



H1N1 and the NSTU: Pushing for protection

After weeks of advocating on behalf of teachers and their students, and pressuring the provincial government to set up H1N1 vaccine clinics in schools, the NSTU is pleased it's finally happening. At press time, the first school-based H1N1 vaccination clinics were being set up in two high schools of the Halifax Regional School Board, and in several schools serving elementary, junior high and high school students in the Tri-County Regional School Board.

This is something the NSTU has been requesting for more than a month. On October 30, NSTU president Alexis Allen appealed to the Nova Scotia Department of Health Promotion and Protection to set up H1N1 vaccine clinics in Nova Scotia schools. The NSTU was receiving many calls and emails from concerned members, and rates of absenteeism were climbing steadily throughout the province.

"The concerns of our teachers have been absolutely valid," says Allen. "From the start, students and teachers have been on the front line of this pandemic, and yet it seems schools were left out of the original H1N1 vaccination planning."

The Capital District Health Authority says the clinics at Sackville High and Citadel High are pilot projects. Students and teachers will be able to get the H1N1 shot during school hours with both clinics opening to the general public after school until 9 p.m. South West Health says the vaccination clinics being set up in local schools in the Tri-County Regional School Board will be for students only; additional community health clinics in fire halls and legions will serve the general public.

"This is a great start," says Allen. "I hope other regional health authorities will follow this lead and set up H1N1 clinics in schools across the province."

"Giving the vaccine at school will not only ensure they receive it; it will also cut down on lineups at the public

vaccination sites and eliminate the need for parents to take their children out of school to get the vaccine."

Another issue the NSTU has been tackling regarding the H1N1 crisis relates to pregnant members. Pregnant women have been universally identified as a high risk group. The Public Health Agency of Canada says that while pregnant women are not more at risk of contracting the virus, those who do in their second or third trimester, or within four weeks of giving birth, are more likely to suffer complications like pneumonia and severe respiratory distress. This can put both the mother and the fetus' health at risk. At the same time, children under 15 have been identified as the group with the highest risk of infection—the very same group with whom pregnant teachers are in daily contact.

Based on this correlation, NSTU president Alexis Allen has repeatedly called upon Marilyn More, Nova Scotia Minister of Education, to instruct all boards and the NSCC to reassign all pregnant teachers until such time as they receive the H1N1 vaccine, and have had sufficient time for the vaccine to take effect.

The NSTU's request was turned down by the province. However, Dr. Robert Strang, Chief Public Health Officer for Nova Scotia and Duff Montgomery, Deputy Minister of the Department of Health Promotion and Protection did meet with Allen and NSTU executive director Bill Redden.

"We were given the opportunity to meet with Dr. Strang and express our concerns," says Allen. "We informed him about the lack of protection for our teachers in the classroom; they are in daily contact with dozens of children and yet are unable to leave a classroom full of students in order to frequently wash their hands."

The NSTU remains committed to keeping on top of any new H1N1 developments and will continue to advocate strongly on behalf of its membership.



Community College agreements officially signed



The new agreements for Community College faculty and professional support staff members were officially signed on November 25 at the Waterfront Campus of the Nova Scotia Community College (NSCC).

NSCC president Dr. Joan McArthur-Blair (right) and NSTU president Alexis Allen are shown above. The agreements were ratified in a vote of both bargaining units on October 23. The agreements were finalized after 16 months of negotiations, a strike vote, a strike date of October 20, a rally in front of the Nova Scotia legislature, and a last minute deal struck on October 19.

"This is an exciting day," said NSTU president Alexis Allen. "I'd like to thank everybody that was involved throughout this difficult process. Everyone was professional and respectful. It speaks highly of the two groups that negotiated this contract."

"This is a great moment of celebration. I'd like to commend the faculty and professional support staff for their professional conduct throughout the process and their commitment to students," said McArthur-Blair.

The new agreements expire on August 31, 2011. They contain a 2.9 per cent annual salary increase in 2008-09, a one per cent salary increase in 2009-10, and 2010-11. There is also a one per cent adjustment to salary grids applied on September 1, 2008 that responds to industry specific demands. Improvements that support continuing professional development include two self-directed learning days annually. Enhanced medical insurance benefits in both agreements bring them in line with those negotiated previously for public school teachers. Enhanced sick leave accumulation provisions were also attained.

