



## 2013-14 public education funding announced

School boards around the province learned on February 14 what their budget allocations will look like for the 2013-14 school year. There will be a slight increase in the overall public education budget from \$1.044 billion last year to \$1.047 this year, which is an increase of about 3/10 of one per cent. However, five school boards will see a decrease in overall funding.

Highlights include:

- no permanent teacher layoffs
- about 170 new teachers will be hired
- class caps for Primary to Grade 3 will remain at 25 (maintaining 73 positions announced and hired last fall)
- the hiring of 25 new program support staff, including psychologists and speech language pathologists
- increase in teacher assistants by 15
- province will absorb salary increases, not school boards
- \$3.7 million increase to special education funding

"We have been saying for the past two years that the cuts to education have gone too far, and government is starting to recognize this," says NSTU president Shelley Morse. "We hope this is a sign that this government is finally listening to teachers, parents and students, about the issues they have been facing and are making education a priority for this province."

Morse says that class composition continues to be a huge issue, "We know about the increasing number of children with special needs, physically, cognitively, behaviourally, and emotionally. This coupled with decreasing resources for students, resource positions, library hours, course options and classroom supplies have left our teachers with increased frustration and stress levels."

Hiring more teachers will help this situation she says but we still need more funding in the system to reach the needs of all students.

Over the past two years over 700 teaching positions were cut from the system. Last year there were 112 positions lost due to declining enrolment and the year before 128 due to declining enrolment.

"There are still class size issues at the Grades 4 to 12 level and class composition remains an issue at all levels," adds Morse. "We will continue to pressure government to ensure they make a strong investment in public education."

## CTF launches pro-democracy campaign



Launched on February 6 the *Hear my Voice/Ecoutez ma Voix* campaign developed by the Canadian Teachers' Federation (CTF), aims to mobilize the growing number of teachers concerned

about the state of democracy in Canada.

"Teachers are passionate advocates for social justice who strive to prepare their students to become responsible members of society," says CTF president Paul Taillefer. "But when they witness the silencing of voices of dissent, the dismantling of social programs and public services, the demonizing of charities and labour organizations and the diminishing of Canada's reputation on the world stage, they become very concerned that these measures are sending the wrong message about democracy to their students."

Taillefer is referring to teachers and their organizations as among the many groups targeted by the Harper government's initiatives. A recent example is Bill C-377, which was pushed quickly through the House of Commons with little debate and no consultation despite the many attempts by the CTF to meet with federal Conservative MPs.

"Good government means listening to all voices," says NSTU president Shelley Morse. "Decisions should be accompanied by respectful consultation and ongoing dialogue with all stakeholders."

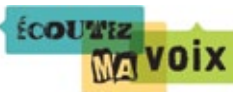
The *Hear my Voice* campaign invites all teachers to contact their federal MPs, regardless of their political stripes, via postcards, in person and/or with social media and urge them to put an end to the exclusion of voices and decline of democracy.

"This national campaign was adopted by the CTF Board of Directors last November, in which I as NSTU president am a member," adds Morse.

Campaign posters and customized postcards are being distributed to NSTU members in English and French through NSTU reps. "I encourage all of our members to have their voices heard by sending these postcards to their respective MPs," she continues.

More information on *Hear my Voice / Ecoutez ma Voix* is found on the campaign's website at: <http://vox.ctf-fce.ca/>. Watch YouTube video featuring teacher leaders from across Canada, including NSTU president Shelley Morse here: <http://www.youtube.com/watch?v=yXL6JZr3vfl> or as the featured video on the NSTU website.

Follow the campaign on Twitter: #HearMyVoice #EcoutezMaVoix and on Facebook: <http://www.facebook.com/pages/Cdn-Teachers-Fed-F%C3%A9d%C3%A9ration-des-enseignantes-et-enseignants/147721021992584?ref=hl>.



# people

## NSTU presents at Lieutenant Governor lecture series



Their Honours, Brigadier-General The Honourable J.J. Grant, CMM, ONS, CD (Ret'd) and Mrs. Joan Grant invited NSTU executive staff officer Betty-Jean Aucoin to participate in the Lieutenant Governor's public lecture series to deliver a presentation on bullying and cyberbullying. The event took place on January 28 at Government House in Halifax. Aucoin presented her *Addressing Cyberbullying in Schools: Appropriate Online Conduct and Digital Citizenship* workshop, which highlights resources available to teachers and students in combatting cyberbullying and bullying and its effects. She was joined by Kathleen Richard, the Dept. of Education's Anti-Bullying / Nova Scotia Youth Advisory Council Coordinator, who spoke on the Department of Education's initiatives to combat cyberbullying. Their Honours are shown with Aucoin (right) and Richard (left) at Government House.



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## TWAR Committee



NSTU's Teachers with Administrative Responsibilities (TWAR) committee met at the NSTU building on February 1. This committee helps to provide a voice for NSTU members who are vice-principals and principals in the public education system, and those in administrative positions. This committee examines issues and trends affecting administrators and makes recommendations to NSTU's provincial executive on such matters and administrative areas including communication, professional development and recruitment, selection and retention. The composition of this committee includes administrators at the elementary, junior and senior high level as well as senior administration and department when possible. It also includes a member of the SAA (School Administrators' Association), an NSTU professional association. Members of the SAA joined the meeting for the morning to discuss issues and concerns faced by administrators throughout the province. *From (l-r) are: NSTU TWAR staff liaison, Grant MacLean; Marlene Johns (Halifax County); Paul Betuik (Halifax City); provincial executive liaison Jacinta Gracie (Northside-Victoria); Dan Stephenson (Colchester-East Hants) and committee chair Mike Stewart (Lunenburg County). Missing from the photo: Chris Nicholson (SAA representative) and Stephanie Campbell (Cape Breton District).*

## NSTU visits St. FX picket line



*To show support of striking faculty members at St. Francis Xavier University, representatives of NSTU's Antigonish and Guysborough County Locals delivered coffee and donuts to all five picket lines at St. FX campus after school on February 13. Shown left are Antigonish Local president Neil MacIsaac and Antigonish-Guysborough provincial executive member Tammy Landry.*

# Halifax principals join Canada's Academy of Outstanding Principals

Congratulations go out to Halifax Regional School Board principals Karyn Cooling, principal of Oyster Pond Academy and Karen Webber, principal of Cunard Junior High, who were recently chosen as two of the 2013 *Canada's Outstanding Principals™* by The Learning Partnership. They are among 51 exceptional educators from every province and territory who will receive their awards at a gala dinner event and awards ceremony on February 26, in Toronto. The Learning Partnership's *Canada's Outstanding Principals™* recognizes the unique and crucial contributions of principals in publicly funded schools.

