

NSTU calls on government to respect the collective rights of Crown Attorneys

The NSTU is calling on the McNeil government to respect the collective rights of crown attorneys and withdraw Bill 203.

In 2015 crown attorneys signed a contract with the McNeil government that included the right to binding arbitration for the next 30 years. On October 16, Finance Minister Karen Casey introduced Bill 203 removing the agreed upon binding arbitration, and replacing it with a limited right to strike based on essential services provisions that will need to be negotiated.

NSTU President Paul Wozney says Bill 203 not only harms crown attorneys but sends a negative message to all workers across the public sector.

“Over the last year the NSTU has worked hard to mend fences with government and repair the damage caused by Bills 75 and 72,” says Wozney. “To act in the best interests of students it’s crucial we have a relationship based on

collaboration and trust.”

Wozney adds, “Nova Scotians have grown tired of labour turmoil. This government’s constant attacks on workers have only served to erode the public services Nova Scotians rely on. I ask the Premier to halt Bill 203 and keep his word to crown attorneys.”

The president spoke at Law Amendments on October 18 to show solidarity with crown attorneys and all public sector workers in Nova Scotia.

When faced with speculation about how Bill 203 will affect current negotiations between the NSTU and Government, Wozney says, “I want to assure you that Bill 203 does not impact our current strategy at the table. We remain committed to reaching a deal that is fair for teachers and our public education system. As is our tradition we will not be negotiating through the media, but we aren’t going to settle for less than a fair deal for teachers.”



NSTU president Paul Wozney talks with Pink Larkin partner Gail Gatchalian outside the Red Room at Province House, following his presentation to the Law Amendments committee opposing Bill 203.

Free menstrual products — good for students

In September, the province of Nova Scotia announced it will provide free menstrual products to students. Until now, teachers have often purchased these products for students from their own pockets.

While the NSTU fully supports this policy announcement it is concerned government is not providing additional funding

while asking schools to find the needed money out of their already limited budgets.

NSTU President Paul Wozney says the government should follow the lead of British Columbia who provided \$300,000 in start-up funding when it launched the same initiative.

Continued on 9



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people

NSFL-VP Rocky Beals addresses provincial executive

During NSTU's first provincial executive meeting of the school year on September 13 and 14, Rocky Beals addressed members about her equity-dedicated seat with the Nova Scotia Federation of Labour. Beals, an NSGEU (Nova Scotia Government and General Employees Union) member who works for the Department of Lands and Forests, is NSFL's Vice President, Workers of Colour and Aboriginal Workers. NSTU president Paul Wozney invited her to speak to members of the provincial executive to share her insight and experience about her portfolio to help the NSTU increase the equity lens in its leadership and policy. Beals, who also chairs NSFL's Inter-racism and Human Rights Committee says, "It's important to have an elected designated seat, not appointed—it provides more respect and accountability." She says you need to start somewhere and know that you may not get it right the first time. It's an ongoing learning process and including an equity lens ensures that the best decisions for the organization are being made.



Shown (left to right) NSTU's secretary-treasurer Wade Van Snick, first vice-president Thérèse Forsythe, NSFL vice-president Rocky Beals, NSTU president Paul Wozney, and second vice-president Shaun Doyle.

Equity Committee

NSTU's Equity Committee held its first meeting of the school year on October 11. This committee explores current practices, attitude and research regarding diversity, equity and social justice and examines trends and issues with regard to equity in the teaching profession. It promotes professional development workshops to assist members with equity and diversity issues such as cyberbullying, homophobia, transphobia, racism, sexism, etc.



Seated (left to right): Viviane Abdallah-Khalil (Dartmouth); Chair Rachel Creasor (Kings); and Mary MacPherson (Cape Breton District). Standing: executive staff liaison Miguelle Légère; Drew Fournier (Halifax County); and Tasha Carpenter (Colchester-East Hants). Missing: provincial executive liaison Natalie MacIsaac, who was on a trip with students.



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Annapolis Local Member Reception

Members of the Annapolis Local were treated to a Welcome Back reception at Lunn's Mill Brewery Company in Lawrencetown on September 26. This event is part of ongoing member engagement activities undertaken by the Annapolis Local.



Shown (left to right) front row: Front row: Annapolis Local's vice president PA/PR Heather Hiscock; Hants West Local president Tami Cox Jardine, Annapolis-Hants West-Kings provincial executive member Natalie MacIsaac. Back row: Annapolis Local's vice-president Professional Development Erin Adams; Annapolis Local president Jill MacDonald, Annapolis Valley RRC Chair Adam Boyd, and Annapolis Local's 1st VP Economic Welfare Karla Britney.

Newly minted presidents/RRC chairs attend first conference

NSTU's Local presidents and RRC Chairs gathered for a day of professional development at the NSTU building on September 20 at their first conference of the school year. This school year there are seven NSTU members in the role of Local president or RRC chair for the first time.



Seated: Colchester-East Hants Local president Lori MacIntosh; NSTU president Paul Wozney; and Pictou Local president Sonya Purdy. Back row: Inverness Local president Lori Richard; Digby Local president Elizabeth Thomas; Annapolis Valley RRC Chair Adam Boyd; APSEA Local president Dana MacLeod; and CSANE Local president Sue Larivière-Jenkins.

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from the nstu president

Women leaders #MakeAnImpact

October offers us a smorgasbord of occasions to note and celebrate: Thanksgiving, Mi'kmaq History Month, World Mental Health Day, UN's Day of the Girl Child, Women's History Month just for starters. In a festive spirit, I'd like to use this column to combine a couple of these.

At a time many pause to reflect and give thanks, I am deeply grateful for the impact that women have had on me as a teacher, unionist and leader. As we celebrate Women's History Month in Canada where this year's theme is **#MakeAnImpact**, I'd like to highlight some who have left their mark on me and the Nova Scotia Teachers Union.

For most of the past ten years I have called Charles P. Allen High School home where I had the joy of teaching English 10 and 11 with Alison Walker. Until she transitioned to literacy coaching two years ago, Alison had a transformative influence on my practice. Her positivity and hunger for authentic, best practice teaching changed how I taught. I know she continues to impact other teachers now as a high school literacy coach with HRCE.

Stephanie Bird, Andrea Noylander and Anna Whalen were rocks as educational leaders in my professional life. Their smart, compassionate guidance saw me through very difficult personal times and helped me grow and thrive in the classroom. Their faith and support forever changed my life and showed me what effective leadership looks like.

The NSTU has its own rich legacy of transformative female leadership too. In October of 1895, Dr. Margaret Graham presented a paper calling for the formation of a "Teachers' Protective Union" at the annual meeting of the Provincial Educational Association.

Ms. Graham was reported to have said, "the time has come when we teachers should organize ourselves into some sort of union, similar to the societies existing in the medical, legal and other professions."

Her impassioned address led other distinguished educators of the day to support the idea, and a motion was passed. NSTU's main conference meeting room is named after her in recognition of her significant role in the formation of the Teachers' Protective Union in 1895, which led to the present Nova Scotia Teachers Union. A commemorative plaque was unveiled in commemoration of Women's History Month in October 2001.

Recent presidents Mary Lou Donnelly and Alexis Allen encouraged me to engage and contribute to the NSTU, even when they didn't agree with my views. Mary Lou's presence at Annual Council this past May helped us re-establish a respectful and professional atmosphere at a time we faced momentous decisions. Her remarkable leadership remains a steadying, principled force for us all.

The NSTU continues to celebrate the life and work of Shelley Morse, NSTU president from 2012-2016, after she was elected President of the Canadian Teachers Federation in July 2019. Shelley has been a tireless unionist and leader who has held nearly every role conceivable in the NSTU and served three different terms as a CTF Vice-President. Her deep conviction remains a powerful inspiration to many of our members and students (especially female!) to seek out opportunities to lead.

Closer to home, NSTU members are represented with passion and excellence in many of our Locals by Local Presidents Sue Larivière-Jenkins, Dana MacLeod, Mai-Ling Storm, Michelle Goreham, Glenys Stephenson (who serves double duty as RRC chair!), Elizabeth Thomas, Jill MacDonald, Laura McCulley, Tami Cox-Jardine, Lori MacIntosh, Sonja Purdy, Lindsay Crossman Wheaton, Julie McVicar, Lori Richard and Paula Landry as well as by RRC chairs Sarah Tutty and Christene Caudle. I am also honoured to continue working alongside Thérèse Forsythe, elected first vice-president at Annual Council 2019 after serving as secretary-treasurer. Her dedication to the NSTU, its members and teaching is second to none.