Holiday Hours

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Season's Greetings
from the staff of The Teacher!

people

NSTU Local president wins Heritage National Excellence Award for teachers



From left to right are: Sherry Selvidge, Annapolis Valley Regional School Board (AVRSB) Member Jenny White, Cathy's husband Jerry Reimer, Cathy Reimer, NSTU president Alexis Allen, Scott McIndless Chairman Heritage Education Funds, NSTU first vice-president, and vice-principal of Aldershot School Shelley Morse, Aldershot School principal Karen Dyke and Director of Programs and Services for the AVRSB, David Jones.

During a school assembly on October 26, Kings Local president, Cathy Reimer was presented with a cheque for \$5,000 as the Atlantic Canadian recipient of the Heritage National Excellence Awards for Teachers (NEAT).

Each year, the Heritage Educational Foundation recognizes the efforts of talented, inspiring and dedicated teachers through Heritage NEAT. Reimer, who teaches Grade 3 at Aldershot Elementary School in Kentville, was nominated by her colleague Sherry Selvidge, an educational assistant at the school.

"This is a wonderful opportunity for me, but also for all teachers to be celebrated," said Reimer. "It's an honour to receive this, thank you very much."

"Mrs. Reimer is one of 20,000 teachers in Atlantic Canada," said NSTU president Alexis Allen. "She is very deserving of the award."

Heritage NEAT acknowledges individual teachers who have introduced innovative methods of teaching and learning. By stretching the horizons and raising the expectations of their students, they make a real difference in the lives of our children.

Award recipients are selected from five regions: British Columbia and Yukon, the Prairies, Northwest Territories and Nunavut, Ontario, Quebec and Atlantic Canada.



Anne Murray presents *MusiCounts* Teacher of the Year award Scott Leonard first Nova Scotia recipient

MusiCounts, Canada's music education charity named Scott Leonard of Bridgewater's Park View Education Centre (PVEC) the fifth annual winner of the *MusiCounts* Teacher of the Year Award.

JUNO award-winning artist and Nova Scotia native, Anne Murray, presented Leonard with the award at the Halifax Club on November 2.

"I am so grateful to everyone who played a role in my journey here today. Teaching music is an extremely rewarding career and one that has afforded me the opportunity to work with exceptionally talented and passionate individuals," Leonard said. "Through music, one can have a real impact on people's lives, and through them, the broader community."

He has been a devoted mentor to music students for 24 years, 21 of which he has spent at PVEC. Leonard epitomizes the spirit of the *MusiCounts* Teacher of the Year Award as his commitment to music education extends far beyond the classroom. He was the director of Park View's first school musical and also teaches at Lunenburg County Band Camp where he frequently coaches former graduates. In recognition of his commitment to enhancing his students' learning experience through music education and his contributions to the cultural life of the community, Leonard received a \$10,000 cash award, plus an additional \$10,000 for his school's music program, and an all-expenses paid trip to the 2010 JUNO Awards in St. John's, Newfoundland.

Leonard teaches guitar, band, and embraces innovative new ideas, having created his own class—Recording Arts Technology. His talent and charisma led to numerous opportunities to join bands, but he chose to channel his skills and energy through teaching and mentorship, for which PVEC students are extremely grateful. When PVEC was unable to hire a new music teacher, Leonard added more classes to his already demanding schedule. His commitment to the music program and to providing the more than 175 students he teaches with a range of skills and values they'll use throughout their lives are just some of the reasons he has been recognized as Nova Scotia's first *MusiCounts* Teacher of the Year.

"Scott is an inspiration to us all," says Charles Williamson, PVEC's principal. "He is a terrific role model for his students and is someone who has gone beyond his professional expectations to ensure that music programming is sustained and is successful. His enthusiasm for music is contagious, and he has instilled passion in both his students and the community at large."

Leonard's passion for teaching and love of music has been an inspiration to his students who, under his leadership, have been able to explore different styles of music and to grow artistically. Whatever their career choices, they will carry the skills and values that Leonard has stressed in his teaching: teamwork, commitment and community spirit.

The *MusiCounts* Teacher of the Year Award acknowledges the achievements of outstanding music teachers who have had significant impact on students' lives, and who have made a noteworthy contribution to music education within their community.

AVRSB principal lays wreath of remembrance

Michael Knowles, principal of Windsor Elementary School and president-elect of the Canadian Association of Principals (CAP), was privileged to be able to lay a Remembrance Day wreath at the National War Memorial on November 11 in Ottawa, on behalf of principals and vice-principals from across Canada. Knowles will accept the presidency of CAP at the annual conference in April 2010 which will be held in Regina.