Nominated by their peers, school staff and community members Cooling and Webber are being honoured for their characteristics of outstanding principals; evidence of partnerships with parents and community and a personal story illustrating successful change and innovation that resulted in improved student achievement.



Karen Webber



Karyn Cooling

Between February 24 and 28, these principals will also participate in an executive leadership training program at the University of Toronto's Rotman School of Management and be given an opportunity to discuss management issues with other leaders from the educational and business sectors. Both Cooling and Webber will join the National Academy of Canada's Outstanding Principals, an assembly of 260 education leaders who have received this honour over the past nine years. This learning community of outstanding principals across Canada share professionally, interact collegially and act as mentors to new colleagues, providing avenues for research and sharing of best practices. As part of this Academy, principals continue their development through an online forum with professionally facilitated modules.

For more information on this program and The Learning Partnership visit: <http://www.thelearningpartnership.ca>.



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## Teacher Appreciation

Home and School Associations celebrated Teacher/Staff Appreciation Week across the province from February 10 to 16, with many events organized in schools and communities. This week, organized by the Canadian Home and School Federation since 1988, encourages parents and communities to recognize the contributions of teachers and school staff. Administrators and school staffs also plan activities to mark the contributions teachers and Community College members make each day in our schools and campuses.

Vanda Dow, the president of the Nova Scotia Federation of Home and School Associations, says that parents believe all children deserve an excellent education, made possible through the exceptional work of teachers and staff in the public school system.

In recent months we have asked parents and students to reflect on the teachers who have made a difference in their lives and now we need to reflect on the teachers who have touched our lives and helped shape the people we are today. Each one of us has a story to tell about a former teacher, one who inspired, or a colleague that is marvelled for their teaching talents.

I can name some of the teachers who inspired me over the course of my career. In elementary school – Doug Hale; junior high – Mrs. Price; senior high – Graeme King; my junior and senior high hockey coaches – Cookie Hennigar, Lawrence Bolivar and BJ Bentley; Nova Scotia Teachers' College – Jan Carruthers, Ken Bezanson and Eric Bent; Acadia – Dr. Sandy Fraser; team teachers – Ruth Selby, Scott Aikman, Ron MacDonald, Ellen Rand-Parsons, Wendy Hood, Holly-Lyn Robichaud; administrators – Gerry Carty, Eileen Connor, and Cathy Woodford; and many other colleagues I have had the pleasure to work with over the years at different schools.

During the *Teachers Make a Difference* campaign retired teachers were also recognized. I spoke to 84-year-old Robert Gogan, who hasn't taught school for nearly 30 years. Diagnosed with dementia a few years ago, being nominated lifted his spirits. In fact, his nomination came from a former student he connected with during his time at Central Colchester Junior High (where he started in 1957). Knowing someone thought about him all these years later made his day. He taught Grade 9 and was a guidance counsellor at the school, the person who nominated him said that he had a great sense of humour and everyone loved his class.

Take a moment to tell a colleague how great they are and why they have inspired you. Boost someone's day and add a credit to their emotional bank account, it may be the only one in their day. Tell them what you appreciate about the work they do to foster achievement, help students succeed, and build citizenship in our communities. The teachers and Community College members in this province go above and beyond daily for students, both in school and out. Thank you for all you do!

## Appréciation des enseignants

Les associations foyer-école ont célébré la Semaine d'appréciation de l'éducation partout dans la province du 10 au 16 février et de nombreuses activités ont été organisées dans les écoles et les communautés. Cette semaine, organisée par la Fédération canadienne des associations foyer-école depuis 1988, encourage les parents et les communautés à rendre hommage aux contributions des enseignants et du personnel des écoles. Les administrateurs et les membres du personnel des écoles organisent également des activités pour marquer les contributions faites chaque jour par les enseignants et les membres du Collège communautaire dans nos écoles et nos campus.

Vanda Dow, présidente de la Fédération des associations foyer-école de la Nouvelle-Écosse, dit que les parents sont d'avis que tous les enfants méritent une excellente éducation, qui est rendue possible grâce au travail exceptionnel des enseignants et du personnel du système des écoles publiques.

Au cours des derniers mois, nous avons demandé aux parents et aux élèves de penser à des enseignants qui avaient eu un impact sur leur vie et maintenant, nous avons besoin de penser aux enseignants qui ont touché notre vie et qui ont contribué à faire de nous les personnes que nous sommes aujourd'hui. Nous avons tous une histoire à raconter au sujet d'un ancien enseignant qui nous a inspirés ou d'un collègue qui fait notre admiration pour ses talents d'enseignant.

Je peux nommer quelques-uns des enseignants qui m'ont inspiré au cours de ma carrière. À l'école élémentaire : Doug Hale; à l'école secondaire de premier cycle : Mme Price; à l'école secondaire de deuxième cycle : Graeme King; mes entraîneurs de hockey à l'école secondaire de premier et de deuxième cycle : Cookie Hennigar, Lawrence Bolivar et BJ Bentley; au Collège des enseignants de la Nouvelle-Écosse : Jan Carruthers, Ken Bezanson et Eric Bent; à l'université Acadia : Sandy Fraser, Ph. D.; des collègues enseignants : Ruth Selby, Scott Aikman, Ron MacDonald, Ellen Parsons-Rand, Wendy Hood, Holly-Lyn Robichaud; des administrateurs : Gerry Carty, Eileen Connor et Cathy Woodford; et de nombreux autres collègues avec qui j'ai eu le plaisir de travailler au cours des années dans différentes écoles.

Durant la campagne *Teachers Make a Difference* (*Les enseignants font toute la différence*), des hommages ont également été rendus à des enseignants à la retraite. J'ai parlé à Robert Gogan, âgé de 84 ans, et qui n'avait pas enseigné depuis près de 30 ans. Il y a quelques années, les médecins lui ont diagnostiqué une démence et le fait d'être nommé lui a beaucoup remonté le moral. Il avait été nommé par un ancien élève avec qui il avait été en contact lorsqu'il enseignait à l'école secondaire de premier cycle Central Colchester (où il avait commencé à travailler en 1957). Le fait de savoir que quelqu'un avait pensé à lui durant toutes ces années lui a fait énormément plaisir. Il enseignait en 9e année et était également conseiller d'orientation à l'école; la personne qui l'a nommé a indiqué qu'il avait un merveilleux sens de l'humour et que tout le monde adorait sa classe.