The NSTU is proud to be the Canadian Teachers' Federation's affiliate host of 2021 Women's Symposium. Our Status of Women Committee will be working hard to deliver an event that will help strengthen the status of women and improve the situation for women within the teaching profession and the broader societal context.

Where over 70 per cent of public school teachers in Nova Scotia identify as female, there's no question women power public education and our union. Their tremendous strength, creativity and resilience are vital reasons the NSTU remains a force to be reckoned with. I hope every NSTU member will join me in making time to express our appreciation of and support for the brilliant women making a difference in our lives and classrooms.

Yours in honouring women who #MakeAnImpact,
Paul

Les femmes leaders #OnInfluence

Le mois d'octobre nous offre toute une série d'occasions à noter et à célébrer : l'Action de grâce, le Mois de l'histoire mi'kmaq, la Journée mondiale de la santé mentale, la Journée internationale de la fille de l'ONU, le Mois de l'histoire des femmes, et ce n'est qu'un début. Dans un esprit de célébration, j'aimerais profiter de cette colonne pour en présenter quelques-unes.

À un moment où beaucoup de gens prennent un moment pour réfléchir et exprimer leur gratitude, je suis profondément reconnaissant de l'impact que les femmes ont eu sur moi en tant qu'enseignant, syndicaliste et leader. Tandis que nous célébrons le Mois de l'histoire des femmes au Canada, dont le thème de cette année est **#OnInfluence**, je voudrais rendre hommage à quelques-unes des femmes qui ont eu une grande influence sur moi et sur le Nova Scotia Teachers Union.

Durant une grande partie de la dernière décennie, l'école secondaire Charles P. Allen a été mon école d'attache et j'ai eu le bonheur d'y enseigner l'anglais en 10e et 11e années avec Alison Walker. Jusqu'à ce qu'elle passe, il y a deux ans, à l'accompagnement en littérature, Alison a eu une influence formatrice sur ma pratique. Son enthousiasme et son ambition pour un enseignement authentique axé sur les meilleures pratiques ont changé ma façon d'enseigner. Je sais qu'elle continue à avoir une influence sur les autres enseignants aujourd'hui en tant qu'accompagnatrice en littérature au secondaire auprès du HRCE.

Stephanie Bird, Andrea Noylander et Anna Whalen ont été de solides points d'ancrage en tant que leaders de l'éducation dans ma vie professionnelle. Leurs conseils intelligents et bienveillants m'ont aidé à traverser des moments personnels très difficiles et m'ont permis de m'épanouir et de réussir dans la salle de classe. Leur confiance et leur soutien ont changé ma vie pour toujours et m'ont montré en quoi consiste un leadership efficace.

Le NSTU a également sa propre tradition très riche de leadership féminin transformateur. En octobre 1895, Margaret Graham (Ph.D.), présenta un document appelant à la création d'un « syndicat de protection des enseignants » lors de l'assemblée générale annuelle de la Provincial Educational Association (association provinciale de l'éducation).

Mme Graham aurait déclaré : « Le moment est venu pour nous, les enseignants, de nous organiser au sein d'une sorte de syndicat, semblable aux sociétés qui existent dans les professions médicales, juridiques et autres. »

Son discours passionné a amené d'autres éducateurs éminents de l'époque à soutenir cette idée et une motion a été adoptée. La salle de conférence principale du NSTU a été baptisée en son honneur et en reconnaissance du rôle important qu'elle a joué dans la création du Teachers' Protective Union (syndicat de protection des enseignants) en 1895, ce qui a conduit au Nova Scotia Teachers Union tel qu'il existe actuellement. Une plaque commémorative a été dévoilée à l'occasion du Mois de l'histoire des femmes, en octobre 2001.

Les récentes présidentes Mary Lou Donnelly et Alexis Allen m'ont encouragé à m'engager au sein du NSTU et à contribuer à son action, même lorsqu'elles n'étaient pas d'accord avec mes idées. La présence de Mary Lou à l'AGA du Conseil en mai dernier nous a aidés à rétablir une atmosphère de respect et de professionnalisme à un moment où nous faisons face à des décisions capitales. Son leadership remarquable reste pour nous tous une force stabilisante fondée sur de solides principes.

Le NSTU continue de célébrer la vie et l'œuvre de Shelley Morse, qui fut présidente du NSTU de 2012 à 2016, à la suite de son élection à la présidence de la Fédération canadienne des enseignantes et des enseignants en juillet 2019. Shelley est une syndicaliste et une dirigeante infatigable qui a exercé pratiquement toutes les fonctions imaginables au sein du NSTU et a rempli trois mandats à titre de vice-présidente de la FCE. Ses profondes convictions demeurent une source d'inspiration puissante pour beaucoup de membres et d'élèves (surtout les femmes!) qui s'intéressent au leadership.

Plus près de nous, les membres du NSTU sont représentés avec passion et excellence dans bon nombre de nos sections locales par les présidentes de section locale Sue Larivière-Jenkins, Dana MacLeod, Mai-Ling Storm, Michelle Goreham et Glenys Stephenson (qui exerce également la fonction de présidente du CRR!), Elizabeth Thomas, Jill MacDonald, Laura McCulley, Tami Cox-Jardine, Lori MacIntosh, Sonja Purdy, Lindsay Crossman Wheaton, Julie McVicar, Lori Richard et Paula Landry, ainsi que par les présidentes de CRR Sarah Tutty et Christene Caudle. J'ai également l'honneur de continuer à travailler aux côtés de Thérèse Forsythe, élue première vice-présidente à l'AGA du Conseil 2019, après avoir exercé les fonctions de secrétaire-trésorière. Son dévouement à l'égard du NSTU, de ses membres et de l'enseignement est inégalable.

Le NSTU est fier d'être l'organisateur affilié du Symposium 2021 sur les femmes de la Fédération canadienne des enseignantes et des enseignants. Notre comité de la condition féminine va travailler d'arrache-pied pour offrir un événement qui contribuera à rehausser la condition des femmes et à améliorer leur situation au sein de la profession enseignante et du contexte sociétal dans son ensemble.

Étant donné que plus de 70 % des enseignants des écoles publiques de la Nouvelle-Écosse s'identifient comme des femmes, il ne fait aucun doute que les femmes sont le moteur de l'enseignement public et de notre syndicat. Leur formidable énergie, leur créativité et leur résilience sont les raisons essentielles pour lesquelles le NSTU reste un pouvoir avec lequel il faut compter. J'espère que tous les membres du NSTU se joindront à moi pour prendre le temps d'exprimer notre gratitude et notre soutien aux femmes brillantes qui changent beaucoup de choses dans nos vies et dans nos salles de classe.

En solidarité et en l'honneur des femmes #OnInfluence,
Paul

Paths for Professional Growth

by *Miguelle Légère, Executive Staff Officer, Professional Learning*

Teaching is an artform. It is a craft that takes practice, specialized ability, reflection, professional networks, and a drive to improve and stay current. The reason we chose “Pathways for Professional Learning” as our professional learning rebranding was to highlight the plurality of paths a teacher can embark on during their journey as teachers.

How am I getting better at my craft this year? What do I want to learn? What current trends in pedagogy am I excited about? What am I going to try this year that is new to me? Who is my “go-to” colleague when I want to discuss, share, and implement new ideas? What pedagogical books are on my list for 2019-2020? These are questions I constantly reflect upon, especially during the summer months, when there is more time for contemplation. Below are some potential paths to support your professional growth.

Professional Associations

On October 25th, teachers across the province attend a day of professional learning commonly known as the “October Conference Day”. The Nova Scotia Teachers Union has 20 Professional Associations. These associations are entirely comprised of volunteers who have been working diligently to offer a range of high-quality keynotes, workshops and professional networking opportunities.

