NOVA SCOTIA TEACHERS UNION

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NSTU and Johnson Inc. team up for Discovery Centre's Science on the Road Contest

The Nova Scotia Teachers Union (NSTU) and Johnson Inc. are working together with the Discovery Centre to bring a new and unique opportunity to public school teachers across Nova Scotia. As part of the *Science on the Road Contest*, any active NSTU member, teaching in the public school system is eligible to win one of the Discovery Centre's award-winning External Education programs delivered directly to their classroom – anywhere in the province.

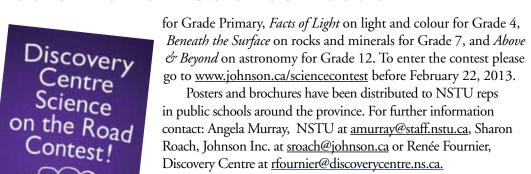
"Any chance we have to provide more support to teachers in their classrooms is a welcome opportunity," says NSTU President Shelley Morse. "The Discovery Centre programs

are always a class favourite, and are an excellent companion for teachers as they look to inspire their students to the wonders of science all around us."

The Discovery Centre's mandate to make science and technology interesting and entertaining for children and young people has made it a leader in the delivery of interactive educational programming. Its External Education Program, which reaches over 20,000 students at over 80 schools annually, offers curriculum-connected workshops and shows that blend education and entertainment to bring science to life.

"At Johnson, we appreciate the wonderful work teachers do each day and their dedication to helping students learn and grow," says Jennifer Power, Regional Vice President of Johnson Inc. "We're pleased to be teaming together on this initiative to support the province's teachers in their classrooms."

The contest is open to all public school teachers in Nova Scotia and 55 class visits are up for grabs. All curriculum-connected programs are between 45-60 minutes in length and are available for any grade level. Science on the Road programs include: We Like to Move It! on moving things and living things



NSTU supports Feed Nova Scotia



In lieu of printing and sending Christmas/holiday cards, the NSTU takes the budgeted amount and forwards it to a charity. This school year, the NSTU chose to support Feed Nova Scotia. NSTU president Shelley Morse presented a cheque of \$2,000 to Feed Nova Scotia's executive director Diane Swinemar during CBC Radio's Information Morning's Annual Feed Nova Scotia Food Drive on December 14. The NSTU donation helps Feed Nova Scotia's monthly support of over 23,000 Nova Scotians that rely on food from its member agencies in which over 200,000 meals are served monthly. Feed Nova Scotia also provides additional support during the Christmas season to over 6,000 households in December. Every dollar donated helps to distribute \$15.74 worth of food. The NSTU support translates into \$31,480 for hungry Nova Scotians accessing Feed Nova Scotia's programs, 32.6 per cent of whom are under the age of 18.

people

NSTU and South Shore Regional School Board sign regional agreement

On January 9 during a meet and greet between members of NSTU's Lunenburg County and Queens Locals and members of the South Shore Regional School Board (SSRSB) signed a new collective agreement at the Board's offices in Bridgewater. On November 27, 2012, 54 per cent of members working for SSRSB voted 94 per cent in favour of the agreement. The term of this agreement runs from the official signing date of January 9, 2013 to July 31, 2016.



Seated are NSTU president Shelley Morse, SSRSB board chair Jennifer Naugler and SSRSB superintendent Nancy Pynch-Worthylake. Standing: South Shore RRC members, Dawn Uhlman and Glynda Wimmer, and members of the NSTU regional negotiating team, Queens Local president Terry Doucette and Lunenburg County Local president Mike Stewart. Members of NSTU's negotiating team missing from the photo: RRC chair Nathan Smart and chair of the Lunenburg County Local's Economic Welfare Committee Sandra Mitchell.





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You may find past issues posted on our website: <u>www.nstu.ca</u>

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Regional Agreements signed NSTU and Tri-County Regional School Board sign regional agreement

The NSTU and Tri-County Regional School Board (TCRSB) signed a new collective agreement on January 8 at the Board's offices in Yarmouth. In an online vote on November 15, 2012, members of the Digby, Shelburne and Yarmouth Locals ratified the tentative agreement. Fifty-one per cent of NSTU members working for the TCRSB voted 95 per cent in favour of the agreement. The term of this agreement runs from the official signing date of January 8, 2013 to July 31, 2015.



Shown are front row (l-r): Tri-County RRC, chair Krista Oswald and chair of the TCRSB, Donna Tidd. Back row: regional negotiating team member Lori MacKinnon (Yarmouth Local president, and chair of the REWC), NSTU member Dawn Smith and TCRSB superintendent Lisa Doucet. Members of NSTU's negotiating team missing from the photo: Russell Comeau, Lee Goreham-Smith, Shelley Mahen, and executive staff officer Grant MacLean.

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Making a difference through an out of this world experience



Chris Hadfield

What began as a proverbial chat across the back fence for science teacher Paul Geddes with neighbour Wayne Harasimovitch, became an out of this world experience for students, teachers and community members of Charles P. Allen (CPA) High School in Bedford. On January 5, CPA became the first high school in Atlantic Canada and public school in Nova Scotia to undertake an ARISS (Amateur Radio on the International Space Station) event.

The real thrill was communicating with Chris Hadfield, the first Canadian to walk in space and the first Canadian to

take command of the International Space Station. Former Canadian astronaut Marc Garneau hosted the event at the school.

"I was chatting with my neighbour a year ago December and we started talking about ARISS and I took the idea to my administration, and they said 'go for it we'll support it'," says Geddes, who teaches biology, chemistry, and business technology. "It was the opportunity of a lifetime we couldn't pass up."

Fast forward to a year later and a few technical difficulties and Garneau and some students were able to chat with Hadfield for a few minutes via amateur radio. "He will also probably be the last Canadian to go into space for the foreseeable future," says Geddes. "We not only aggressively pursued a contact with Hadfield, but we wanted to be his first contact."



Marc Garneau with CPA students.