Prenez un moment pour dire à des collègues à quel point vous les appréciez et pourquoi ils vous ont inspirés. Faites-leur ce beau cadeau, cela pourrait être le seul dans leur journée, et enrichissez leur banque émotionnelle. Dites-leur ce que vous appréciez au sujet du travail qu'ils font pour favoriser le rendement scolaire, aider les élèves à réussir et promouvoir le civisme dans nos communautés. Les enseignants et les membres du Collège communautaire de cette province vont bien au-delà du strict devoir pour aider leurs élèves, à la fois au sein et en dehors de l'école. Merci à tous pour tout ce que vous faites!

## Black Educators Association holds fundraiser luncheon

NSTU leaders attended the Black Educators Association's fundraiser luncheon to celebrate African Heritage Month on February 8 at the Holiday Inn Harbourview, Dartmouth. The NSTU was a proud table sponsor of the event that featured The Honourable Jean Augustine, former Liberal MP and longtime educator as the keynote speaker. Augustine was the first African-Canadian woman to be elected to the House of Commons and her address focused on the African Heritage Month luncheon celebration's theme *Breaking the Silence to Parental Involvement*. Augustine urged audience members including teachers and others in the public school system to continue to reach out to black parents, whose involvement in the lives of their children at school can be hindered by their own feelings or self doubts. She also told the audience that her proudest achievement as an MP was when she presented a motion to have February declared as Black History Month in Canada, and the motion was approved. Monies from the fundraising luncheon will help to support the ongoing youth educational initiatives undertaken by the Black Educators Association (BEA). For more information on BEA visit: [www.theblackeducators.ca](http://www.theblackeducators.ca)



Shown (l-r) are: provincial executive (PE) member Angela Gillis (Halifax City); PE member Tammy Landry (Antigonish-Guysborough); Halifax County Local president Meg Ferguson; and PE member Bill Bruhm (Lunenburg County).

**THURSDAY, APRIL 11, 2013**



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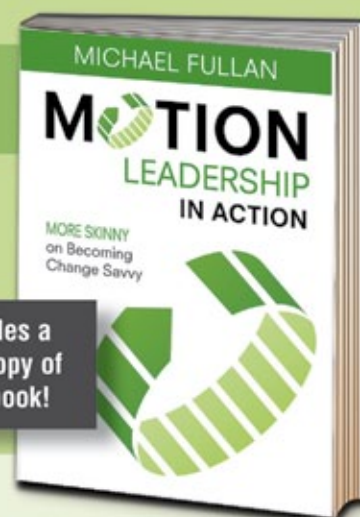
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**REGISTRATION:** 8:30 a.m. - 9:30 a.m.

**WORKSHOP:** 9:30 a.m. - 3:30 p.m.

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# Runner's Health

by Dr. Erin Kempt-Sutherland, Chiropractor and Owner,  
Choice Chiropractic & Integrated Health Centre, Inc., Dartmouth, NS

Runners are one of the most common athletic populations seen in a chiropractic clinic. Running is an activity that creates both addicts and injuries at a steady pace. But, it is possible to prevent injury while continuing with running.

Plantar fasciitis, shin splints, achilles tendonopathy, iliotibial (IT) band syndrome, and patellofemoral syndrome are the top five running injuries. If you are a runner, you have probably suffered from one of these at some point in your running career. Though these injuries affect different regions of the body, they all fall under the broader category of repetitive strain or cumulative trauma injuries. Therefore, the pathophysiology, or what goes wrong to cause them, is the same, whether the affected tissue happens to be on the bottom of the foot (plantar fasciitis), back of the heel (achilles tendonopathy) or side of the leg (IT band).

All repetitive strain injuries (RSIs) begin with weak and tight soft tissues (muscle, tendon, ligament, fascia). Because of their tightness, these tissues create abnormally high amounts of friction between themselves and adjacent layers of soft tissue when the body is in motion. This friction is damaging to these layers of tissues and cellular breakdown occurs. The body repairs cell breakdown by depositing thick fibrous scar tissue, also known as adhesion. A little scar tissue is not problematic. When the same tissues are being damaged repetitively and the scar tissue accumulates, a painful condition ensues. Scar tissue adhesions are palpable and can feel like “knots” in a muscle, or thickening of a tendon. If left untreated, the scar tissue will create further injury as the tissue becomes less pliable with further friction. This creates a vicious cycle, the cumulative injury cycle (CIC).

There are many ways to break the CIC. There are specialized forms of manual therapy conducted most commonly by chiropractors, massage therapists and physiotherapists that target the scar tissue itself to rid the body of the thickened tissue. There are also preventative measures a runner may take to avoid repetitive strain in the first place.

The most direct way to treat an existing RSI is to break down the scar tissue itself. The gold standard therapy for treating RSIs is called Active Release Therapy®. This is a patented, hands-on system of diagnosis and treatment where the therapist uses their hands to first find and then rid the body of the deposited scar tissue through a series of specialized movements and a specific hand contact. ART® is extremely valuable, results are seen very quickly relative to more traditional forms of therapy. Running injuries and other RSIs may be resolved within four to eight visits.

The adage, *An ounce of prevention is worth a pound of cure*, rings true for running injuries. Runners tend to love running and may not cross train enough, or at all. There are seven factors of physical performance athletes looking to optimize performance and prevent injury should engage in: strength, stability, balance, co-ordination, endurance, mobility and flexibility. Another saying: *“We are only as strong as our weakest link”* applies here; if one of these seven factors is lacking, less than optimal performance or injury can result.

Distance runners train for endurance adequately, but other factors may be missing from the average runner's training regimen. To delve into a discussion on cross-training regimen for runners is beyond the depth and breadth of this article, however, some general suggestions can be safely made for all runners. Runners are very commonly lacking in muscular strength and stability. The most common areas of weakness seen in injured runners are the gluteal, or buttock muscles. The two main functions of the gluteal muscles are to extend and abduct the hip. A great cross-training exercise



for runners is ice or inline skating, or cross-country skiing, where the hip is actively pushing both back and to the side of the body.

Runners also often lack in flexibility. Recent scientific study has uncovered some new truths surrounding traditional static stretching or holding a muscle in a lengthened position for a period of time. Static stretching will cause the muscle to be approximately five per cent weaker for up to an hour afterward, having a detrimental effect on both performance and injury prevention. A better way to stretch before a workout is with dynamic or active, movement-based stretching. Dynamic stretching gets the blood flowing through muscles and gets the heart rate up before activity. It is best to perform motions that mimic the specific sport. So, runners should choose to do about five minutes of high knees, butt kicks and jogging in place before their run.