We acknowledge that this year’s registration has not been as easy as it should have been. We take responsibility for that. We have revamped the software and have been working hard to make sure that this technical issue does not negatively impact your

professional learning experience, and we thank you for your ongoing patience as we continue to strive for an easy registration process. Due to the unforeseen technical difficulties, we extended the registration process by a few days for many associations.

Did you know?

Some types of professional learning require funding. There are different ways you can access supplementary funds for support. The NSTU offers funding through a number of programs. The NSTU has negotiated professional development funding available under Article 60 of the Teachers’ Provincial Agreement.

At the NSTU, we offer Education Research Awards, Full-Time Study Grants, Out of Province Grants, Travel Fellowship Grants, anti-violence program funding through the Sheonorail Foundation and grants through the provincially-negotiated Program Development Assistance Fund (PDAF). PDAF is an annual allocation of \$200,000 under the Teachers’ Provincial Agreement that is administered jointly by the NSTU in conjunction with the EECD. PDAF grants of up to \$5,000 support the development of innovative programming in the public education system.

The most famous and extensive professional learning support is commonly referred to as “Article 60” under Professional Development Fund of the Teachers’ Provincial Agreement. These grants are allocated through a joint committee comprised of an equal number of NSTU and Regional Centre for Education or CSAP representatives. Every RCE/CSAP has the same types

of grants, ie: educational leaves, conference grants, professional development grants, and teacher/school initiated in-service education, but how the money is allocated between grants is decided locally. These grants are invaluable to support your growth as a teacher. Contact your Local or RCE to get details on deadlines and application process.

Professional Reading

Teaching is not a profession where once you have earned your degree, the learning is over. Lifelong learning is inherent to the profession. To support you in learning about current pedagogy, we have three book draws per issue of *The Teacher*. This year, we are going to tap into social media to showcase our book giveaways and also try a separate Twitter book giveaway. Please follow @MmeMiguelle or the @NSTeachersUnion for updates. We look forward to supporting you on your professional learning pathway.

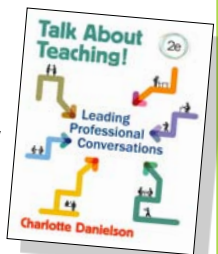


Email your name, home address, and the name of your school with **PD Giveaway** in the subject line to theteacher@nstu.ca by **November 27, 2019** to be eligible for the draw.

Talk About Teaching!

by Charlotte Danielson

Talk About Teaching! Leading Professional Conversations (2nd Edition) published by Corwin is a guide to improving teaching practice through powerful professional conversations. This book helps teachers build cultures of understanding, respect and empathy, which in turn supports reaching for new possibilities within teaching/school-based teams. This 2nd edition includes information about specific conversation skills and mental maps, sample topics and conversation activities.



CONGRATULATIONS TO OUR SEPTEMBER BOOK WINNERS!

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EQUITY — Adeline Hewey — CCRCE

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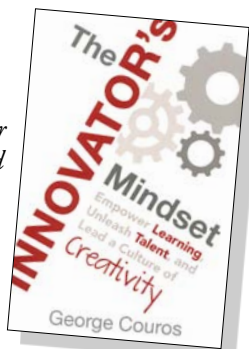
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The Innovator's Mindset

by George Couros

The Innovator's Mindset: Empower Learning, Unleash Talent, and Lead a Culture of Creativity is for teachers to help create meaningful relevant learning experiences for student success. Published by Dave Burgess Consulting, Inc. this guide helps to move from an industrial to innovative model of schooling. It also answers the question why innovation is necessary.



Negotiations Update

The Provincial Negotiating team held negotiation sessions with the Department of Education and Early Childhood Development negotiating team on September 16 and 17, and October 2, 3, 4.

Future sessions are scheduled for October 23 and 24.

To date, the following articles/clauses have either been agreed upon or withdrawn: Teacher Mobility and Portability of Seniority; Article 12 –Teacher's Personnel Employment File; Article 21-Job Security; Article 37 –Alcoholism and Drug Dependency Rehabilitation Program; Article 50 –Travel Allowance; Schedule A Permanent Contract; Schedule B Probationary Contract; Schedule C Term Contract; Appendix C-In Province Teacher Exchange.

This is not to be interpreted as having reached agreement on articles presented in either Asking Package.



EQUITY COMMITTEE BOOK REVIEW

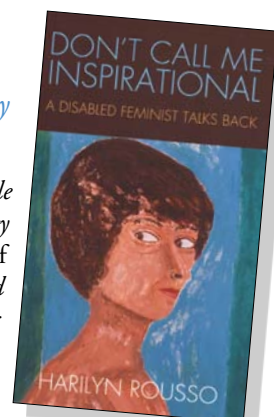
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Don't Call me Inspirational – A Disabled Feminist Talks Back

By Harilyn Rousso

Published by Temple University Press

Harilyn Rousso, coeditor of *Double Jeopardy: Addressing Gender Equity in Special Education*, and founder of the *Networking Project for Disabled Women and Girls* provides a memoir about her life growing up in the 1950s and a critical historical analysis of disability politics. It's been called "irresistible to read, honest, insightful, and universal" by Gloria Steinem.

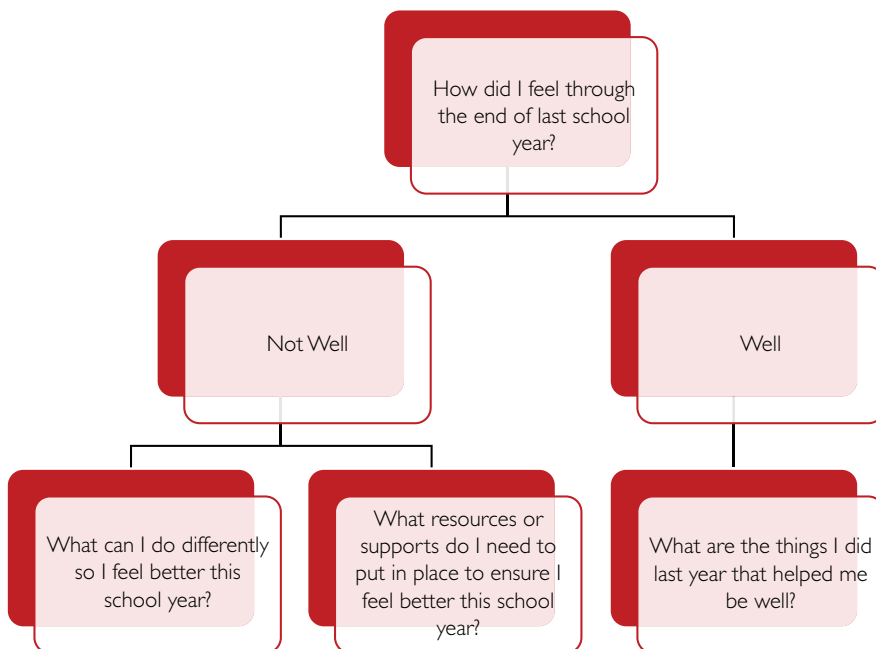


Now is the time

By Wade Repta, BHSc OT

It has zoomed by even faster than summer; the first couple of months of school are almost over. Hopefully by now you are settling into your routine, and have a sense of your assignment. You are undoubtedly singularly focused on your students, and how to maximize their success for the upcoming school year. You are probably still feeling relatively fresh, hopeful, and on top of the demands associated with your job. Which means that right now, is the perfect time to think about you.

This is the time to ask yourself a few questions:



Now is the time to consider what you can do this school year for your own wellness. Did you finish last year feeling well? If so, you obviously did some things right. But we can't just assume the same thing will happen again without some planning. Stressors that didn't pop up last year may present themselves this school year, and you want to be as prepared as possible. Think back to the times when there were conflicts, challenging student behaviours, high marking or curriculum demands and think about the positive strategies you utilized to get through them. Perhaps you were planning ahead and did your report cards early? Maybe you made sure to do some deep breathing and considered

how best to attack problems as they arose instead of simply reacting to them in the moment? Maybe you saw a counsellor before your mood dropped? Whatever you did, this is a good time to consider how best to keep those practices in place and, if possible, build on them so you are in an even better position to remain well this school year.

