1 to July 31)**.

The service providers listed above must be certified, registered, or licensed paramedical practitioners and must be one approved by Medavie Blue Cross (the insurer). A Master of Social Work will be considered as an eligible service provider under Psychology Services.

For more information on the benefits and programs available under the NSTU Group Insurance Program, please visit the NSTU Group Insurance Trust website at <https://nstuinsurance.ca/>

Frequently Asked Questions

Outlined below are answers to some frequently asked questions regarding the Paramedical Practitioners coverage available through your Total Care Medical Plan:

Q: Are psychologist services covered under this benefit?

A: Yes, the services of a psychologist are covered at 80% of the usual and customary charges to a maximum of 20 visits per year. A Master of Social Work will also be considered as an eligible service provider.

Your NSTU Group Insurance Trustees are pleased to announce that you are now paying less out of pocket for your 20 Psychologist visits per calendar year because the current usual and customary amount per session has increased from \$175 to \$220. That means your 80 % coverage has increased from \$140 to \$176 saving you \$36 per psychology visit.

Q: What should I do if I need to see a paramedical service provider?

A: You will need to check if the provider is approved by Medavie Blue Cross. If they are approved, you can go ahead with the treatment.

Q: Are prescriptions, medications, X-rays, and appliances covered if ordered by the paramedical practitioner?

A: No, they are not covered if ordered by the paramedical practitioner. They are covered only if ordered by an attending physician, that is, medical doctor.

Q: How many visits are covered under this benefit?

A: A maximum of 20 visits per calendar year. Massage Therapy allows for a maximum of 20 visits per school year (August 1 – July 31).

Q: What should I do if I have exceeded the maximum number of 20 visits?

A: If you have exceeded the maximum number of visits, you will need to pay for any additional visits out of pocket.





Johnson Insurance has worked closely with the NSTU to provide access to helpful services and products that take care of your home and car insurance needs.

With Johnson, NSTU members have exclusive access to:


 up to **\$800.00**
 in savings when you
 bundle home & car insurance*



- **First Claim Forgiveness**
- **Payroll Deduction**
- **Identity Theft Protection**

YOUR GROUP CODE FOR DISCOUNTS: 62

Call Johnson today at **1.855.616.6708**

JOHNSON 
 INSURANCE
 HOME • CAR

Johnson Insurance is a tradename of Johnson Inc. ("Johnson" or "JI"), a licensed insurance intermediary. Home and car policies underwritten exclusively, and claims handled, by Unifund Assurance Company ("UAC"). Described coverage and benefits applicable only to policies underwritten by UAC in NL/NS/NB/PEI. *As of March 1, 2021, \$800 combined savings available on home and car insurance if the following discounts are applicable: conviction free, multi-line (home and auto), multi-vehicle, long term, member (home and auto), select in NL, NS, PE, and winter tire in NB, NL, NS. Dollar savings may vary otherwise.

OUR SHARED PLANET

Free professional learning workshops



GRADE 4-6 TEACHERS

We want to help you bring **inquiry-based learning**, **environmental knowledge** and **cross-curricular education** to your classroom!

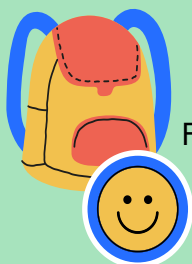


RECEIVE AN ENVIRONMENTAL TEACHING KIT

Participate in **four** online workshops or attend a **two-day** in-person workshop to receive your **free** environmental teaching kit valued at over **\$300!**
(While supplies last)

ONLINE WORKSHOPS

January 24, 6-8:00 p.m.
January 31, 6-8:00 p.m.
February 7, 6-8:00 p.m.
February 9, 7-9:00 p.m.
February 23, 7-9:00 p.m.
March 2, 7-9:00 p.m.
March 9, 7-9:00 p.m.



IN-PERSON WORKSHOPS

February 18-19 at Clean Foundation, Dartmouth, NS
(Registration required, space is limited)



By request

Get in touch with us to book a workshop for your school or region! Sub coverage available.



REGISTER TODAY!

CLEANFOUNDATION.CA/PROFESSIONAL-LEARNING
PROFESSIONAL-LEARNING@CLEANFOUNDATION.CA



Foundation
Clean

classifieds

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

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

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

Permanent HRCE Elementary Teacher looking for one year job exchange (potentially longer) with teacher in CBVRCE. French qualified. Possible housing swap. Contact: Hrcetocbce@gmail.com



2022 – 2023 Pre-Retirement Seminars SCHEDULE



DATES:

February

LOCATION:

28 & Mar 1 (Tuesday & Wednesday)

HRCE – Halifax

DIVORCE SOLUTION MEDIATION SERVICE

Inexpensive Uncontested Divorce

Helping families since 1995

info@divorcesolution.ca

902-510-0460

divorcesolution.ca

Divorce Solution Mediation Service is offering
a 20% discount to NSTU members.



Hey Nova Scotia Teachers, want a chance to learn how to increase your student engagement and bring new life and ideas to your classroom?



SPRING CONFERENCE 2023

May 4th to 6th, Fountain School for the Performing Arts, Dalhousie University

- 15 hours of PD specific to teaching Drama and Theatre Arts in your classroom
- Masters classes from Professional Theatre Practitioners
- Attend a professional theatre performance
- See a variety of student productions featured at the Nova Scotia High School Drama Festival
- Network and share with drama specialists and classroom teachers from across Nova Scotia

Click the link for more information:

<https://sites.google.com/view/edansspringconference/home>

Or email dzinckhalifax@gmail.com

Deals & Discounts

for NSTU members
(including retired members),
please visit the website at www.nstu.ca



Have a great idea for
your classroom or school?

Need funding
to make it happen?

Annual deadlines: October 1, December 1, February 1, April 1, June 1 & August 1.

Receive up to \$5,000 for innovative and unique program development.

More details at <https://nstu.ca/nstu-members/professional-development/grants-opportunities/program-development-assistance-fund-pdaf>

COVID has changed the way we teach



Then apply for
a PDAF grant!