Static stretching is still valuable for injury prevention and for improving flexibility but must be done after a run while muscles are still warm. Stretching cold muscles can have adverse effects on muscle fibres, potentially causing more tightness and increasing injury risk. Imbalances in flexibility, such as tightness in your left hamstring while your right hamstring feels normal, is one of the major indicators for potential injury and can be improved upon with static stretching. Perform a slow comfortable stretch after the muscles have been warmed up and hold for 10-20 seconds to improve flexibility. Stretching should not be painful!

Despite the threat of the multitude of running injuries, it is possible to keep running injury-free if the right steps are taken. This includes engaging in a dynamic warm up before and static stretching after a run and cross training the seven factors of physical performance, paying particular attention to the gluteal region. If you do become injured, understand that you've likely suffered an RSI and should consider seeking the help of a healthcare professional, particularly one trained in Active Release Therapy® to get you back on the road, trail or track as soon as possible.

*Dr. Erin Kempt-Sutherland is a chiropractor/owner of Choice Chiropractic & Integrated Health Centre, Inc. in Dartmouth. She maintains a full body certification in Active Release Techniques®, is a certified acupuncturist and strength & conditioning specialist. More info: [www.choicehealthcentre.com](http://www.choicehealthcentre.com)*

*The Early Intervention Program (EIP) invites NSTU members to sign up for our Wellness email list at [Be\\_Well@nstu.ca](mailto:Be_Well@nstu.ca). Please contact Erin at [ekeefe@staff.nstu.ca](mailto:ekeefe@staff.nstu.ca) to provide her with your NSTU email address.*

# coming events

**FEBRUARY 19**

## *African Heritage Month event at Government House*

In celebration of African Heritage Month, His Honour, Brigadier General the Honourable J.J. Grant welcomes Juanita Peters to Government House as a part of the ongoing Lieutenant Governor's Lecture Series. Peters is a maritime actor and writer, whose 30-year career has included work in broadcasting, acting and producing. Her award-winning work has been featured on television and in Canadian and international film festivals, and includes *Africville: Can't Stop Now*, a tribute to the descendants of Africville on the 40th Anniversary of their relocation. Peters will discuss her latest piece, a play entitled *The San Family*, which will run from February 27 to March 1 at Alderney Landing Theatre.

Presentation will take place at Government House, 1451 Barrington Street, on Tuesday, February 19, at 7 p.m. Seating is limited. Please register by emailing [LGOOffice@gov.ns.ca](mailto:LGOOffice@gov.ns.ca). Guests are requested to be seated by 6:50 p.m. Light refreshments to follow.

**FEBRUARY 21**

## *Idle No More National Indigenous Rights Education Day*

The Idle No More movement is encouraging teachers across Canada to host or attend an Idle No More teach-in as part of National Indigenous Rights Education Day. On February 21, support National Indigenous Rights Education Day by inviting someone to your classroom to talk about indigenous rights, or take the time to share with students about the Royal Commission on Aboriginal Peoples (1994-1996) or the UN Declaration on the Rights of Indigenous Peoples. For more information: <http://www.idlenomore.ca/index.php/articles/latest-news/national-news/item/137-https-wwwfacebookcom-events-296432717126822-?ref=3> Highlights from the Royal Commission on Aboriginal Peoples' *People to People, Nation to Nation* can be found here: <http://www.aadnc-aandc.gc.ca/eng/1100100014597/1100100014637>.

**FEBRUARY 27 TO MARCH 1**

## *African Heritage Month celebrations*

As part of African Heritage month celebrations and its theme this year of *Then and Now: Our Journey Continues*, Juanita Peters' play *The San Family*, will take place at Alderney Landing Theatre, 2 Ochterloney St. in Dartmouth. Tickets are General \$25, Students/ Seniors \$20. *The San Family* is a historical journey to a time when being Black in Nova Scotia was considered worse than death itself. It is a triumphant tale of how two very unlikely characters are able to overcome societal constraints and unite through the power of music. For more information visit: <http://www.alderneylanding.com/events/> Information on this and other African Heritage month events can be found here: [http://www.blackartndialog.com/www/td-then-and-now-2013-english/?cm\\_sp=cBLACK000-658](http://www.blackartndialog.com/www/td-then-and-now-2013-english/?cm_sp=cBLACK000-658) or at <http://ansa.novascotia.ca/activity-log-events/>.

*[continued on page 9]*



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## Kate McCara

Some NSTU members, like Kate McCara, make a difference in the lives of their students from a very young age. That's because as an itinerant teacher who works with students who are deaf and hard of hearing for the Atlantic Provinces Special Education Authority (APSEA) McCara has worked with students as young as two-years-old in a home setting. APSEA serves children starting from birth.

"We go to homes and work with parents and children on language skill development, listening and speech skills," says McCara, who was the APSEA recipient of NSTU's *Teachers Make a Difference* campaign, which took place last fall. "We coach parents, so that by the time their children start school, they are well prepared."

But it doesn't end there. McCara, who has been teaching for 17 years, and has worked with students in the Annapolis Valley Regional, South Shore Regional and Halifax Regional school boards, follows her students from pre-school through their elementary school years.

"My caseload varies from year to year," she says, and this school year she divides her time between Harry R. Hamilton School in Lower Sackville and various home settings in HRM, following 25 students.

She was aware of the NSTU campaign, and was thrilled to get the call. "I've received such affirmation from my colleagues," she says. "It turned out to be a great, big, warm fuzzy for me." She has been overwhelmed with the accolades from members of the APSEA Local and other teacher colleagues.

McCara was nominated by parents of the children she has worked with. One commented on the impact she's had for her daughter's school readiness. "Kate was always energetic and full of knowledge. I believe she has made a huge impact on my daughter's school readiness skills, as she



*Kate McCara is shown with NSTU president Shelley Morse, Grade Primary teacher and Harry R. Hamilton NSTU rep Joel Fraser and Grade 2 teacher Lorna Trethewey. Morse visited the school on December 14 to give McCara her certificate and a \$300 donation for the APSEA library fund.*

integrated into her first year at school without a hitch. Kate deserves to be rewarded for her outstanding efforts."

Another parent commented, "Kate has been an inspiration in the life of my son." McCara worked with this student from the age of three to Grade 4.

"I think it's a worthwhile program," she adds. "Every teacher deserves recognition, and this is a great way to do it."