Photo: Riley Smith

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Canadian Association of Principals

Association canadienne de la gestion de la province de l'éducation

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Colby Village Elementary school joins the wave against bullying

The gymnasium at Colby Village Elementary School in Dartmouth was transformed into a television studio on November 2, as students and teachers were showcased as one of five schools across Canada for the *Family Channel's Stand Up! Wave*. From November 16 to 22, the Family Channel celebrated its seventh annual Bullying Awareness Week, and Colby Village Elementary represented schools in Atlantic Canada. The wave across Canada aired on November 20, following the premiere broadcast of *The Bullying Issue* from the hit Family Channel series *The Latest Buzz*. Actress Vanessa Morgan, who plays Amanda Pierce on *The Latest Buzz* was on hand at the pre-taping. She is shown above with students. Every November, the Family Channel initiates a nation-wide campaign to promote positive relationships and provide youth with real-life solutions to help them deal with this critical issue. It partners with PREVNet, a national not-for-profit network of Canadian researchers, community organizations and governments committed to ending bullying.



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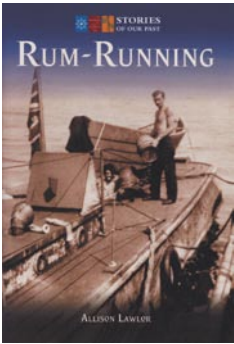
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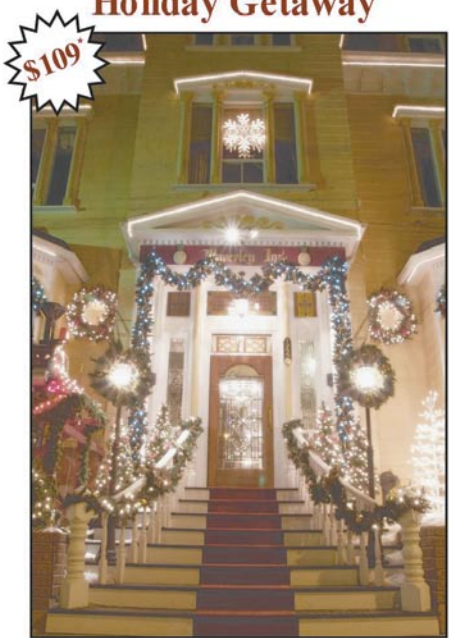


BOOK GIVE AWAY!

The Teacher's give away, courtesy of Nimbus Publishing Ltd., is *Rum-Running*, the rollicking story of one of the most captivating—and controversial—chapters of Canadian History.

Email your name, home address, and school or campus name with **RUM-RUNNING** in the subject line to theteacher@nstu.ca by December January 8 to be eligible for the draw.

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2009-2010 Local presidents & RRC chairs



Standing (left to right): Liette Doucet (Halifax City), Leo Campbell (Queens), Cynthia MacKinnon (Pictou), Arnold Burke (Cape Breton District and Cape Breton-Victoria RRC), Louis Robitaille (Community College), Bernard Leblanc (Richmond), Brenda Burt (Strait RRC), Peter Murphy (Northside-Victoria), Marlene MacDonald (Inverness), John Sperdakes (Chignecto-Central RRC), Patricia Hillier (Cumberland), Tammy Landry (Antigonish), Linda Samson (Conseil syndical acadien de la Nouvelle Écosse), Kyle Marryatt (Dartmouth), Tim MacLeod (Halifax County and Halifax RRC), Gary Schmidt (Hants West).

Seated (left to right): Bill Bruhm (Lunenburg County and South Shore RRC), Eileen Coady (Tri-County RRC), Krista Oswald (Digby), Kim Frank (Annapolis Valley RRC), Lori MacKinnon (Yarmouth), Alexis Allen (NSTU President), Bonnie Mahaney (Shelburne), Cathy Reimer (Kings), Dean Marchand (Guysborough County), Gerry Alley (Colchester-East Hants).

Missing from photo: Susan Robinson-Burnie (Annapolis).



from the nstu president

Fall 2009 Overview

I am sure you will all agree that it's been a very busy fall. In addition to our regular work supporting the membership, the Union has been actively involved in several key issues. This has made our work over the past few months both challenging and interesting, and has provided us with ongoing opportunities to learn.

