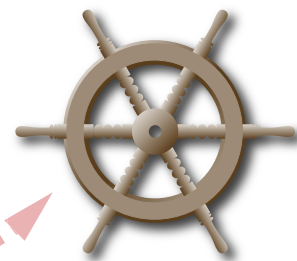


# Charting Your Course FOR PROFESSIONAL DEVELOPMENT



## Inspiring Family Studies in our Teaching —Celebrating 30 Years

by Karen L. MacIsaac, Family Studies Teachers Association President

### A Little History

This year marks the 30th year for the Family Studies Association (FSTA) of Nova Scotia. Although we are a small group among our peers, we are a strong group who believe in the importance of family and all its facets which include: health and well-being, food and nutrition, consumer studies, textile arts, child development and our connection to everything.

FSTA was created at the fall conference in 1984 at Central Kings Rural High School. It was quite a big decision for us as it meant severing ties with Nova Scotia Home Economics Association (NSHEA) but the teachers supported the decision at the AGM. So this was our 30th year!

We used to be part of the N.S. Home Economics Association which was the Professional Association for all Home Economists in Nova Scotia. The teachers decided they needed to be a separate entity partially to build their visibility as educators and home economists. It also meant conferences were more focused on education and professional development.

During our 20th year as an association we hosted the Canadian Symposium in Halifax at the Ramada Inn. This year, the Canadian Symposium for Home Economics is held the end of February in Winnipeg, Manitoba.



The Family Studies Teachers Association (FSTA) held its annual conference at Agritech Park in Bible Hill on October 26 and 27. Cooking, nutrition, crafts and human relationships were some of the many topics covered during the Friday workshops. It was also an opportunity for the association to recognize some of its own members. Above, newly elected president Sue Hannem presents certificates honouring 30 years of service to Carol Hines; past president Laura Naugler; Linda Boulet and Helena MacDougall.

Being part of the association for the past nine years and the executive for the past three years, I have made great connections with peers, learned valuable information to take back to my classrooms and this reinforces just how important the Family Studies programs are for our students in our junior and senior high schools. Teachers in our junior and high schools, in all areas of family studies can take advantage of professional development in and out of province. These learning opportunities can help teachers learn new skills, make connections with other educators and keep our learning fresh and enthusiastic.



Like most professional associations of the NSTU, Provincial Professional Development Day is a major focus for our association. This is a time where the executive and host school or location put a tremendous amount of time and work into making it a success to benefit the educators who work in the area of family studies and teachers who want to learn more about health living, foods, textile arts, and the many facets that we are made up of. Plans are already underway for the 2015 October conference.



Conference 2002 Planning Committee — Standing Back (l-r): Brenda MacDonald, Erin MacPherson, Mystery Man from Richmond County, Linda Boulet, Maureen Cosman-Burke, and Donna Machin. Front (l-r): Shari MacGillivray, Anja Sampson, and Shirley Giffin. Unavailable for photo: Dianne Raoul, Joan MacIsaac, Jenny Aboud, and Nora Strapps.

### Members

Our association hopes that members continue to share their success with each other and with us. Members can access the FSTA through our website under the NSTU. Being able to reach our membership with a quick message about news, registration deadlines, or PD opportunities is highlighted on our site and we have our newsletters available online to all members as well. “Ideas That Work” is an area in our newsletter that we promote to our FSTA members to incorporate into their curriculum. Members receive \$25 if their idea is chosen.

Artist Holly Karr was the keynote speaker at our October 2014 Conference, Then and Now, held at Northeast Kings Education Centre in Canning. She created a beautiful silk textile art piece depicting images about how life was and how life is now. Holly is often sought after for her public speaking, painting and talking on a variety of issues relating to creating and following your own path in life.

### Continuing Education

Acadia University provides a certificate in Family Studies for those teachers who are interested in pursuing teaching in the area of family studies or for those who want to develop skill relevant to the curriculum area. UBC also has a Masters in Education in Human Ecology and Everyday Life available across Canada and it takes two and a half years—all completed online.

The FSTA also offers a fellowship grant for teachers to enhance curriculum and/or student-based projects.

Family studies is a thriving program in our province and with the dedicated educators who teach our future, we are not only inspiring the importance of family and the home, but also the health and well-being of all individuals.

The team of Anja Sampson and Lois Hudson from St. Andrew Junior School in Antigonish presented a workshop on family studies in the middle school at the combined Family Studies Teachers Association (FSTA), Teachers Association for Physical and Health Education (TAPHE) and the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) at Horton High School. Pictured to the left are Sampson, who worked with one group making soft pretzels and Hudson, who is supervising Bridgetown Regional High School teacher Deborah Gillis on a computerized sewing machine.