Hadfield has been using social media, Twitter in particular, to engage Canadians in his mission. "He tweeted pictures of Halifax from outer space, as well as the fact that he would be chatting with students from Bedford. Those were the kinds of personal touches that made this experience even more meaningful to the students and the community," says NSTU Halifax County Local president Meg Ferguson, who attended the event. "Congratulations to Paul Geddes and his team who made this exciting venture happen for his school and his community."

The other highlight of the event for students, says Geddes, was a close-up face-to-face with Garneau. "Marc Garneau met with them privately for almost an hour before the start of the contact. It was truly a magical moment as he regaled them with stories of his space shuttle missions."

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from the nstu president

Bill C-377 — An Invasion of Privacy

In the fall, Bill C-377, an Act to Amend the Income Tax Act (Requirements for Labour Organizations) was introduced in the House of Commons, and subsequently adopted on December 11. This private member's bill singles out labour organizations and trade unions, but excludes other dues-collecting professional organizations like medical societies that represent doctors and bar associations that represent lawyers.

This is a dangerous bill with huge financial implications for union organizations across Canada. Through changes to the Income Tax Act, teacher organizations across Canada will be responsible for extensive financial reporting. By placing the bill's reporting requirements in the Income Tax Act, the bill attempts to skirt the constitutional issue of provincial domain over labour relations. The pretext for this is a need for transparency for members, even though most provinces, territories, unions and teacher organizations have mechanisms in place that allow free access to those financial records. Teacher organization budgets are scrutinized and voted on by their memberships. Teachers across this country belong to very democratic unions and federations that champion transparency.

The following are some of the reasons we oppose this legislation:

It is an invasion of privacy because it requires that any payment over \$5,000 made by a union to an individual or company must be reported to the Canada Revenue Agency for public listing on the government's website. No other institution or organization is required to do this and matters of a highly sensitive and private matter will be open to any individual who may access the government's website. This is an unwarranted and inappropriate invasion of our members' privacy. It is also unlawful.

Health plan information, health-related expenditures and specific details of costs related to legal services will also be subject to public scrutiny and posted on a government website.

It is wasteful use of taxpayers' dollars to fund the massive data recording structure that will be required to sort and post this information. The high cost associated with this bill is approximately \$100 million in the first three years, even as the federal government cuts staff and programs everywhere else.

It may compromise the ability of our organization to purchase goods and services from suppliers, many of which may be unwilling to have proprietary information published in a public forum.

When you consider the ramifications of this bill for union members and taxpayers, one must ponder what problem exists for which this bill is a solution?

The NSTU corresponded with our Members of Parliament for Nova Scotia. In the letters we sent, we strongly urged our MPs to vote in opposition to this mean-spirited and dangerous private member's bill. We received one response from Peter MacKay, but only after the vote on the third reading had taken place. The bill passed in the House, but requires three readings in the Senate to become law.

The Canadian Teachers' Federation, and its member affiliate provincial presidents and executive directors across Canada lobbied government officials to try to stop the passing of this bill, but were unsuccessful because Conservative MPs refused to meet with anyone.

I urge you to contact your MP regarding this costly measure and the invasion of our privacy. Let them know that this undemocratic, wasteful, and unlawful piece of legislation is mean spirited, and hurts specific groups of citizens, namely women, who make up on average 70 per cent of the teaching profession in Canada. If you live in a Conservative riding please let your MP know we are not pleased that our letters and requests for a meeting are being ignored. You can make contact with the Liberal and NDP MPs as well. Our next step is to contact the Senators for this province as the Bill has now been forwarded to the senate for Royal Assent, but must pass three readings first.

Stand up for democracy, contact your MP and sign the petition against C-377 http://www.change.org/fr/p%C3%A9titions/je-m-oppose-%C3%A0-l-adoption-de-c-377-i-oppose-c-377.

For further information please contact Executive Staff Officer Simon Wilkin or your Local's VP of Public Affairs or public affairs committee for lobby kits.

A list of MPs can be found at: http://nstu.ca/default.asp?mn=1.56.124.372

Le projet de loi C-377 — Une atteinte à la vie privée

À l'automne, le projet de loi C-377, Loi modifiant la Loi de l'impôt sur le revenu (exigences applicables aux organisations ouvrières) a été présenté à la Chambre des communes et adopté ensuite le 11 décembre. Ce projet de loi d'initiative parlementaire cible les organisations ouvrières et syndicales mais exclut les autres organisations professionnelles qui reçoivent des cotisations comme les sociétés médicales qui représentent les médecins et les associations du barreau qui représentent les avocats.

Il s'agit d'un projet de loi dangereux qui a d'énormes répercussions financières sur les organisations syndicales partout au Canada. Suite aux modifications apportées à la Loi de l'impôt sur le revenu, les organisations d'enseignants du Canada auront la responsabilité de présenter des rapports financiers détaillés. En ajoutant ces exigences de déclaration à la Loi de l'impôt sur le revenu, ce projet de loi tente de contourner la question constitutionnelle de la compétence provinciale sur les relations du travail. Le prétexte invoqué est la nécessité de transparence pour les membres, même si la plupart des provinces, des territoires, des syndicats et des organisations d'enseignants ont eux-mêmes des mécanismes en place permettant le libre accès à leurs documents financiers. Les budgets

des organisations d'enseignants sont minutieusement examinés et puis votés par leurs membres. Les enseignants de l'ensemble du pays appartiennent à des syndicats et à des fédérations très démocratiques qui préconisent la transparence.

Voici quelques-unes des raisons pour lesquelles nous nous opposons à cette législation :

Il s'agit d'une atteinte à la vie privée car ce projet de loi exige que tout paiement de plus de 5000 \$ fait par un syndicat à une personne ou à une société soit signalé à l'Agence du revenu du Canada afin d'être affiché publiquement sur le site Web du gouvernement. Aucune autre institution ou organisation n'est soumise à une telle obligation et des affaires de nature extrêmement sensible et privée seront révélées à tout individu ayant accès au site du gouvernement. C'est une atteinte injustifiée et inappropriée à la vie privée de nos membres. C'est également illicite.

Les informations sur le régime de soins médicaux, les dépenses en liaison avec la santé et les détails des frais relatifs aux services juridiques seront également assujettis à l'examen du public et affichés sur le site Web du gouvernement.