If you had a challenging year last year and experienced challenges in any of the wellness areas (physical, mental, emotional, etc.), this is the time to sit down and plan out what you can do differently. As the saying goes, "If you always do what you always did you will always get what you always got." How are you going to structure your time

this year so that you don't need to be at school late every night? What can you do so your back and neck are not in agony by February? Who can you talk to about your mood and the fact that it has been relatively low for a while now? What can you do to address the fact that every Sunday night you don't sleep because of anxiety and worry over the coming week?

There are many ways to address a wellness plan for the school year. One way is to use the tools in The Well Teacher to guide you through the process of considering your wellness, developing a wellness plan, and then identifying how to achieve your wellness goals with a Goal Flow. By analyzing your wellness with a tool like the Wellness Map, you can see which areas of wellness are strengths for you and which areas you might want to address. Complete a Wellness Map by considering how you are feeling right now; and then think back to June. What would your map have looked like then? Would your June Wellness Map have looked different from your Wellness Map today? Use this information to help with the goal setting process as it may help you to better understand how your wellness needs and your capacity to achieve your goals may change throughout the school year. Use a Goal Flow to not only identify your most realistic goals, but also the specific steps needed to achieve them.

This is also the time to put resources in place; before you are feeling too busy, and the weather is bad, and it's dark, and you are, for good reason, just too tired. As always, the first step is to talk with your doctor. If you are feeling pain maybe set up that initial consultation with the physiotherapist or kinesiologist. Call the Member Assistance Program or a local counsellor now, before you are emotionally drained, to stay in front of challenges related to mood, anxiety, and even burnout. Consider how to set your room up, not just from a student perspective but from an ergonomic perspective as well so that you are in the best position to manage fatigue, discomfort, or disorganization. Consult with a speech language pathologist if you noticed voice changes last year. The key is to reach out for help now, knowing what your struggles looked like last year, so that they don't continue this year. Or, so they can at least be lessened.

It is never easy to take time to consider your own needs, especially if you are starting the year feeling pretty well. In general, we tend to be much more reactive than proactive when it comes to our own wellness. However, by taking even 20 minutes to think about the questions above, you are giving yourself a chance to experience a more positive year. And if not a more positive year, at least you might feel better while tackling the challenges of the profession. Set one goal, do one thing different, make one phone call to book an appointment. This will only get harder as the school year progresses. Now is the best time to think about you.

*Wade Repta is Vice President, humanworks
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"I think B.C. recognized that the resources that are already in the hands of school boards are already stretched thin and they didn't want to tax those resources further," Wozney told the Chronicle Herald on September 24th. "Existing budgets are so low in many places in Nova Scotia, that it's exceedingly common for three or four boxes of Kleenex to be on a school supply list."

As Melanie Kennedy, a teacher at Auburn Drive High School told CBC on September 25: "It's just kind of something I've always done. I have Band-Aids too. It's just things kids ask you for in class, and if you can get the student back to their learning in a more expedient fashion, it just makes sense to have those things there. My concern comes with the fact that there's no funding attached to it and that schools are expected to take it out of their existing budgets. Anybody who's ever looked at a school budget knows there's not a lot of extra room."

Education Zach Churchill told the Chronicle Herald on September 24, that he believes Regional Education Centres will be able to absorb the cost out of their existing budgets.

"This will be funded through the toiletries budget for our regional centres for education for each school. So the same budget that's used for toilet paper, soap, paper towel, that's the budget that we'll be using for this," said Churchill.

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WADE REPTA, BHSc, OT
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Note that all orders purchased via this offer will be shipped together to the NSTU main office after November 15, 2019. Members can contact Angela Murray (amurray@staff.nstu.ca) to arrange for pick up/delivery of their books.

To purchase your copy of *The Well Teacher* or for more information, visit:
www.humanworkspress.com

If you have any questions, please contact us at:
thewellteacher@humanworks.ca

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Please visit our website at <http://medialibrary.ednet.ns.ca> for more information.

Videos to help support Substance Abuse Education from the Media Library!!

In addition to our lending and duplication collections, the Media Library also has videos that can be downloaded or streamed. You can access these videos in many ways... if you are at school, you can simply click the links below. If you are at home, simply log into either your EduPortal or your Google Apps for Education account, click on the link for Learn360, and then use the links below to access these video series and many more.

Effects of Weed on Your Body and Brain

Grades 6-12

<https://bit.ly/2ABMrjb>

Using vintage footage, the program opens with a discussion of how peoples' attitudes about marijuana have changed dramatically over the years, but the one thing is certain; marijuana changes the way the brain functions. Students will learn how the THC in marijuana enters the lungs, is absorbed into the bloodstream, and enters the brain almost immediately. The program discusses the effects of marijuana on attention, memory and learning and sites the evidence from scientific studies on the long-term, harmful changes in the brain. In addition, the program explores the use of medical marijuana and its legalization as a recreational drug in different states. (14 min.; 2016)

Blowing Smoke, Vaping Teens & Smoking Addiction

Grades 6-12

<https://bit.ly/30NTQGR>

E-cigarettes have been called the next generation cigarette and vaping the newest way for teens to start smoking. Student discussion includes: What is vaping? What is the vapor made from and how does it work? Is vaping dangerous? Do e-cigarettes contain toxins? Are e-cigarettes dangerous? Do e-cigarettes contain nicotine? Is nicotine harmful? Is nicotine addictive? What are the short and long term side effects? Are teens who vape or use e-cigarettes more likely to start smoking? (20 min.; 2016)

Start Smart: Cigarettes, E-Cigarettes, and Vaping: What You Need to Know

Grades 3-8

<https://bit.ly/31K57ZW>

This program gives the straight facts about cigarettes, e-cigarettes, and other sources of tobacco used by teens. After watching, viewers will understand the marketing strategies used to entice young people into smoking and learn how to avoid becoming a smoking statistic. Detailed graphics, diagrams, and exciting video, as well as on-screen multiple-choice reviews at the end of each segment, reinforce important concepts. (16 min.; 2017)

Underage Drinking, Dangers and Consequences

Grades 6-12

<https://bit.ly/2LL3Xrv>

The program starts off with an explanation of what alcohol is, how it's produced, and its role as a celebratory beverage in our society. Students will come to understand the reasons alcohol is illegal to consume for persons under the age of twenty-one. The video delves into the immediate effects of alcohol consumption on blood circulation and breathing. Viewers will learn alcohol sedates the central nervous system and how it impacts parts of the brain responsible for emotion and behavior. The program explores the negative effects of alcohol abuse and addiction on a person, family and the community. In the end, students will come to understand that the decisions they make about alcohol will influence their health, grades, relationship, career and their freedom. (13 min.; 2016)

Let's Talk About: Alcohol

Grades 3-5

<https://bit.ly/2AHafC2>

This program presents information about the use and abuse of alcohol and how it affects a person's body and brain. Designed specifically for young learners, the program provides students with simple illustrations of how alcohol can negatively affect normal body functions. After viewing this program, children will come to understand that alcohol is a drug that can be very addictive. They will also come to understand that even though alcohol is legal for adults, it is not legal for younger people because of its harmful effects on a developing body and brain. (8 min.; 2016)

Let's Talk About: Tobacco

Grades 3-5

<https://bit.ly/30JiSa3>

The video program is designed to present the serious, harmful effects of smoking and nicotine to elementary-aged children. The program provides students with a realistic picture of how cigarettes and the harmful substances found in tobacco can damage their bodies. After viewing this program, children will come to understand that nicotine is an addictive drug and recognize the many ways in which smoking damages different organs and leads to life-threatening illnesses. (9 min.; 2016)

Let's Talk About: Marijuana Grades 3-5
<https://bit.ly/2Oguz5p>

Some people use marijuana for medical reasons. Many more use it for recreational purposes. It's legal in some states and illegal in others. This program is designed for young learners and presents information about what marijuana is and how it effects the normal functioning of your body, especially your heart, lungs and brain. Students will come to understand that people who use marijuana have difficulty with their memory, find it hard to concentrate, and have problems learning. (8 min.; 2016)

The Dark Side of Adderall and Other "Study Drugs"
<https://bit.ly/2M87vD6>

When used under a doctor's guidance, Adderall, Ritalin, and similar medications can be effective in controlling ADHD. But "pressure over grades and competition for college admissions are encouraging students to abuse prescription stimulants," says The New York Times. Employees—white collar and blue collar alike—abuse them too, for the energy and focus they can provide. And yet the cost of such abuse is high, leading to ever-increasing addiction that produces serious physical and psychological problems. This video follows Randy, a young man with no history of ADHD who began abusing Adderall in high school to improve his performance and, having later dropped out of college, relies on it to enable him to work for days at a time as a handyman for his grandmother. Commentary is provided by Jeffrey Strawn, a child and adolescent psychiatrist and faculty member at the University of Cincinnati, and Richard L. Baum, a psychologist with A.S.A.P., the Adolescent Substance Abuse Program. (15 min.; 2014)

Grades 6-12

Queens & Lunenburg County rep retreat teachers celebrate World Teachers' Day

NSTU members from the Lunenburg County and Queens Locals celebrated World Teachers' Day on October 5, by learning more about their important role as NSTU School representatives at the Locals' Annual Rep Retreat.