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## MARCH 8

### *International Women's Day*

This year marks the 104th anniversary of International Women's Day (IWD), held each year on March 8. This day provides an opportunity to honour women who work to better the lives of women in their own countries and around the world. The international theme for IWD 2013 is *The Gender Agenda: Gaining Momentum*. According to the IWD website, "Over time and distance, the equal rights of women have progressed. We celebrate the achievements of women while remaining vigilant and tenacious for further sustainable change. There is global momentum for championing women's equality." For more information on IWD visit: <http://www.internationalwomensday.com> or for information on the Canadian theme, not available at time of publishing visit Status of Women Canada's website at: <http://www.swc-cfc.gc.ca/>

## MARCH 1

### *The Big Day of Change: Think Big Start Small Campaign*

Join the YWCA as they launch the *Think Big Start Small Campaign* aimed at young women looking to promote change and improve leadership skills. This new program is part of the Y Act Up and enables women to find their voices in working towards social change in different areas. For more information on how to participate please visit [www.thinkbigstartsmall.ca](http://www.thinkbigstartsmall.ca)

## MAY 9 & 10 - EARLY BIRD REG. BY MARCH 22

### *Body Image and Self-Esteem Conference*

Registration is now open for the Body Image and Self-Esteem Conference presented by the National Eating Disorder Information Center. With well-known keynotes from around the world with years of expertise in psychology and eating disorders, as they navigate through topics such as families and disordered eating, appearance-based bullying and eating disorders and obesity. **The deadline for early bird registration is March 22, 2013.** For complete information please visit <http://conference.nedic.ca/>.

## MAY

### *Dalhousie University Discovery Days*

The Faculty of Science at Dalhousie University is pleased to once again offer their very popular Discovery Days events. These annual events are available to Nova Scotia school groups to join us for FREE for a morning or afternoon session. Activities are hands-on, educational and enjoyable for all. All events take place in May 2013 in the following departments: Physics and Atmospheric Science, Chemistry, Earth Sciences, Psychology and Neuroscience, and Mathematics. **Registration Open.** To register or for more information, contact: Danielle Wood, School Outreach, Faculty of Science, Dalhousie University, Tel: (902) 494-2373 / Email: [danielle.wood@dal.ca](mailto:danielle.wood@dal.ca) / Website: [Science.dal.ca/p12](http://Science.dal.ca/p12)

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# École Stella-Maris turns down the heat for National Sweater Day

École Stella-Maris in Meteghan participated in National Sweater day (La journée de la p'tite laine) on Thursday, February 7. Grades 1 and 6 worked together to organize activities around the sweater theme.

"Upon our arrival at school that morning, our janitor turned down the thermostats in each classroom by two degrees," says Grade 1 teacher Yvette Tufts-Comeau. "Everyone was asked to wear a sweater (preferably a wool sweater) to conserve energy for the day. We invited two grandmothers to come show us how to knit and everyone in the school decorated a paper sweater and we hung them in the school foyer."

The Grade 6 teacher, Chantal Melanson, originally from St. Antoine, New Brunswick, and Comeau from Saulnierville, Nova Scotia, used the opportunity to showcase the art of knitting and show students how Acadian



*École Stella-Maris' sweater streamer.*




*In the photo are Grade 1 and Grade 6 students with their "grannies", showing off their wool sweaters, knitted blankets, hats, socks and scarves.*

ancestors made their clothing and demonstrate, "that it was not always as easy as turning the dial on the thermostats to get warm," adds Tufts-Comeau. This tied in to the purpose of National Sweater Day, to reduce the use of energy and put on a sweater.

An initiative of Loblaw and WWF, National Sweater Day on February 7, encourages Canadians to lower their heat and put on their favourite sweater to take action against climate change, and work towards a sustainable future, by conserving energy and reducing greenhouse gas emissions. According to the National Sweater Day website, if every Canadian lowered the heat by just 2 degrees Celcius this winter, it would reduce greenhouse gas emissions by four megatons.

For more info: <http://www.sweaterday.ca/>

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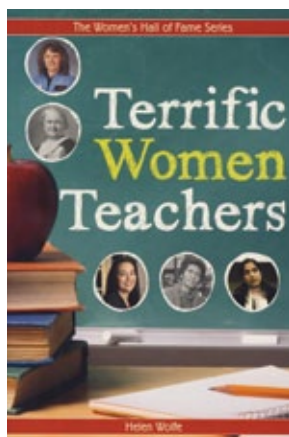
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# EQUITY BOOK REVIEW

New Scotia Teachers Union

Email your name, home address, and school or campus with **EQUITY** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by April 5 to be eligible for the draw.

Helen Wolfe presents her first book for children based around ten women educators who have made a difference in education. Each chapter chronicles the story of well-known female educators. The book features individuals such as Freedom Writers founder Erin Gruwell, Annie Sullivan Macy the “miracle worker” and advocate Marva Collins. Join Wolfe as she tells their stories of shaping and changing the future of education.

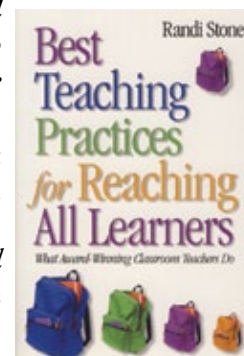


# fresh

Putting new members in the KNOW!

Email your name, home address, and school or campus with **FRESH** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by April 5 to be eligible for the draw.

Join Randi Stone and 45 of the country's best teachers in a guide inspired by the No Child Left Behind Legislation. With a variety of useful strategies, *Best Teaching Practices for Reaching All Learners* presents learning standards to teachers with ways to include them into their curriculum in inventive and exciting ways.

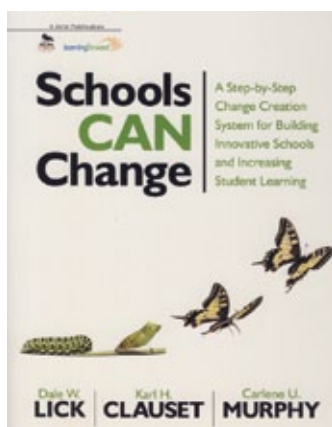


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Email your name, home address, and school campus name with **PD Giveaway** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by April 5 to be eligible for the draw.

This step-by-step guide to the Change Creation system, *Schools Can Change*, will educate teachers on ways to produce a nurturing, creative and dynamic learning environment. The guide is a progressive instrument in creating and nurturing change in school and areas of learning. It aims to promote healthy and positive effects such as communication networks, loyalty, trust and development of the right visions.



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# NSTU CAMPAIGN GUIDELINES



The 2013 deadlines for candidates' information are **March 28** for the April 12 issue (1st opportunity) and **April 26** for the May 10 issue (2nd opportunity). This information should be given or sent directly to *The Teacher* office.