Le financement de la structure massive d'enregistrement des données qui sera nécessaire pour trier et afficher cette information constitue un gaspillage

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de l'argent des contribuables. Le coût associé à ce projet de loi est de l'ordre de 100 millions de \$ pour les trois premières années, alors même que le gouvernement fédéral réduit le personnel et les programmes partout ailleurs.

Cela pourrait compromettre la capacité de notre organisation de se procurer des biens et des services auprès de certains fournisseurs car bon nombre d'entre eux risquent d'être réticents à voir des renseignements commerciaux de nature exclusive publiés dans un forum public.

Lorsqu'on réfléchit aux ramifications de ce projet de loi pour les membres des syndicats et pour les contribuables, on doit se demander quels sont les problèmes existants qui sont résolus par ce projet de loi.

Le NSTU a communiqué avec les députés de la Nouvelle-Écosse. Dans les lettres que nous avons envoyées, nous avons vivement incité nos députés à voter contre ce projet de loi d'initiative parlementaire qui est dangereux et mesquin. Nous avons reçu une réponse de Peter MacKay, mais seulement après que le vote sur la troisième lecture ait eu lieu. Le projet de loi a été adopté à la Chambre des communes mais il doit être soumis à trois lectures au Sénat avant d'avoir force de loi.

La Fédération canadienne des enseignantes et des enseignants et les présidents et directeurs exécutifs des associations provinciales affiliées partout au Canada ont fait pression sur les représentants du gouvernement pour tenter de bloquer l'adoption de ce projet de loi mais leurs efforts ont été infructueux car les députés conservateurs ont refusé de rencontrer qui que ce soit.

Je vous incite à prendre contact avec vos députés concernant cette mesure coûteuse et cette atteinte à notre vie privée. Faites-leur savoir que cette loi antidémocratique, gaspilleuse et illégitime est mesquine et qu'elle nuit à des groupes particuliers de citoyens, à savoir les femmes, qui représentent en moyenne 70 % de la profession enseignante au Canada. Si vous vivez dans une circonscription électorale conservatrice, faites savoir à votre député que nous sommes très contrariés que nos lettres et nos demandes en faveur d'une réunion aient été ignorées. Vous pouvez également prendre contact avec les députés libéraux et néo-démocrates. Notre prochaine démarche sera de contacter les sénateurs de cette province car le projet de loi a maintenant été

(continued from page 3)

While Geddes describes the event as extracurricular, he was especially interested in the ARISS goal of promoting the STEM (science, technology, engineering and mathematics) core topics. "It was a big incentive for us. It is important for our students to realize that for every astronaut who ventures into space, there are hundreds of scientists, engineers and technicians working behind the scenes to make the journey possible—and many of them Canadians. It is important for us to make our students understand they can be a part of this future if they embrace the challenges of the STEM topics."

Geddes says the event was a team effort, and another example of a successful project of the school. He is appreciative of his neighbour, Harasimovitch, who is the ARISS Canada School Mentor and the Halifax amateur radio club, that provided the equipment and expertise for the contact on a volunteer basis. He hopes to continue to promote amateur radio in schools and start an amateur radio club in the new CPA school, scheduled to open next school year. Teachers or administrators interested in setting up an ARISS project can contact Wayne Harasimovitch at wayneph@eastlink.ca.

envoyé au Sénat en vue de recevoir la sanction royale mais il doit d'abord être soumis à trois lectures.

Défendez la démocratie, contactez votre député et signez la pétition contre le projet de loi C-377 : http://www.change.org/fr/p%C3%A9titions/ je-m-oppose-%C3%A0-l-adoption-de-c-377-i-oppose-c-377

Pour obtenir de plus amples renseignements, veuillez contacter Simon Wilkin, cadre de direction, ou bien contactez le vice-président des affaires publiques ou le Comité des affaires publiques de votre section locale pour obtenir des trousses de lobbying.

Une liste des députés est disponible à: http://nstu.ca/default. asp?mn=1.56.124.372





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Vestibular Rehabilitation: Identifying your dizziness issues

by Susan Ehler, BSc PT Physiotherapist at Atlantic Balance and Dizziness Centre

Physiotherapy is a healthcare profession which has been expanding its role in the health care system rapidly over the past few years. Traditionally, physiotherapy has been associated with treatment of sports injuries and recovery from traumatic accidents such as motor vehicle collisions. Physiotherapists have developed an expertise in the area of musculoskeletal injuries and have become an important part in the recovery in these types of injuries. However, there are many other areas of physiotherapy which, although less well known, have proven to be an important part of overall patient management. These areas include cardiorespiratory, neurology, pediatrics, cardiac rehab, geriatrics, and amputee therapy. Another area of physiotherapy which is growing and is becoming more widely recognized for its value in treating patients is vestibular rehabilitation. Vestibular rehabilitation is a branch of physiotherapy that deals with the assessment and treatment of clients with dizziness and balance dysfunction related to disorders of the vestibular (inner ear) system, central nervous system or to general deconditioning. Typically, these clients present with symptoms of vertigo, dizziness or lightheadedness, nausea/vomiting, poor balance, blurred or double vision, sensitivity to light, loud noise or excessive movement or headaches. Any, or a combination of any, of the above symptoms can lead to a significant decline in day-to-day activity as a person can feel very limited by the symptoms. People often feel insecure in their movements and are often afraid of provoking their symptoms and so tend to limit their movements and activities through the day. This can lead to further issues with disuse and deconditioning.

Symptoms may be secondary to a specific cause including stroke, Multiple Sclerosis, Parkinson's, traumatic brain injury/concussion, migraine or whiplash injury. However, symptoms may also be related to an inner ear disorder involving the vestibular system. This can be due to a viral infection, head trauma or a specific disease known as Meniere's.

The vestibular system is one of three sensory systems that transmits signals to the brain about the body's position in space. The other systems include visual and proprioceptive systems. The brain then utilizes these signals to send the appropriate motor signals to the muscles to keep the body upright and balanced. If there is a dysfunction in any of these three systems, balance and spatial orientation can be compromised and a person can feel lightheaded, dizzy or off-balance.