October 5 is also NSTU's Member Engagement Day, and leadership from both the Lunenburg County and Queens Locals ensured their most-engaged members were valued for their contribution to NSTU members at their schools.

NSTU executive staff officer Tim MacLeod presented the workshop "Your Money, Your Benefits, Your Union" which is a revamped version of the popular "What Does the NSTU Do For You" workshop developed seven years ago. Participants learn about the value of their NSTU membership through the multitude of benefits and services provided by their union and financed by their dues. Participants are asked to think about all of the NSTU benefits they received in the last year. They then have their union dues of \$850 returned to them and are asked to take the money and actually go



Queens Local Reps and Executive members



Lunenburg County Reps and Executive members

buy the benefits on the free market at the going market rate. It doesn't take long before they realize that their union dues are worth much more than they thought.

Lunenburg County Local president Mai Ling Storm and Queens Local president Tyler Dorey provided a workshop on rep roles and responsibilities, then participants provided their thoughts and ideas.

This year's rep retreat took place at Whitepoint Beach Lodge.



Delmore "Buddy" Daye
Learning Institute

Excellence in Africentric Education & Research

The 2020 African Nova Scotian History Challenges

Entries accepted from October 15, 2019 to February 7, 2020

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



African Nova Scotian History Challenges and DBDLI Awards of Excellence

The African Nova Scotian History Challenges 2020 opens to all schools in Nova Scotia on October 15, 2019 and closes February 7, 2020. The Challenges provide innovative opportunities to grow and display their knowledge of African Nova Scotian history, culture and heritage. The Awards of Excellence are presented to students whose submissions to Challenges best exemplify the contributions of African Nova Scotians have made to the history, heritage and culture of our province and our country. Bursaries totaling \$3000.00, gifts and prizes will be presented to the recipients at the Awards ceremony. For more information go to www.dbdli.ca.

Teachers engage in CIVIX Democracy Bootcamp

On September 12 and 13 teachers from around the Maritimes participated in the first-ever CIVIX Democracy Bootcamp.

The opening panel *Digital Threats to Democracy*, was moderated by Pauline Dakin, former CBC journalist, now journalism instructor at University of King's College. Fenwick McKelvey, associate professor in Information and Technology at Concordia University, Craig Silverman, editor of BuzzFeed Canada, and Melissa Zimdars, assistant professor of Media and Communication at Merrimack College in Massachusetts took part in the panel.

NSTU president Paul Wozney, who attended the opening panel discussion had these take aways. "Teachers are key in helping students filter how technology, especially social media and media analytics drive narratives during elections," he says. "The scary edge of technology is that it's being used to recruit and radicalize students as young as junior high age."

Wozney sees a key role for the NSTU to collaborate on media literacy curriculum. "We need to be talking to kids consistently about public hate."



Students at St. Stephen's Elementary School in Halifax are shown casting their votes as part of the Student Vote program.

He adds that critical thinking skills are more important now than ever as the role of technology and social media increasingly overwhelm students and classrooms. Teachers can access great resources on these topics from [MediaSmarts.ca](http://mediasmarts.ca). A great resource on online hate is found here: <http://mediasmarts.ca/search/online%20hate>

On September 13, teachers spent the day in critical media literacy workshops including Student Vote 2019.

Jill Campbell-Jessome, who teaches Citizenship 9, Canadian History 11 and ELA 7/8 at Inverness Education Centre/Academy says the Democracy Bootcamp offered educators top-notch professional development in the area of citizenship education.

"Lessons and resources at the CIVIX Democracy Bootcamp were strategically designed to help students recognize misinformation and disinformation in various online forums," she comments. "This perspective on the information pollution that pervades our lives was both relevant and empowering."

Campbell-Jessome sees the the great value in developing critical thinkers. "Students need to be able to recognize what is real and what is "fake" so they are not manipulated by those who may have the power to do so," she adds. "The future of our democracy depends on thoughtful citizens who can critically process the information with which they are bombarded every day!"

"The Democracy Bootcamp was a very impressive day and a half of PD," says Coralie Cameron, a Citizenship 9 and English Language Arts & Career Development teacher at Dr. John Hugh Gillis Regional High School in Antigonish. "The resources available for the classroom from Student Vote



Members of the Digital Threats to Democracy panel (left to right): moderator Pauline Dakin, Craig Silverman, Fenwick McKelvey and Melissa Zimdars.

are some of the best, most user- friendly curriculum I've seen. The highlight of the Bootcamp was using the websites and material provided for the 2019 Federal election. The Student Vote material, the Pollenize website, the guidelines on reverse-searching photos online to check for credibility, and the fake news activities for students gave us the chance to see the newest resources and put them to use that day and then take them back to our classrooms."

CIVIX runs the highly successful Student Vote program, an authentic learning program that provides students with the opportunity to experience the voting process firsthand, practicing habits of active and informed citizenship through mock school elections. At press time almost 10,000 schools across Canada had registered for Student Vote Canada 2019, who cast their votes for the official election candidates in their school's riding the week of October 15 – 18.



CIVIX President & CEO Taylor Gunn, welcomes teachers at Democracy Bootcamp.

NSTU Local presidents and RRC Chairs gather for biannual conference

This year's first Local President/RRC Chair conference of the school year, held on September 20 provided NSTU's local leaders with valuable information to ensure they are successful in their roles and included a panel of Local presidents imparting their wisdom on their experience in a session, *I Wish I Knew Then What I Know Now*, facilitated by NSTU president Paul Wozney.

With a mix of urban/rural experience, panelists provided tips on what works for them in their Local president role. "It's important to listen to members' frustrations and be mindful that they come from different background and situations," said panelist member Dana Jewers, president of NSTU's smallest Local, Guysborough County.

"Time management is important, but allocating time for yourself within your busy role as teachers and NSTU volunteer is paramount," said Lunenburg County Local president Mai Ling Storm.

The day-long conference included sessions on duty of fair representation and Local leaders liability; technology, member registry, and political action updates; professional learning workshops; and overviews of the Local president handbook and facilitating meetings.

Members of the Local Presidents panel (left to right): Cumberland Local president Lindsay Crossman Wheaton; Guysborough County Local president Dana Jewers; Lunenburg County Local president Mai Ling Storm; Halifax City Local president Ryan Lutes; and NSTU president Paul Wozney.



2019-20 Local Presidents and RRC Chairs



Above are NSTU's Local presidents and RRC Chairs for the 2019-20 school year. *Seated: Annapolis Valley RRC Chair Adam Boyd; Cape Breton District Local president and RRC Chair Peter Murphy; South Shore RRC chair Sarah Tutty; NSTU president Paul Wozney; Yarmouth Local president and Tri-County RRC Chair Glenys Stephenson; Christene Caudle Chignecto RRC Chair; and Strait RRC Chair Phillip Samson. Standing: Colchester-East Hants Local president Lori Francis; Lunenburg County Local president Mai Ling Storm; Digby Local president Elizabeth Thomas; Annapolis Local president Jill MacDonald; Shelburne County Local president Michelle Goreham; APSEA Local president Dana MacLeod; Inverness Local president Lori Richard; Pictou Local president Sonya Purdy; Halifax City Local president Ryan Lutes; Halifax County Local president and Halifax RRC Chair Grant Frost; Dartmouth Local president Mark Savoury; Guysborough County Local president Dana Jewers; Hants West Local president Tami Cox Jardine; Northside-Victoria Local president Milton Bonnar; CSANE Local president Sue Larivière-Jenkins; Cumberland Local president Lindsay Crossman Wheaton; Antigonish Local president Julie McVicar; Richmond Local president Paula Landry; and Kings Local president Laura McCulley. Missing: Queens Local president Tyler Dorey.*

Shaping our future

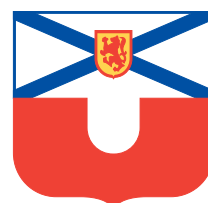
HEY!