## 7. VICE-PRESIDENTIAL CAMPAIGN GUIDELINES

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

- (a) Active campaigning within the Council Chambers other than the normal address to delegates is prohibited. Passive campaign activity within Council Chambers is permitted.
- (b) Locals are prohibited from directly making any monetary or non-monetary contribution to any candidate's campaign. Such contributions do not include expenditure of funds designated for the Local (e.g. Local suite at Annual Council).
- (c) Campaign spending, excluding travel, by or on behalf of each candidate may not exceed \$1,500.00. Such expenses are the sole responsibility of the candidate. All promotional items including prizes sponsored by the candidate shall be included in the determination of the amount spent and shall be supported by receipts or assessed at fair market value.
- (d) All candidates must submit an approved financial statement report form to the Annual Council Elections Committee within sixty (60) days from the conclusion of Annual Council. This statement is to include a list of all contributions with non-monetary items being assessed at dollar value, and an itemized list of expenditures;
- (e) The Annual Council Elections Committee shall refer the financial statements of candidates to the Provincial Executive for review. These financial statements will be published in *The Teacher*.
- (f) Publicity:  
Each candidate is permitted to insert in an issue of *The Teacher* prior to Council:
  - (i) one head and shoulder photograph of himself/herself;
  - (ii) biography of personal, educational, and career achievements, of no more than 150 words;
  - (iii) a personally prepared platform of objectives, no more than 600 words in length.
- (g) Items in (f) must be sent to *The Teacher* fifteen (15) working days before publication and these will appear in alphabetical order.
  - (i) Each candidate will be given a second opportunity to publish a statement subject to the provisions of paragraph (f), which statement shall not be more than 750 words in length.
  - (ii) Paid advertisements in any medium (press, radio, TV, *The Teacher*) are prohibited.
  - (iii) The number of campaign posters and/or banners on display in the hotel at Annual Council may not exceed a total of twenty-five (25) for each candidate. When Annual Council is held at a facility where Local delegates are divided between two facilities, the number of posters will be increased to thirty-five (35). A campaign poster shall include any poster, banner or sign posted by or for a member running for an elected position that makes a reference to the candidate and/or the position being sought.
- (h) Upon request, each candidate shall be given a list of the room numbers at the main facility used by NSTU delegates, alternates, official observers and guests once delegates have been accommodated. Distribution of campaign materials to rooms shall be limited to those rooms so identified. Such identification shall not allow the name of the occupant of the room to be determined.

## 8. COMMITTEE CAMPAIGN GUIDELINES

In respect of electoral campaigns for committees elected at Council, the following guidelines shall apply:

- (a) Active campaigning within the Council Chambers is prohibited. Passive campaign activity within the Council Chambers is permitted;
- (b) Locals are prohibited from directly making any monetary or non-monetary contribution to any candidate's campaign. Such contributions do not include expenditure of funds designated for the Local (e.g. Local suite at Annual Council).
- (c) Campaign spending by or on behalf of each candidate may not exceed \$100. Such expenses are the sole responsibility of the candidate.

- (d) All candidates must submit an approved financial statement report form to the Annual Council Elections Committee within sixty (60) days from the conclusion of Annual Council. This statement is to include a list of all contributions with non-monetary items being assessed at dollar value, and an itemized list of expenditures;
- (e) The Annual Council Elections Committee shall refer the financial statements of candidates to the Provincial Executive for review. These financial statements will be published in *The Teacher*.
- (f) Publicity:  
Each candidate is permitted to insert in an issue of *The Teacher* prior to Council:
  - (a) One head and shoulder photograph of himself/herself;
  - (b) Biography of personal, educational and career achievements, of no more than 150 words;
  - (c) A personally prepared platform of objectives, no more than 300 words in length.
- (g) Items must be sent to *The Teacher* fifteen (15) working days before publication and these will appear in alphabetical order.
- (h) Paid advertisements in any medium (press, radio, TV, *The Teacher*) are prohibited.
- (i) The number of campaign posters and/or banners on display in the hotel at Annual Council may not exceed a total of twenty-five (25) for each candidate. When Annual Council is held at a facility where Local delegates are divided between two facilities, the number of posters will be increased to thirty-five (35). A campaign poster shall include any poster, banner or sign posted by or for a member running for an elected position that makes a reference to the candidate and/or the position being sought.
- (j) Upon request, each candidate shall be given a list of the room numbers at the main facility used by NSTU delegates, alternates, official observers and guests once delegates have been accommodated. Distribution of campaign materials to rooms shall be limited to those rooms so identified. Such identification shall not allow the name of the occupant of the room to be determined.

## 9. GENERAL CAMPAIGN GUIDELINES – ACTIVE & PASSIVE CAMPAIGNING

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

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



update

## Travelling soon? Don't leave the country/ province without travel insurance

For many years now, the NSTU Group Insurance Trustees have made available to both active and retired members, a competitively priced Out-of-Province/Canada Emergency Medical Insurance Program. The MEDOC® Travel Insurance Plan offers NSTU members complete coverage for your travel insurance needs.

The Provincial Health Insurance Plan provides limited basic coverage while members travel outside of the Province. However, this coverage is not enough. If you have a medical emergency while travelling out of Province or outside of Canada, costs can easily escalate and it can cost thousands of dollars.

Some covered expenses under the NSTU MEDOC® Group Travel Plan include prescription drugs, x-rays, nursing services, air emergency transportation or evacuation, emergency dental services, bedside transportation, repatriation, return of vehicle, and board and lodging.

The MEDOC® Group Travel Plan provides year-round coverage from September to August. With a 35 day annual Base Plan, you are covered for an unlimited number of trips up to 35 consecutive days per trip during the policy year. For longer periods of travel, you can purchase a Supplemental Plan for additional protection to cover the period of time that you will be away. The Supplemental Plan provides coverage for one single trip longer than 35 days and includes the annual Base Plan coverage. Premium payments are made through monthly payroll or pension deduction to the policy renewal, which is September 1<sup>st</sup>.

### NSTU Trip Cancellation/Trip Interruption Plan

The NSTU Trip Cancellation/Trip Interruption Plan is also available to active and retired NSTU members. This plan helps protect travellers against unforeseen circumstances that may prevent or discontinue a trip. Coverage highlights of this plan are:

- Annual Plan - once enrolled coverage is in place from September to August.
- Trip Cancellation - up to a maximum of \$5,000 per insured person per annual coverage period.
- Trip Interruption - up to a maximum of \$5,000 per insured person for each covered trip.
- Up to a maximum of \$3,500 for lodging, meals, car rental, telephone calls and taxi costs (\$350 per day).
- Up to a maximum of \$1,000 for loss of, or damage to, baggage and personal effects during a covered trip.
- Personal effects – actual cash value or \$500, whichever is less.
- Document replacement – up to a maximum of \$200.
- Baggage Delay – up to \$400.