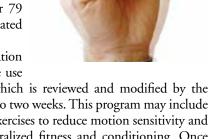
The teaching profession in particular will often have difficulty coping with the effects of a vestibular disorder due to the working environment. Often, a classroom presents with a stimulating environment including a lot of movement in the visual field, repetitive bending and reaching and fluorescent lighting. These factors can all be difficult for the person with a vestibular disorder to tolerate.

Dizziness is the number one reason for most doctor's office visits and can be related to a number of causes including medications, blood pressure, cardiac issues and vestibular dysfunction. It is important to carry out a thorough assessment in order to determine the nature of the dizziness. Vestibular rehabilitation therapists are trained to carry out a thorough screening process in order to determine if vestibular dysfunction could be playing a role in the symptom presentation. The assessment includes a subjective history and screening for neurological function, assessment of standing and walking balance, examination of eye, ear, and postural reflexes, testing for motion sensitivity, assessment of neck and lower body function and assessment of eye movements

using an infrared camera. If the individual is identified as being at risk for falling, further assessment can be carried out in this area including a falls risk assessment.

Identifying those individuals at risk for falling is extremely important as one-third of community dwelling seniors will experience a fall and half of these will experience more than one fall. Falls account for 79 per cent of seniors injury-related hospitalizations.

Most vestibular rehabilitation treatment programs involve the use



of a home exercise program which is reviewed and modified by the physiotherapist once every one to two weeks. This program may include balance and stability training, exercises to reduce motion sensitivity and improve eye reflexes, and generalized fitness and conditioning. Once the specific needs of the individual have been identified they generally respond very well to this treatment approach.

Another condition specific to the vestibular system results in symptoms of vertigo. Vertigo is described as an intense feeling of the world moving around the person or spinning and is usually brief in duration (15 to 30 seconds) and is generally associated with specific head movements such as looking up, bending forward, or rolling to the side in bed. Onset is generally acute and there is often no known aggravating factor. The condition is caused by the dislodgement of microscopic calcium carbonite crystals in the inner ear leading to inaccurate signals being transmitted to the brain during head movement. The symptom provocation can be extremely debilitating to an individual and often results in a complete restriction of their activities as they are afraid of provoking symptoms. This condition is known as benign paroxysmal positional vertigo or BPPV. Vestibular rehabilitation physiotherapists are trained to identify the condition through specific testing including the use of an infrared goggle system to identify abnormal eye movements associated with the condition. These abnormal eye movements allow the therapist to identify the exact area of the dysfunction. Treatment then consists of a specific series of head movements designed to remove the crystals from the inner ear canals and alleviate the vertigo. Treatment is intense, but brief in nature and generally only requires one to three clinic visits for resolution of the symptoms.

The Atlantic Balance and Dizziness Center is pleased to offer treatment in the field of vestibular rehabilitation by two physiotherapists with extensive experience. Both Steven McNeil and Susan Ehler have an Advanced Competency in Vestibular Rehabilitation and are able to provide experienced consultation and treatment expertise in this area. It is important for people to realize that there are treatment options available for these very debilitating and potentially life altering conditions.

The Early Intervention Program (EIP) invites NSTU members to sign up for our Wellness email list at <u>Be Well@nstu.ca</u>. Please contact Erin at <u>ekeefe@staff.nstu.ca</u> to provide her with your NSTU email address.

Collaborative learning made possible through the Program Development Assistance Fund

Through the Program Development Assistance Fund (PDAF), and the *Enhancing Collaborative Learning in the 21st Century Classroom* project, Grade 6 students at Hebbville Academy in Lunenburg County

experimented with Apple TV and AirPlay technology. Through this technology, in combination with iPod Touch and iPad mobile devices, the Grade 6 team of teachers and their students are engaging in classroom activities from their seats.



Students Sydney, Bailey and Emily showcase the French interactive reading program with teachers Martine Wade and Corinne Eisnor.

"All students and teachers in the

classroom will be connected, some with their personal devices and some with the school's devices," writes project coordinator Amy Sullivan. "Students can complete activities, from their desks, projecting their responses, comments and input on the large TV screen at the front of the class."

Sullivan, a recipient of a 2011 Education Week Award under the theme, *Innovative Teaching in the 21st Century/L'enseignement novateur dans le 21e siècle*, worked with other Grade 6 teachers, Andrea Conrad, Corrine Eisnor and Martine Wade to integrate the experience throughout the Grade 6 curriculum.

The \$5,000 grant was used to purchase three Apple TV boxes, three 60-inch flat screen HDMI ready television monitors and three HDMI cables. Through the project, student responses, videos, images, websites, etextbooks, novels, reading, writing, and project-based activities are being shared. "Students will be more engaged as a large group, be



Students Aditya and Tristen present on the Short Circuit app used in their science classes. They are with PDAF project coordinator Amy Sullivan.

able to effectively "privatize" their learning at the same time and engage directly with the teacher using their mobile device," adds Sullivan. Through the PDAF project, teachers are able to control the digital activities and monitor engagement, task completion and learning from anywhere in the classroom.

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Professional and discipline committees hold joint meeting

On December 7, members of NSTU's discipline and professional committees held a joint meeting what is being touted as the first time in NSTU history. Members of both these committees are appointed during Annual Council. The committees held a joint meeting to learn more about their roles and mandates. The discipline committee may adjudicate conduct of Union members that are inimical to the interests of the organization. The professional committee investigates charges of conduct unbecoming a member of the teaching profession.

Shown (l-r) seated: Tanya DeViller (Yarmouth, professional committee); discipline committee members Colleen Scott (Shelburne) and Tammy Fox

(Colchester-East Hants) and professional committee members Dianne Raoul (Guysborough County) and Bev Roy (Kings). Standing: discipline committee members Lawrence Rigby (Halifax City) and Kyle Marryatt (Dartmouth); professional committee members Jeff Wamboldt (Dartmouth) and Scott McKellar (Community College); Cherie Abriel (Colchester-East Hants, discipline committee); discipline committee NSTU staff liaison, Janine Kerr; discipline committee member Stanley Cameron (Inverness); and professional committee NSTU staff liaison, Grant MacLean.



THURSDAY, APRIL 11, 2013



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For more information and to register, go to the NSELC website www.nselc.ca.