WE NEED YOUR
INPUT

It's time to start talking! Below are the dates and locations of the one-hour group conversations that will be occurring throughout the province.

Our facilitator, Grant Thornton LLP, will be asking you questions to better understand what you need from your Union, and how we can do things differently in the future.

All sessions will take place from **4pm to 5pm**. Members are welcome to attend any session in any region. No registration is required and light refreshments will be provided.



**Nova Scotia
Teachers Union**

Date	Meeting Location	Meeting Room Address
October 16 th	Truro	Douglas Street Recreational Centre
October 21 st	Virtual Session (Skype)	Virtual session for those who identify as members of an equity seeking group (email: shapingourfuture@nstu.ca for details)
October 22 nd	Antigonish	Dr. John Hugh Gillis Regional High School – Presentation Room
October 22 nd	New Glasgow	Northumberland Rural High School
October 22 nd	Digby	Digby Regional High School – Room 147 Art Room
October 23 rd	Halifax County	Royal Canadian Legion – 45 Sackville Cross Road
October 23 rd	New Minas	Evangeline Middle School – Cafeteria
October 28 th	Sydney	Cape Breton District Local NSTU Office
October 29 th	North Sydney	Hotel North Ballroom
October 29 th	Yarmouth	Yarmouth Consolidated Memorial High School
October 30 th	Port Hawkesbury	Strait Area Education and Recreation Centre
October 30 th	Shelburne	Hillcrest Academy
November 4 th	Halifax City	NSTU Dr. Tom Parker Building (Central Office)
November 5 th	Bridgewater	Park View Education Centre
November 5 th	Amherst	Amherst Regional High School – Sue Taylor Theatre
November 6 th	Halifax	French Session – École du Sommet
November 7 th	Virtual Session (Skype)	Virtual session for all members (email: shapingourfuture@nstu.ca for details)
November 12 th	Virtual Session (Skype)	Virtual session in French (email: shapingourfuture@nstu.ca for details)

Members are invited to attend any convenient session



NSTU Group Insurance Program

**Total Care Medical and Dental Claims Reimbursement
Can Be Convenient!!**

The NSTU Group Insurance Trustees want to ensure that members are aware of the methods by which claims are paid and the most convenient ways to be reimbursed for out-of-pocket expenses related to Total Care Medical and Total Care Dental claims.

Claims Payment

Medavie Blue Cross (MBC) is billed directly by your pharmacy for eligible prescription drugs. You are required to pay the \$5.00 co-pay for each prescription. If you have a hospital stay, hospitals will bill MBC directly so members are not required to be out-of-pocket for semi-private hospital accommodation charges. There are some items insured under Hospital Benefits and Extended Health Benefits such as ambulance service, medical supplies, paramedical services, and medical equipment that may have to be paid up front. When this occurs, many members ask the question:

What is the best method to be reimbursed as quickly as possible for expenses to ensure I am out-of-pocket the least amount of time?

This is an excellent question. MBC have established electronic adjudication for many of its service providers. Providers such as massage therapists, physiotherapists and chiropractors can have your claim adjudicated online requiring you to pay only the applicable co-insurance. As an example, many physiotherapists can bill MBC directly at the time of service and only charge you the 20% co-insurance before you leave their office. Members also need to keep in mind that there are usual and customary maximums that apply to these types of benefits and outline maximum reimbursement levels. Members should always check with their provider that they are billing within Medavie Blue Cross' usual and customary maximums. Many dental offices can also bill MBC directly to minimize your out-of-pocket expenses. Ask your dentist if they have the ability to bill MBC directly.

***Please note, for members who utilized the Medavie Blue Cross Quick-Pay offices in Halifax and Dartmouth, a change with respect to cheque issuing became effective September 1, 2019. As of this date, the Quick-Pay offices are no longer issuing reimbursement cheques at the time of claim submission. Members can still drop off a claim at the Quick-Pay office but now will have money deposited into their bank account of choice within 24 to 48 hours. Please see below on how to enroll in direct deposit.**

Claims Submission by eClaim

If you do have to pay the provider and submit a claim for reimbursement, Medavie Blue Cross has made it convenient to submit claims electronically. It is important to note that you must be set up for Direct Deposit to take advantage of this feature.

To Submit an eClaim:

1. Go to www.medavie.bluecross.ca.
2. Under **For Plan Members and Self-service tools** you will click on **Submit a Claim**.
3. On the next page, choose Online to submit your claim.

You must login to your account to submit an Online Claim. If you are a first time user, click on **Log in**, then click on **1st Time, Register here** and follow the instructions.

Medavie Blue Cross Mobile App

You can also submit claims through the Medavie Blue Cross Mobile App. There are many other convenient features to this app including reviewing benefit utilization history, access and share a mobile ID card, and view/sort past claims. You can download the app free at the App Store for Apple products, Google Play for android apps and Blackberry App World for Blackberry devices. Once you have downloaded the app, follow the instructions under **Submit a Claim** to submit a claim for reimbursement.

Direct Deposit

As mentioned above, you must be registered for Direct Deposit to take advantage of eClaims and Mobile App claims submission. It is important to remember that all paid-in-full receipts must be submitted to MBC for reimbursement within **one year** from the date the expense is incurred. Direct Deposit with MBC will allow claims reimbursement to be transferred electronically to your chosen bank account which will eliminate waits for cheques through the mail, cut back on trips to the bank and will reduce the risk of theft or loss of your reimbursement cheque. MBC will send you a notice each time they make a deposit into your bank account.

Registering for Direct Deposit is easy!

1. Go to www.medavie.bluecross.ca
2. Under For Plan Members and Self-service tool at the top of the page select Direct Deposit.
3. Simply follow the instructions from here to sign up for Direct Deposit.

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



The **importance** of designating a beneficiary can be overlooked. In the midst of our busy lives, we forget to take care of this very important item when it comes to our insurance coverage. This simple task is so important to ensure that if anything unthinkable happens to you, your wishes with respect to life insurance or accident benefits proceeds are carried out.

The NSTU Group Insurance Trustees hope the information below will encourage members to take care of this important detail when it comes time to designate your beneficiary(ies) for the first time or review past beneficiary designations.

You should review and/or designate a beneficiary for any of your life and/or accidental death & dismemberment insurance policies you may have through the NSTU Group Insurance Program. One of the main advantages of designating a beneficiary for these policies is that the proceeds of the policy are excluded from your Estate upon your death. Through this exclusion, the proceeds are free from claim by any creditor of your Estate. The proceeds are excluded because legal title irrevocably transfers upon your death and the proceeds become payable to your beneficiary(ies) at that time. Another good reason to designate a beneficiary is to ensure that life insurance proceeds are distributed as per your wishes. A signed and up-to-date beneficiary designation form will make certain that this occurs.

Remember, you can designate more than one primary beneficiary. For instance, you can designate your children as primary beneficiaries. When you have more than one primary

beneficiary it is important to allocate percentages of the proceeds each beneficiary is to receive or inherit. This is an important step to remove all doubt of your intent and wishes at the time of your death.

It is also important to designate a contingent beneficiary. A contingent beneficiary is a person that receives the proceeds from your life insurance policy if the primary beneficiary cannot. Think of a contingent beneficiary as a back-up plan. Contingent beneficiaries come into play should the primary not be alive to collect the proceeds.

Just like primary beneficiaries, you can name multiple contingent beneficiaries. You also need to allocate percentages to contingent beneficiary designations to ensure your intent and wishes are clear.