You must be enrolled in the MEDOC® Group Travel Plan in order to apply for Trip Cancellation/Trip Interruption coverage. You will be enrolled with the same level of coverage as the MEDOC® Group Travel Plan.

**As of September 1, 2012, the NSTU MEDOC® Group Travel Plan was improved. The period for excluding pre-existing medical conditions from coverage was reduced from 12 months to 6 months for both the NSTU MEDOC® Group Travel Plan and the MEDOC® Trip Cancellation/Interruption Plan.**

It is easy to enroll!! Just contact Johnson Inc. at the numbers below for the application form(s).

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

## NOTICES

### APSEA member running for pediatric cancer

APSEA member Nicole Gushue has been accepted as a member of the *Mass General Marathon Team, Fighting Kids' Cancer... One Step at a Time* and will be running the Boston Marathon <http://www.acelf.ca/semaine-nationale-francophonie/concours-actifs-fiers.php> on April 15. Gushue is running in memory of her cousin's son Nick. For more information about her Nic for Nick Charity journey to the Boston Marathon go to YouTube at [https://www.youtube.com/watch?feature=player\\_embedded&v=jLOc6tRHji0](https://www.youtube.com/watch?feature=player_embedded&v=jLOc6tRHji0). You can follow Gushue's training and fundraising efforts on Facebook at <http://www.facebook.com/groups/382325801846883/>. To donate to this cause visit [www.crowdrise.com](http://www.crowdrise.com) and search for Nicole Gushue.

### Canada's Governor General's History Teaching Award

History Canada is searching for this year's best History teacher across Canada. Six recipients will be awarded an award for excellence in teaching with a prize of \$2,500, a medal and a trip for two to Rideau Hall for the awards ceremony. There will also be a prize of \$1,000 awarded to the schools of each winning teacher. Please visit [CanadasHistory.ca/Awards/Teaching](http://CanadasHistory.ca/Awards/Teaching) for more information. **Deadline for applications: April 1, 2013**

### Dragon's Den – Teenpreneur

CBC's wildly popular reality show Dragon's Den will be travelling to 40 locations across Canada looking for their next youth entrepreneur. If you think you have an up and coming product, idea or website and would like to take on some of the best business minds in the country please visit <http://www.cbc.ca/dragonsden/auditions/> for audition information.

### ECO Canada's Green High Schools

If you are interested in becoming a green high school or are already on the right path to an environment of green learning, please visit <http://www.eco.ca/student-services/green-high-schools/> for information how your hard work in turning your school green can earn you recognition and cash. Schools that qualify for the Green High Schools program funded by ECO Canada will have a chance to win \$1,000!

### Actifs et fiers – le 1 mars 2013

Voulez-vous améliorer le sens de fierté pour la francophonie dans votre école? ACELF encourage les institutions éducatives de composer des activités et des programmes pour agrandir le sentiment d'appartenance avec la francophonie pour leur concours *Actifs et fiers*. Il y a plusieurs prix nationaux et régionaux à gagner. Visiter <http://www.acelf.ca/semaine-nationale-francophonie/concours-actifs-fiers.php> pour trouver les règlements et plus d'information.

### Histoires Collectives – Date de remise le 1 mars 2013

Joindre un ensemble d'étudiant(e)s de chaque coin du pays en écrivant une histoire collective. ACELF invite les élèves des écoles primaires, secondaires et les apprenants de centre d'alphabétisation francophones de développer la dernière partie de l'histoire du concours *Histoires collectives*. Veuillez trouver d'où il faut continuer et d'autres information importants au site web <http://www.acelf.ca/semaine-nationale-francophonie/histoires-collectives/>.

### Communautés de rêve – Date de remise le 25 mars 2013

ACELF invite des groupes d'élèves des âges de 9 à 14 de participer dans un concours qui mise à pied dans leur communauté une activité culturelle. Le thème d'une « communauté de rêve » est l'idée centrale pour les élèves qui veulent partager leur expérience via le portfolio techno. Il y aura trois pris monétaire et les cinq meilleurs projets seront publiés en ligne. Veuillez visiter <http://www.acelf.ca/semaine-nationale-francophonie/concours-communaute-reve.php> pour obtenir plus d'information.

### Tirer le portrait de ma francophonie – Date limite le 25 mars 2013

Gagner un iPad en capturant c'est quoi votre portrait de la francophonie. Choisissez vos photographes basées sur le thème de la SNF 2013 : *la joie de vivre en français au Canada*.

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**Discount available for NSTU members. Quote your Group ID code 62 when you call.**

Home and auto insurance is available through Johnson Inc., a licensed insurance intermediary. Policies are primarily underwritten by Unifund Assurance Company (Unifund). Unifund and Johnson Inc. share common ownership. Eligibility requirements, limitations and exclusions may apply. Contest runs from January 1, 2013 to June 30, 2013. No purchase necessary. Chances of winning depend on the number of entries received. Winner must correctly answer a skill-testing question. One (1) \$5,000 pre-paid VISA card is available to be won in the contest (retail value is \$5,000). For full contest details visit [www.johnson.ca/atlantic](http://www.johnson.ca/atlantic). CAT12.2012

# resources

The Learning Resources and Technology Services Media Library is the place to go for all your multimedia curriculum resource needs!



**Educational Videos:** Our three collections let you borrow, buy, or stream/download videos for your classroom.

**Branching Out**, the Public Schools Branch newsletter, is available online at <http://lrt.ednet.ns.ca/branching.shtml>

**EBSCO Periodical database** Online bibliographic and full-text databases that are available to all students and teachers in Nova Scotia. Also available from EBSCO are professional databases and specialized collections designed for professional educators. <http://search.ebscohost.com>

**Share.EDnet/Ensemble.EDnet** Learning resources and professional materials designed and created by the Nova Scotia education community and mapped to Nova Scotia learning outcomes. <http://Share.EDnet.ns.ca> [English] <http://Ensemble.EDnet.ns.ca> [French]

**ImagesProject** A collection of images for Nova Scotia public school program use. Nova Scotia students and teachers may freely download, use and modify images for curriculum purposes. <http://imagesproject.ednet.ns.ca>

**Education Portal** (EduPortal) <https://edapps.ednet.ns.ca/eduportal/>  
Search our online catalogue, order videos, access other departmental resources and so much more! Check out our new website <http://medialibrary.ednet.ns.ca> for more information on these and many other digital resources.