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Telephone the Marriott at 1 (800) 943-6760 or (902) 421-1700 to make your hotel reservation.

This workshop is suitable for teachers, principals and all school leaders in primary, secondary, university and government settings.



(continued from page 7)

During the evening of December 5, students and teachers involved in *Enhancing Collaborative Learning in the 21st Century Classroom* project showcased their work for parents, students, teachers and NSTU staff liaison to PDAF, Betty-Jean Aucoin. Photos from this event are shown.

The PDAF program encourages innovative program development in Nova Scotia's public schools. Co-sponsored by the NSTU and the Department of Education, with an annual sum of \$200,000, it provides financial support for projects directly related to the Public School Program. For more information, visit the NSTU website at www.nstu.ca or contact NSTU executive staff officer Betty-Jean Aucoin at 1-800-565-6788 or 477-5621 or bjaucoin@staff.nstu.ca. The deadline for the next round of project proposals is February 1, 2013.



Students Emma and Mary Beth presenting the app Keynote and showcasing their work with teachers Amy Peverill and Andrea Conrad.

NOTICES

Volunteer Opportunity - Summer School Facilitator for NSGA

The Nova Scotia-Gambia Association invites teachers to help them run their annual summer school in The Gambia. This program looks to promote leadership, develop life skills and encourage citizenship among the students who attend. Those with an education background who are chosen will be asked to teach English and Math to students throughout the months of **July & August 2013**. To apply, please submit a cover letter with information about your background and reasons why you would like to be chosen and also a CV to muhammed.ngallan@novascotiagambia.ca by **February 15th, 2013**. For more information please visit www.novascotiagambia.ca.

Call for Nominations – Guiding the Journey: Indigenous Educator Awards – Deadline February 1, 2013

This award presented by *Indspire* is a new initiative to recognize and promote an indigenous educator for their ability to give back to the education community while honouring the principles of Indigenous knowledge. To be nominated an individual must be of First Nation, Inuit or Métis heritage and must be teaching in a K-12 classroom. There are six categories for nomination with a cash prize of \$1000 and recognition for each category. Applications are available online at www.indspire.ca/educatorawards.

Coalition for Kids International

Coalition for Kids International, launched their pilot program five years ago and have since had 29 student groups travel to Poland for a life changing experience. A group of five students along with a chaperone (who travels for free!) travel to Poland where they will meet with children and adolescents who are terminally ill to give them their wish gifts while also gaining amazing insight into a new culture. This program exposes students to new social, educational and cultural experiences. The trip lasts about 12 days with educational trips to Berlin and a chance to meet the Canadian Ambassador in Warsaw. For more information please visit www.cfki.org or contact Garry Oliver at garry@coalitionforkids.ca.



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*Rate includes self-parking for \$9.95, local and long-distance access fees and high-speed Internet access. Under your NSTU rate, pets stay for free. NTSU card must be presented upon check-in.



Attention Teachers:

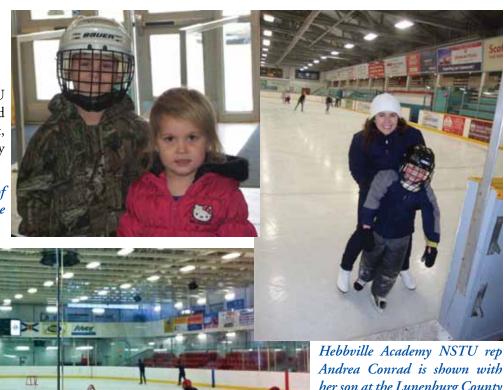
- All the acupuncture treatments are performed by Dr. (TCM) Wei Yuan and Tom Tian from China with more than twenty years of clinic experience.
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Lunenburg County, Queens & Shelburne Locals skate

Over the holiday season at least three NSTU Locals held community skates for members and their families to help build member engagement, socialize, exercise and provide quality family time.

Children enjoy their skating outing at one of two Shelburne Local Family Skates during the Christmas Break.







her son at the Lunenburg County skate.



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PUT WASTE IN ITS PLACE



Teachers who make a difference

Joan Porter

Joan Porter has had many years to make a difference in the lives of her students. She's in her 30th year of teaching, 10 of which she's spent at North Nova Education Centre as an English teacher. "I think it's wonderful that the NSTU is doing this program, it should continue to



Joan Porter is shown (l-r) with North Nova Education Centre NSTU rep Dr. Roseanne McGregor, NSTU president Shelley Morse, Pictou Local president Nancy Doyle and provincial executive member for Pictou Cindy McKinnon. Porter received her <u>Teachers Make A Difference</u> certificate during a Pictou Local general meeting on December 11, 2012.

happen," says the Chignecto-Central Regional School Board recipient of the NSTU's *Teachers Make a Difference* award. "I'm honoured to have received the award."

Porter was pleased to use her \$300 award from the *Teachers Make a Difference* Campaign towards her school's breakfast program. "There are a lot of our students who need the breakfast program," she comments. In many cases she says teachers in her school provide groceries for the special occasions like the Annual Christmas turkey dinner in December. Porter says she's been involved in lots of charity events throughout her teaching career. Most recently she and her students collected shoes, mittens and hats for people in Guatemala.

Porter says being one of 10 recipients of the *Teachers Make a Difference* Award has made her reflect about teacher recognition. "Teachers should celebrate each other," says Porter. "It's important for us to acknowledge each other."

Porter has taught Grades 2 to 12 over her 30-year career, and loves that many of her students over the years still stay in touch. She is also continually surprised when she runs into them unexpectedly. "I was in emergency two years ago and the nurse said to me, are you Mrs. Porter?" She's heartened to know that "they've landed on their feet."

The student who nominated Porter had this to say: "Anyone with a teaching degree can teach, but why Joan Porter has earned my respect and admiration because she not only teaches, but she instills in us the passion and drive to succeed." After 30 years, she's still got it!