Please take a moment to think about your primary and contingent beneficiary designations and if they are up-to-date. If your life has changed recently, i.e. married, divorce, birth of a child, etc., you may need to revisit your beneficiary designation(s). If you are not sure of your beneficiary nominations, due to privacy, you, the member, may contact Johnson Inc. or check the Johnson Inc. Members Only Website.

We hope the above explanation provide some assistance to you in understanding the importance of designating beneficiaries for your life and accidental death & dismemberment insurance policies. If you have any questions with regard to the above, please do not hesitate to contact Johnson Inc. at 453-9543 (local) or 1-800-453-9543 (toll-free).

Did you know??



The NSTU Group Insurance Trustees would like to advise that there are now two provisions that will provide the ability for active NSTU and PSAANS members to opt out of the NSTU Long Term Disability program. Currently, if you are 65 years of age or have 35 years of pensionable service less accumulated sick leave you are permitted to opt out of the NSTU LTD plan. Effective August 1, 2019, the NSTU Group Insurance Trustees have added another opt-out opportunity. If you are 64 years of age with at least enough accumulated sick leave to bring you to 65 years of age, active NSTU and PSAANS members also may opt-out of the NSTU LTD plan. Members must provide proof they have the accumulated sick leave needed to achieve this requirement. If you have any questions with respect to these issues or believe that you may qualify for opting out, please contact Johnson at local 902-453-9543 or toll-free at 1-800-543-9543.

coming events

OCTOBER

Mi'kmaq History month

Each October in an effort to assist all Nova Scotians in increasing their knowledge and awareness of Mi'kmaq culture, history and heritage, the Mi'kmaq History Month committee encourages educational and cultural activities. To that end, teachers, students and schools across the province focus on the history, culture and achievements of the Mi'kmaq community. It also provides a time to reflect on our own understanding of the contributions and traditions of the Mi'kmaq community. This year's Mi'kmaq History Month 2019 theme/poster focuses on language in celebration of the International Year of Indigenous Languages. Celebrate Mi'kmaq ancestors who have preserved and protected Mi'kmaq language over many generations. In the spirit of reconciliation, we encourage school communities across the province to share in the celebration of Mi'kmaq History Month 2019. For further info information visit: <http://mikmaqhistorymonth.ca/>



NOVEMBER 1

CCPA-NS Annual Fundraising Gala

The Canadian Centre for Policy Alternatives-Nova Scotia's Annual Fundraising Gala will take place Friday, November 1, at Mount Saint Vincent University's Multipurpose Room, Rosaria Building, 166 Bedford Hwy, Halifax. Doors open at 6:00 p.m. dinner is served at 7:00 p.m. The evening will include a talk by bestselling author Robyn Maynard. Maynard will discuss Canada's stark history of the surveillance and punishment of Black lives in Canada, with attention to recent issues in Halifax and Nova Scotia. She will offer alternatives and highlight past, present and future freedom-making strategies toward ending racial and gendered injustice. Free parking is available in the parking lot outside. Individual tickets are \$75. For more info: <https://www.policyalternatives.ca/offices/nova-scotia/events/2019-ccpa-ns-annual-fundraising-gala>

NOVEMBER 15

10th Annual Holocaust Education Week Seminar

Remember the Past-Work for Peace Holocaust Education Week Seminar will be held on November 15, from 9 a.m. to 3 p.m. at Temple Sons of Israel, Sydney. The facilitator is Dr. Carson Phillips, Managing Director, Neuberger Holocaust Education Centre, Toronto. The workshop will focus on three new interactive educational resources from the Centre, and the Brady Family Resource Kit. These programs exemplify a student-centered approach to learning about the Holocaust. The Neuberger approach challenges students to become history detectives, discovering for themselves the significance and meaning found in primary source materials such as archival photographs/documents, oral history recordings, and replica artifacts. More info contact: Diane Lewis at dianelewis@eastlink.ca.

NOVEMBER 20

Take Over the Future: Youth Activism Summit (UNICEF Canada)

UNICEF Canada's first Youth Activism Summit will take place on November 20 in celebration of the 30th anniversary of the Convention on the Rights of the Child—a great time to bring young people and adult allies together at the first Youth Activism Summit.

Convening Canadian youth activists and everyday young advocates to share their skills, experiences, and priorities; learn about child and youth rights; and build on advocacy skills in a one-day event at the Toronto Reference Library, 789 Yonge St. Toronto, from 9 a.m. to 4:30 p.m. Youth ages 12 to 24 (youth ages 12-18 will be given priority) and adult allies who can offer skills and perspectives on child and youth rights, advocacy and change-making are encouraged to attend.

For more info and to register: <https://www.eventbrite.ca/e/take-over-the-future-youth-activism-summit-tickets-65277597050>

THE SCOTIABANK BIG PICTURE PROGRAM & NOURISH NS POST-SCREENING ACTIVITIES

Every year Devour! invites students from regional schools to come to the Al Whittle Theatre to appreciate the cultural experience of attending a film festival while seeing important films related to health and community.

\$5 per guest - Allow 2 hours for film & post-screening program



Tuesday, October 22,
Al Whittle Theatre - Main, 10:00 a.m.

The Pollinators

The Pollinators tells the story of the controlled migration of billions of honey bees around the US—how they're used to pollinate the crops that grow into the food we eat...and how our food supply is truly at risk.

USA, 2018, 92 minutes
Director Peter Nelson
Distributor The Pollinators Documentary Project



BZZZ

A little girl with a great affinity for bees goes to the limit in order to protect her community from itself.

Mexico, 2016, 4 minutes
Directors Guicho Núñez & Anna Cetti
Sponsored by: Scotiabank, Nourish NS, NSTU



Wednesday, October 23,
Al Whittle Theatre - Main, 10:00 a.m.

Duck Academy

Three thousand ducks, one farmer, and an ultimate goal to produce chemical-free sustainable rice. Against all odds, a determined farmer in Thailand trains ducks to become "rice protectors".

Thailand, 2019, 52 minutes
Director Suriyon Jongleapun



The Old Man and the Pears

A weak and hungry old man begs for a pear from a fruit peddler, but the peddler refuses. A little boy bravely steps forward and spends his last coin to buy a pear for the old man. Finally, a magical form of justice emerges from the ground.

USA, 2018, 5 minutes
Director Jing Sun



Thursday, October 24,
Al Whittle Theatre - Main, 10:00 a.m.

Dive

Dive! follows filmmaker Jeremy Seifert and friends as they dumpster dive in the back alleys and gated garbage receptacles of Los Angeles' supermarkets. In the process, they salvage thousands of dollars worth of good, edible food.

USA, 2010, 42 minutes
Director Jeremy Seifert
Sponsored by: Scotiabank, Nourish NS, NSTU



Chef Dylan: How to Make Pizza

Adorable four-year-old chef Dylan prepares pizza from scratch. Anyone can cook!

UK, 2018, 1 minute
Directors Simon Wild



Hearth

A short animated film about the power of community: a soup pot, lovely smells, and sharing helps to melt the coldness of winter.

Canada, 2019, 2 minutes
Director Max Shoham



OCTOBER 22 TO 27

Devour! – The Food Film Fest

The world's largest culinary film festival, Devour! The Food Film Fest (Devour!) is celebrating its ninth year October 22 to 27, 2019 in Wolfville, Nova Scotia. The festival will screen 80+ new food-and-drink inspired films from 24 countries, with this year's programming and theme centering around "Celebrating Italian Food & Cinema."

The NSTU is a sponsor of the festival's school program—The Scotiabank Big Picture Program. Every year Devour! invites students to appreciate the cultural experience of attending a film festival while seeing important films related to health and community. This year the films centre around food waste. For more info: <https://devourfest.com/program/categories/school-program/> or <https://devourfest.com/>

Deals & Discounts

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



DEVOURFEST.COM | [#EATITVP](https://twitter.com/EATITVP) | [f](https://www.facebook.com/EATITVP) [i](https://www.instagram.com/EATITVP)

NOVEMBER 20 TO 22

National Gathering of Indigenous Education

The 2019 National Gathering of Indigenous Education will take place at the Sheraton Centre in Toronto. It offers workshops and presentations by educators from across Canada for a professional learning opportunity about best practices in Indigenous education. This year's theme is Transforming and Healing through Education. The event includes guest speaker Dr. Niigaan Sinclair, an Anishinaabe originally from St. Peter's Indian Settlement in Manitoba. He is associate professor and head of the Department of Native Studies at the University of Manitoba.