## RESOURCES

### *Canadian Defenders for Human Rights*

CTF is proud to announce a new national initiative called Canadian Defenders for Human Rights. This new program is an excellent resource to bring awareness to high school students regarding human rights issues. It allows students to develop their critical thinking regarding the topic while also identifying issues within their own schools, communities and throughout the nation. Please visit <http://www.ctf-fce.ca/> for more information.

### *Copyright Matters 3<sup>rd</sup> Edition*

Canada's copyright law has changed as a result of an amended Copyright Act passed by Parliament and a significant Supreme Court decision relating to fair dealing. The 3rd edition of *Copyright Matters! Some Key Questions & Answers for Teachers*, a document published by the Council of Ministers of Education, Canada, Canadian School Boards Association, and Canadian Teachers' Federation is found on the NSTU website in both English and French at: <http://www.nstu.ca/default.asp?id=190&sfield=content.id&search=626&mn=1.56.190.192>.

The Nova Scotia Department of Education (DOE) will be distributing this resource to all teachers in the province as well as the Fair Dealing Guidelines. The 3<sup>rd</sup> edition of *Copyright Matters! Some Key Questions & Answers for Teachers* may be freely reproduced without obtaining the permission of the authors, provided that no changes whatsoever are made to the text. This document is also available at <http://www.cmec.ca>, [www.cdnsba.org](http://www.cdnsba.org), and <http://www.ctf-fce.ca>. Information on copyright and the use of broadcast materials in the classroom can be found on the DOE website at the following link: <http://medialibrary.ednet.ns.ca/copyright>



## Dalhousie University *Faculty of Science* DISCOVERY DAYS?



Over 3000 students and teachers from across the province joined us last May for fun, hands-on, and educational science & math activities.

"Lots of fun! Students were engaged and it reached a variety of interest. One of the best school trips."

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For more information and registration, contact:  
Danielle Wood, School Outreach  
Faculty of Science  
Tel: (902) 494.2373  
Email: [danielle.wood@dal.ca](mailto:danielle.wood@dal.ca)  
Web: [science.dal.ca/p12](http://science.dal.ca/p12)

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# classifieds

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

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

To book, call **Sonia Matheson at**

1-800-565-6788 or email [theteacher@nstu.ca](mailto:theteacher@nstu.ca)

## ATTENTION: Halifax County Local looking for participants for A Cultural Connection: The Tapestry of Life

We are searching for interested participants to demonstrate an array of skills, talents, arts, crafts, music, fashion, food, dance, instrumental, story telling, creative movement, etc. This event will be held on April 26<sup>th</sup> from 6 to 9:30 p.m. Location TBA. An evening of fantastic enlightenment of our diverse community. To express an interest in having your group or individual represented please contact Carol Clayton, Chair, Halifax County Local's, Equity Committee, 902-576-2486; Cell: 902-221-6171.

**AVAILABLE FOR SHORT-TERM RENTAL** - fully-furnished, clean & spacious townhouse in Sheffield-in-the-Park area of Clayton Park Halifax. See [www.prop2go.com](http://www.prop2go.com) listing 1730.

**TEACHER EUROPEAN TRIP - JULY 2013** - Teachers, relatives and friends are invited to join an AMAZING trip of a lifetime! In July 2013, travel the United Kingdom visiting England, Ireland, Scotland and Wales. For more information please email Sarah/Wally Fiander (TCRSB teachers) at [sfiander@nstu.ca](mailto:sfiander@nstu.ca). See <http://www.eftours.ca/eliterature/DBD/13/TBR.pdf> for itinerary.

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**TEACHER EXCHANGE** - An elementary resource teacher with the HRSB is looking for the same with the CBVRSB for the 2013-2014 school year. A permanent exchange is also possible. If interested, please email [dl@staff.ednet.ns.ca](mailto:dl@staff.ednet.ns.ca).

**TEACHER EXCHANGE** - A permanent elementary teacher with the CBVRSB is looking to exchange positions with a teacher from the HRSB for the 2013-2014 school year. A permanent exchange is desired. If interested, please contact [knottt@staff.ednet.ns.ca](mailto:knottt@staff.ednet.ns.ca).

**TEACHER EXCHANGE** - Permanent Senior High Phys. Ed and Math teacher with the HRSB is looking for an exchange with a teacher from the CBVRSB for the 2013-14 school year. A permanent exchange is possible. If interested please contact [caper1976@hotmail.com](mailto:caper1976@hotmail.com)

**TEACHER EXCHANGE** - Permanent Junior/senior high learning center/resource teacher with the HRSB is looking to exchange positions with a teacher from CCRSB for the 2013-14 school year. A permanent exchange is possible. If interested, please contact me at [burttonch@staff.ednet.ns.ca](mailto:burttonch@staff.ednet.ns.ca)

**TEACHER EXCHANGE** - I am a Jr. High Science & French teacher with the CBVRSB looking to exchange with a teacher from the HRSB for the 2013-14 school year. A permanent exchange is possible. I am also a qualified Math/Physics/Chemistry teacher. If interested, please contact [erin@staff.ednet.ns.ca](mailto:erin@staff.ednet.ns.ca).

**JOB SHARE** - I am an experienced teacher who is seeking a job share position in the HRSB. I am finishing my Masters in Literacy in the spring and am qualified to teach P-8. Please contact Pamela for full resume at [pam\\_benigno@hotmail.com](mailto:pam_benigno@hotmail.com) or 209-1344.

**JOB SHARE** - Seeking P-6 job share position for the 2013/14 school year. I have previous teaching experience in Grade 1 & 1-2 combined classrooms; and also job share experience. Please call Taryn at 405-7373 or email [tufts@hrsb.ca](mailto:tufts@hrsb.ca) for resume and references.

## Negotiations Update

**Community College** - Negotiation sessions were held on January 24 & 25, and February 7 & 8. The next set of negotiations are scheduled for February 21 & 22, 2013.

**Public School** - The NSTU filed for conciliation on January 28, a conciliation officer was appointed on January 30, and conciliation dates have been scheduled for February 26 & 27, 2013. These were the earliest dates that the conciliation officer had available.

To view previous issues of *The Teacher*, go to [www.nstu.ca](http://www.nstu.ca)

## Upcoming deadlines for *The Teacher*:

March 8<sup>th</sup> issue — February 22<sup>nd</sup> deadline

April 12<sup>th</sup> issue — March 28<sup>th</sup> deadline

April 26<sup>th</sup> issue — April 12<sup>th</sup> deadline

May 10<sup>th</sup> issue — April 26<sup>th</sup> deadline

May 31<sup>st</sup> issue — May 10<sup>th</sup> deadline

June 21<sup>st</sup> issue — June 7<sup>th</sup> deadline

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

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