Trevor Reddick

Trevor Reddick, also known as Coach Reddick, because he's been at the helm of the X-Women soccer team for nine years, was recognized as a teacher who makes a difference for Community College students. NSTU president Shelley Morse visited Reddick on December 11, at



Trevor Reddick proudly displays his <u>Teachers Make a Difference</u> certificate with NSTU president Shelley Morse (to his right) and colleagues Mike Byrne (faculty member, Trades & Technology), Susan MacDonald (faculty member, Business), librarian Wendy McInnes, librarian Debbie Kaleva (professional support member) and registrar Leo Gillis (professional support member).

the Pictou Campus, where he's been teaching in the Adult Learning Program and Human Services department for the past two years. His \$300 award is going to the campus library program.

"It was a total surprise to get this award," says Reddick, who has found his colleagues at the Pictou Campus supportive and helpful. "They are hard-working folks and put a lot of time and energy into helping students."

Reddick started his teaching career in 1994 at Ross Road Elementary and Junior High School. He then went on to play professional soccer in the Czech Republic, England and Canada, then returned to StFX, and taught kinetics, physical education and was the B.Ed program's admissions coordinator.

His team sport background has helped in his teaching. "The relationships you build with coaching has helped develop people skills in so many ways," he adds. Reddick is also working on wellness programs for students and staff at the campus. "My writing-skills students and I developed a Fit to Fly wellness program and delivered it to the faculty."

The student who nominated Reddick says he's a fantastic teacher because he, "truly cares about his students and is very encouraging and understanding. Trevor is also great at encouraging his students in whatever interests them. He let me borrow his beautiful, professional, Canon camera. The fact that he trusted me was huge, but the fact that he truly believed in me is what really made the difference!"

CSANE teacher making a difference for children in Algeria

CSANE Local member, Karim Amedjkouh, a Grade 12 Global Geography teacher at École du carrefour is making a difference to youth in Algeria. Winner of EF (Education First) Educational Tour's *Teachers Matter* contest, Amedjkouh will take his \$5,000 award to hold a summer camp for children in his native Algeria.

"They have a minimum of life, they don't have a social life, they don't go to school the goal of this project is to go there and spend two weeks with them and have fun with them with different activities," he says.

For the past few years, Amedjkouh and his students have been raising money to help children living in poverty. He wanted to develop this program out of concern for the children who don't have the opportunity to socialize and make friends.

Amedjkouh, two other teachers and five current and former students will travel to the town of Tigzirt in August to lead a two-week summer camp for children who live in poverty and with disabilities. The students will lead activities for the Algerian kids like making art and music and taking trips to the beach. He knows his students will experience a wonderful intercultural exchange, while helping children who are less fortunate.

Amedikouh has a long-term vision for the program. "The goal is to go into different countries and help kids have a different quality of life."

The EF *Teachers' Matter* contest garnered more than 400 nominations from across Canada with more than 4,000 parents, teachers and students voting. Amedjkouh received 37 per cent of the votes.



Karim Amedjkouh receives his \$5,000 from EF Educational Tours on January 8.

FEBRUARY 26

The 16th Annual National Safe Schools Conference

Registration is now open for the Canadian Safe School Network's 16th Annual Safe Schools Conference in Toronto. This important professional development event, features essential, up-to-date information and training on safe schools issues, procedures and policies, and will be held on February 26, 2013 at the International Centre, Toronto Airport. This conference features 24 different workshops on a variety of safe schools issues, presented by leading experts across Canada and will include a keynote address from CBC journalist Mark Kelley. More info or to register contact Colleen Murdoch at colleen@canadiansafeschools.com or 416-977-1050, or visit www.canadiansafeschools.com.

coming events

JANUARY 27

Family Literacy Day: 15 minutes for 15 years

January 27, 2013 marks the 15th annual Family Literacy Day®. Created by ABC Life Literacy Canada in 1999, Family Literacy Day encourages Canadian families to read and learn together.



For more information, including tips and activity ideas for the classroom, visit www.FamilyLiteracyDay.ca.

JANUARY 29

NSTU to speak at Lieutenant Governor lecture series

Executive staff officer Betty-Jean Aucoin will be presenting a workshop on Cyberbullying as part of the Lieutenant Governor of Nova Scotia, His Honour Brigadier-General J.J. Grant, CMM, ONS, CD (Ret'd), lecture series. The event is open to the public and will take place on January 29 at Government House, 1451 Barrington Street at 7:00 p.m. For more information, visit http://lg.gov.ns.ca. Seating is limited. To reserve your seat contact lgoffice@gov.ns.ca.

FEBRUARY 2

The Nova Scotia Chapters of Orff and Kodaly present: An "O-K" Winter Workshop that's A-Okay!

We are very pleased to be hosting a combined Orff/Kodaly winter workshop for music educators featuring our local colleagues and friends. Alison Roe-Smith will lead us in a session of P-6 Activities and Games and Mike MacDonald will guide us with some ideas for movement and choir (also useful for classroom and concerts). After the break there will be a sharing session lead by members of the Orff and Kodaly Executives. You will leave with inspiration, rejuvenation, and lots of material to use in your classroom.

This workshop will take place on Saturday, February 2 at Kingswood Elementary School, 34 Vrege Court, Hammonds Plains, NS from 9:30 to 1:00 p.m.

Coffee and registration will be at 9:15 a.m. Nutrition break will be provided. Storm date is February 9 (check <u>c100fm.com</u> - click on Storm Watch)

The cost is Student member – FREE Member - \$15.00 Student non-member - \$10.00 / Non-member - \$20.00

Student non-member - \$10.00 / Non-member - \$20.00 (membership in either Orff or Kodaly entitles you to the discount)

Payment can be made at the workshop. If possible, please preregister by January 29th by emailing Charlotte Myers <u>myersc1@</u> <u>staff.ednet.ns.ca</u> or Helen Higgins <u>hhiggins@staff.ednet.ns.ca</u> This will ensure that we have enough handouts for all attendees.

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NSTU Total Care Dental Plan - Dental Check-ups

update

When we go to our family dentist for our dental check-ups, we may not be aware of the services that will be performed by our dental professionals. The NSTU Group Insurance Trustees want to provide members with information on what to expect when you visit your dentist for a check-up and the coverage available through the NSTU Total Care Dental Plan.

What's In A Dental Check-up?