For more info and how to register please visit: www.indspire.ca/national-gathering.

National Gathering for Indigenous Education

November 20 - 22
Sheraton Centre
Toronto, ON

notices

BullyingCanada Needs Your Help to Support Canada's Youth

BullyingCanada is seeking volunteers from across the country to help ensure our services are available for all youth, whenever needed. BullyingCanada receives, on average, more than a thousand requests a day, and to provide our services on a 24/7 basis, and needs volunteers for several positions.

To keep up with demand, BullyingCanada is seeking some individuals to assist with administrative and development tasks. In addition to various administrative or data entry roles, BullyingCanada is especially in need of people with some amount of experience with grant applications or fundraising. BullyingCanada provides support to all its volunteers to ensure they're set up for success. Volunteers for the registered charity work remotely but under the close supervision of the organization.

If you're interested in helping, but prefer to work directly with youths, there is always a need for Virtual and SMS Buddies, or you may support with a tax-deductible donation.

Interested adults may apply by going to BullyingCanada.ca/Volunteer. Candidates will be required to undergo a federal, criminal background check, and they must be willing to commit to volunteering regularly.

More info contact: PJ Ryan, Director of Public Relations, (877) 352-4497 James.Ryan@BullyingCanada.ca and/or Rob Benn-Frenette, O.N.B., Co-Founder & Co-Executive Director (877) 352-4497, Public.Relations@BullyingCanada.ca

Crisis & Trauma Resource Institute

CTRI has a very active blog with a variety of helpful and interesting articles for teachers, including *Children and Trauma: Strategies for Supporting and How to Help Youth with Game Addiction* at: <https://ca.ctrinstitute.com/the-blog/> For more info: **Cindy Rublee**, Director of Internal Operations Crisis & Trauma Resource Institute, ACHIEVE Centre for Leadership & Workplace Performance, 204.452.0599, cindy@ctrinstitute.com.

2019 First Vice-Presidential Campaign Expenses

Myla Borden

Paper & printing.....	\$25
Promotions	\$40
TOTAL.....	\$65.00



2019 First Vice-Presidential Campaign Expenses

Thérèse Forsythe

TOTAL.....	\$0.00
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The deadline for the November/December issue of The Teacher is November 27

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

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executive highlights

September 13-14, 2019

- Filed the Table Officers Report;
- Selected CSANE members to serve on the Comité de programmation acadienne; *Collene Cyr, 1 year term; Willi Guy, 3 year term*
- Approved a recommendation that the NSTU Executive Staff Negotiating Team be comprised of the Personnel Committee and the Executive Director as lead negotiator;
- Referred a recommendation regarding the NSTU Annual Christmas donation to the NSTU President;
- Approved recommendations to postpone motions regarding Tri-Partite Agreements for the CCRCE and HRCE until the October 18, 2019 Provincial Executive meeting;
- Selected Shaun Doyle to serve as convenor for the Halifax County By-election;
- Approved a recommendation that the Halifax County By-election be set for Tuesday, October 29, 2019;
- Filed the NSTU Standing Committee Annual Reports for 2018-2019;
- Approved a recommendation that Annual Council 2021 be held at the Westin Nova Scotian with overflow rooms at the Four Points by Sheraton;
- Approved the recommended terms of reference for the Ad Hoc Committee on Rural Members and Schools;
- Selected the following Provincial Executive members to serve on the Ad hoc Committee on Rural Members and Schools: *Deena Jewers, Susanna Haley and Kareen Knox*
- Referred Resolution 2019-NB1 to the Governance and Policy Committee for a report;
- Forwarded a letter from the Black Educators Association to the Governance & Policy Committee for consideration and report back to the Provincial Executive;
- Postponed selection of members to the NSFL Biennial Convention until September 26, 2019;
- Approved four resolutions be forwarded to the NSFL Biennial Convention;
- Approved a recommendation that the NSTU encourage Locals to establish and/or continue ongoing meetings with their respective MLAs;
- Referred a recommendation regarding Bill 75 Law Amendment presentations back to the Political Action Committee.



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

AVRCE permanent secondary teacher seeking exchange with HRCE teacher. Please email 6797675@gmail.com.

Permanent HRCE Physical Education teacher looking to do an exchange with a teacher in the CBVRCE for 2020-2021. Permanent exchange possible. Please contact: hrcepe14@outlook.com.

Teacher Exchange. Permanent teacher in the Chignecto Central Regional Centre with 14 years experience seeking exchange to the valley. Any high school around Greenwood, NS. I teach high school math, mostly grade 10 academic and the "at work" stream. I have taught and am willing to teach a lot of other math courses from grades 9-12 as well as some sciences (science 10 and biology). Contact jennlow80@gmail.com.

Interested in skiing Silver Star Mountain, Vernon, B.C. this winter? We have a 2 bedroom, 2 bathroom, kitchen, dining room, living room, computer/office on the main floor, and in the above ground lower level a large T.V./sitting room and laundry room. There is also an attached workshop where skis can be stored. It is available from about November 15th to March 31st. We are flexible in our dates. It is situated in the Okanagan Landing area, about 30 minutes from the ski hill, and has a great view of Okanagan lake. We charge \$700 a month to cover our costs which includes all utilities, wifi etc., and unlimited Netflix. Interested? Give us a call or email. Phone Number: **250-545-9642** Email: cjhwilliams@gmail.com

The John Huntley Memorial Internship Program

The deadlines for application for the John Huntley Memorial Internship Program for the rest of the 2019-2020 school year are

February 1 and April 1.

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

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

Nova Scotia Teachers Union



2019 – 2020 Pre-Retirement Seminars SCHEDULE



DATES:	LOCATION:
October 29 & 30 (Tuesday & Wednesday)	CCRCE – New Glasgow – Summer Street Industries
November 5 & 6 (Tuesday & Wednesday)	CBVRCE – Sydney – Holiday Inn
13 & 14 (Wednesday & Thursday)	SSRCE – Bridgewater – Best Western
26 & 27 (Tuesday & Wednesday)	TCRCE – Yarmouth – Rodd Grand
December 10 & 11 (Tuesday & Wednesday)	SRCE – Port Hawkesbury – PH Civic Centre
16 & 17 (Monday & Tuesday)	HRCE – Halifax – NSTU Building
January 8 & 9 (Wednesday & Thursday)	CCRCE – Amherst – Super 8
13 & 14 (Monday & Tuesday)	HRCE – Halifax – NSTU Building
February 4 & 5 (Tuesday & Wednesday)	AVRCE – Greenwich – Old Orchard
11 & 12 (Tuesday & Wednesday)	CCRCE – Truro – Hampton Inn & Suites
19 & 20 (Wednesday & Thursday)	HRCE – Halifax – NSTU Building

FEEL LIKE A CHANGE?



Secondments at the Nova Scotia Teachers Union

The Nova Scotia Teachers Union is updating its resource file of active members interested in short-term secondment to NSTU staff.

Seconded staff supplement the work of permanent Union staff, and increase staff available when the demand exceeds the capacity of the organization.

Individuals may be seconded to provide a service or program over a period of weeks, to serve as a resource person or liaison with a Union committee or group or to initiate and/or implement a specific program, project or task.

Secondments may be in member services, professional services, public relations, public affairs or organizational support.

Active members interested in being listed in the resource file are requested to print and fill out an application form available on-line by:

- ENTERING THE NSTU WEBSITE
- SELECT "STAFF"
- SELECTING "SECONDMENTS" FROM THE MENU ON THE LEFT-HAND SIDE

Information forms will be retained in the resource file for a period of one year.

Nova Scotia Teachers College Reunion

Alumni Association Of NSTC, Annual Reunion, August 21st–23rd, 2020, at the Best Western Glengarry, celebrating all years and years ending in '0'.



Keynote speaker, Senator Jane Cordy '70 and Banquet Speaker, Lois Musselman '69.

To register and update membership, please contact Alumni-NSTC@uniserve.com.

Be sure to access our website www.nsteacherscollege.ca.