During a check-up, your dentist will look for early signs of problems with your teeth including gum disease, cavities and tooth fractures and treat them on a timely basis.

You can also expect a check-up to include some or all of the following procedures:

1. Dental and Medical History Update

Your dentist may ask you about any oral or general health problems that you have. For example, changes in your teeth, sensitive gums, any allergies or other medical conditions.

Examination and Treatment

Your dentist looks for anything unusual and will catch small problems before they become big ones such as early signs of gum disease, eroded fillings, infections, or perhaps even oral cancer.

3. Cleaning

A cleaning makes your teeth and fillings smooth so it is harder for plaque to build up. Plaque is clear and sticky and it forms on your teeth every day. If plaque is left on your teeth, it hardens into tartar, and cleaning is the only way to remove it. It cannot be removed with a toothbrush and if tartar is not removed, it can cause gum disease. A cleaning also removes some stains so your teeth look better. Here are the main steps in a cleaning.

Step 1 – Flossing removes plaque from under the gum line and between teeth, and removes bits of food from between teeth.

Step 2 – Scaling removes tartar from teeth. Gross scaling removes bigger pieces of tartar and fine scaling gets much smaller pieces of tartar, mostly from back teeth and other hard-to-reach places.

Step 3 – Polishing smoothes and cleans the surfaces of your teeth.

Cleaning is the only way to remove hardened deposits of tartar from your teeth. If tartar is not removed, it can cause gum disease which is a leading cause of tooth loss in adults.

4. Fluoride Treatment

You may have fluoride applied to your teeth during a check-up. It can be in the form of a gel, a foam or a liquid. Fluoride helps prevent cavities by fixing the first, tiny stages of tooth decay and by slowing down the germs growing on your teeth. Your dentist will talk to you about your total exposure to fluoride to determine if you need a fluoride treatment.

5. Advice

Your dentist can give you advice and answer your questions based on the results of your check-up. Don't hesitate to ask questions of your dental team and the services and procedures they are performing. This is the only way for you to understand what procedures your dentist is performing and the cost that will be the responsibility of either you or the Total Care Dental Plan.

What Is Covered?

Coverage for check-ups under the NSTU Total Care Dental Plan is quite comprehensive. The program pays for 80 per cent of eligible Basic Preventative Services, as well as 50 per cent of Major Restorative

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The Doctor Gerald Gordon Memorial Award

Do you know someone who should be honoured for improving the emotional health of children and youth through the arts or recreation?

The Gordon Foundation of Nova Scotia is seeking applications for
The Doctor Gerald Gordon Award, given annually to an individual or group whose work in the arts or recreation has the mental health of children and young people as the goal. The award consists of a plaque and a \$1000 cash prize. For information and to apply, please go to http://gfns.ca under How to Apply.

Applications are due by January 31, 2013.

Services to a maximum payment of \$1,000 per person per calendar year. Prosthodontic Services are also covered at 50 per cent to a maximum payment of \$1,500 per person per calendar year and Orthodontic Services will be reimbursed at 50 per cent of eligible expenses to a maximum of \$2,000 per person lifetime.

For the services outlined above, coverage is available for clinical oral examinations limited to one per calendar year. The same applies to recall examinations.

Scaling is limited to eight units in every 12 consecutive months in conjunction with recall services. A unit of scaling is measured in 15 minute increments. Therefore, one unit of scaling equals 15 minutes. Polishing and fluoride treatments are covered once every calendar year. As part of the periodontic coverage included within the Total Care Dental Plan, root planing is limited to a combined total of eight units in any 12 consecutive months.

If your dentist is recommending a treatment plan that is costly, don't hesitate to ask questions and request that your dentist send Medavie Blue Cross a pre-determination so there are no surprises at the time of the claim.

If you have any questions about your benefit coverage, please contact Johnson Inc. at 453-9543 (local) or 1-800-453-9543 (toll-free).

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Master of Education Programs at StFX

PART-TIME DISTANCE PROGRAMS

Students may complete Master of Education programs in Educational Administration and Leadership or a variety of *Curriculum and Instruction* areas. These part-time programs require one month of study on campus in July. The remainder of the program can be completed online over a two-year period. These programs may be completed by course-based, project, or thesis routes.

INSTRUCTIONAL LEADERSHIP PROGRAM

StFX is currently accepting applications for our program in Educational Administration Leadership with a specific focus in Instructional Leadership. This part-time course-based program commences with an intensive summer institute in July at the StFX campus. The remainder of the program can be completed online.

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StFX admits a limited number of full-time graduate students annually who wish to develop capacity in teaching/leadership or applied research. Students are paired with faculty who provide them with internship opportunities related to university teaching and field experience in the BEd program and/or research. Students who choose the researchbased option will participate in funded research programs in collaboration with full-time faculty.

INFORMATION

For more information or to receive an information package, contact:

1-877-867-3906

Email: med@stfx.ca



http://sites.stfx.ca/continuingeducation/master

Application deadline: February 15th

resources

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



Teachers

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.

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.

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Thanks to St. Francis Xavier University, Halifax Regional Municipality, the Nortl Face® Explore Fund™ and Skate Pass® for their support of Making Tracks.



NOTICE OF ELECTIONS

Spring 2013

Election of NSTU Provincial Executive Members

I. Background:

NSTU By-Law Article IV *The Provincial Executive* outlines the structure and duties of the NSTU Provincial Executive.

Definition

There shall be an Executive of the Council, to be composed of the President, the immediate Past-President (one year position only), the first Vice-President, twenty-one (21) members elected on a regional basis at the local level, including one member elected by all the members of the CSANE Local, and two (2) members elected by all the members of the Community College Local. A majority of the members of the Executive shall constitute a quorum.

• Duties

The Executive functions in the name of the Council between sessions. It shall perform its duties in a manner that is consistent with the will of the Council as expressed through resolutions passed by the Council. In addition, the Executive shall carry out duties imposed specifically by the *Teaching Profession Act* and;

- (a) appoint and dismiss an Executive Director and such other paid employees of the Union as it may deem necessary and determine their duties, remuneration and terms of employment, including bonding;
- (b) provide suitable offices and equipment for carrying on the work of the NSTU;
- (c) direct and supervise the business, property and affairs of the NSTU between Council meetings, and all decisions that are deemed policy by the Executive shall be forwarded to the upcoming Council as resolutions;
- (d) determine the place and date and make arrangements for workshops and special Council meetings;
- (e) issue a post-Council press release;
- (f) provide assistance with organizing Locals and Regional Representative Councils and Professional Associations;
- (g) shall ratify constitutions of Locals, Regional Representative Councils and Professional Associations by following regulations outlined in the NSTU Guidebook;
- (h) determine the boundaries of the Locals;
- (i) publish a magazine or other official publications;
- cause the books and accounts of the Council to be audited annually by a chartered accountant and cause the report of the auditor to be submitted to Council;
- (k) have the power to convene an emergency meeting of a Local or a meeting of the NSTU members in a given area; and
- (l) is empowered to exercise on behalf of the Union, as the Executive deems advisable from time to time, the powers of the Union under the *Teachers' Pension Act* and report thereon to the Council at the next following meeting of the Council.

Representation

NSTU Standing Order 10 Composition of the Provincial Executive delineates the representation by regional.

10. Composition Of the Provincial Executive

- (a) Members of the NSTU teaching in the following regions shall elect twenty-one members to the Executive subject to the following conditions:
 - (i) elections shall be held fifteen (15) days or more prior to the first meeting of the Council;
 - (ii) the regions and the numbers to be elected from each region shall be as follows:

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

II. Election Locations:

Region	To be Elected
Annapolis-Hants West-Kings (2)	1 member
Cape Breton Industrial (2)	1 member
Community College (2)	1 member
Cumberland (1)	1 member
CSANE (1)	1 member
Digby-Yarmouth (1)	1 member
Halifax City (2)	1 member
Halifax County (2)	1 member
Northside-Victoria (1)	1 member
Pictou (1)	1 member
Shelburne-Queens (1)	1 member

III. Eligibility

NSTU By-Law Article I-10(a) (iv) The right to vote and hold office at the Local and/or provincial level.

IV. Time Line:

- A regional election must be conducted at least 15 days prior to Annual Council.
- Nominations close 30 days prior to Election Day in a region.
- The Regional Nominating Committee sets the exact dates for the election and close of nominations in a region.
- Contact your Local President to obtain the dates for the Close of Nominations and Election Day.

V. Contact Person:

For further information regarding the 2013 Regional Elections, contact Kate Ingram at kingram@staff.nstu.ca or 1-800-565-6788.

Congratulations to our Book Winners:

November 23rd Draws

FRESH - Cindy Ng-Ivanoff - Bedford EQUITY - Juanita Romard - Sydney

December 17th Draws

FRESH - *Monette Boudreau* - Saulnierville EQUITY - *Sandra Labor* - Hubbards PD - *Holly MacDonald* - Brookdale



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 <u>theteacher@nstu.ca</u>

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fully-furnished, clean & spacious townhouse in Sheffield-in-the-Park area of Clayton Park Halifax. See <u>www.prop2go.com</u> listing 1730.

NEEDED - A Tikki Hut or someone who would be willing to build one for a prop for a school event. Materials will be supplied if anyone is willing to build this. Contact claytonc@nstu.ca for details.

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 slfiander@nstu. ca. See http://www.eftours.ca/eliterature/DBD/13/TBR.pdf for itinerary.

ITALY: AMALFI COAST HOLIDAY RENTALS

- Three accommodation choices on the spectacular Amalfi Coast. A Positano beachside villa or a mountain village house or apartment. \$90 to \$218 Canadian. For full information/photos contact jbmoir@telus.net.

TEACHER EXCHANGE - I am seeking an exchange with an elementary teacher in the AVRSB. I hold a permanent elementary position in HRSB. Please contact Vaunda at vlmacdonald@nstu.ca.

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.

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.lfinterested, please contact 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

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. It interested, please contact me at <u>burtonch@staff.ednet.ns.ca</u>

TEACHER EXCHANGE - Guidance counsellor with Halifax Regional School Board is looking for a (permanent) exchange with a counsellor in the Annapolis Valley School Board for September 2013; Wolfville area preferable. If interested email sheadly@hotmail.com or call 802-0468.

TEACHER EXCHANGE - I am a Junior 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.

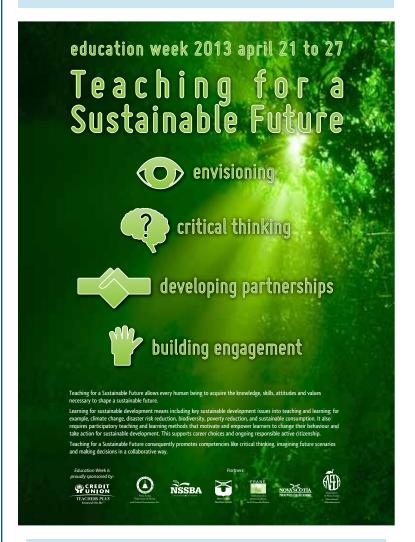
JOB SHARE - I am an experienced teacher who is seeking a job share position in the HRSB. I am finishing my Masters in Literacy in the spring and am qualified to teach P-8. Please contact Pamela for full resume at pam benigno@hotmail.com or 209-1344.

JOB SHARE - Seeking P-6 job share position for the 2013-2014 school year. I have previous teaching experience in Grade 1 and 1-2 combined classrooms; and also job share experience. Please call Taryn at 405-7373 or email ttufts@hrsb.ca for resume and references.

Negotiations Update

Public School - The negotiation dates previously scheduled for January 9, 10 and 11, 2013 were cancelled and the dates have been rescheduled to January 21 and 22, 2013. At this point in time no further dates have been set for negotiations.

Community College - A negotiating session was held on Tuesday December 11, 2012. Negotiations scheduled for January 10 and 11, 2013 have been rescheduled. The next set of negotiations are now scheduled for January 24 & 25, and February 7 & 8, 21 & 22, 2013.



The John Huntley Memorial Internship Program

The deadlines for applications for the John Huntley Memorial Internship Program for the 2012-13 school year are February 15 and April 15.

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