The school year started with intense attempts to reach a satisfactory and fair agreement for our two Community College contracts. After coming very close to a strike, an agreement was reached and officially signed on November 25.

While the Community College negotiation process was taking place, the Union was also keeping on top of any and all information regarding the H1N1 virus, and in particular the preparedness by the Boards and Department of Education. The World Health Organization officially declared H1N1 a pandemic in June, but it was October before the virus hit Nova Scotia with full force. Once the vaccines were ready, we asked that schools be used as sites so that students and teachers could be protected against the spread of this virus. The Department of Health Promotion and Protection refused our request and also turned down an offer by School Board program directors to hold vaccination clinics in schools. With pregnant women identified as a high risk group, we also asked that pregnant members be given time off to get the vaccine and 10 to 14 days away from classrooms so their immune system could build up a resistance. This request was also refused. I have written numerous letters to the Minister of Education and Minister of Health Promotion and Protection stating concerns that teachers and Community College members who are on the front line receive no protection against this virus. On November 16, NSTU executive director Bill Redden and I had the opportunity to meet with Nova Scotia's Chief Public Health Officer Dr. Robert Strang and the Deputy Minister of Health Promotion and Protection, Duff Montgomerie. We informed them of our concerns of not being consulted about their pandemic planning and of the lack of protection for our members. Although the pandemic has now slowed down, we will continue to monitor and advocate on behalf of our members and their students.

On October 27, I attended the 2009 Whitworth Forum presented by the Canadian Education Association. This year's theme was *No Child left Thinking: Testing, 'Accountability' and the Threat to Canadian Democracy*. The conference included a keynote presentation by Dr. Joel Westheimer, University Research Chair and Professor of Education at the University of Ottawa. Dr. Westheimer presented his view that the use of standardized tests has had a dramatic effect on what is being taught at schools in Canada. He believes the increased focus on testing and test preparation has severely constrained many students' opportunities to develop the skills of critical thinking. He says that our students and society are losing out because of a testing regime that has made education so numeracy and literacy-focused that the abilities to articulate a different position, think critically, be creative or even have technological competency do not seem to have the same "value" as tests. This is something that both the NSTU and Canadian Teachers' Federation have been advocating for some time; that high stakes testing has a negative effect on education overall. A better way to get program and system information about student achievement is through random testing. While Westheimer is not against testing in all forms, he is against policy that restricts teachers from doing their jobs and is concerned that the current testing regime has contributed to the deprofessionalization of teaching.

Another interesting event I attended this fall was the launch of the program *Experiences*, held at Province House on October 21. *Experiences* is a national program seeking an equal voice for women. The intent is to encourage more women to become involved in politics at all levels. For more information visit: www.equalvoice.ca/experiences.

Looking forward to 2010, there is no sign of slowing down. This month, the Union will begin the process of preparing an asking package for the upcoming round of bargaining for the Teachers' Provincial Agreement, based on submissions received from individual members, school staffs, Locals, RRCs, REWCs and Council resolutions. The current provincial agreement expires on July 31, 2010. A random sample of public school members will be surveyed to prioritize contract issues to assist the Provincial Economic Welfare Committee (PEWC) in developing the Asking Package. Please take the time to complete the surveys and return them to the office to better assist the PEWC in deciding the priorities for our next package.

I'd like to wish all of you a very restful and relaxing holiday break. In this hectic time that we live in, please take the time for yourself, family and friends to get rejuvenated and focus on your own health and wellness.

Aperçu de l'automne 2009

Je suis sûre que vous serez tous d'accord avec moi pour dire que l'automne a été très occupé! En plus de son travail ordinaire de soutien à ses membres, notre syndicat a été activement impliqué dans plusieurs enjeux clés. Cela a rendu notre travail au cours des derniers mois à la fois difficile et intéressant et nous a fourni des occasions constantes d'apprentissage.

L'année scolaire a commencé par des efforts intenses pour obtenir un règlement juste et satisfaisant concernant les deux contrats de notre Collège communautaire. Nous sommes passés très près de la grève mais un accord a été conclu et signé officiellement le 25 novembre.

Tandis qu'avait lieu le processus de négociation du Collège communautaire, le syndicat se tenait également au courant de tous les faits nouveaux concernant le virus H1N1 et en particulier de la capacité de réaction des conseils scolaires et du ministère de l'Éducation. L'Organisation mondiale de la santé a officiellement déclaré une pandémie de grippe H1N1 en juin, mais c'est seulement en octobre que le virus a frappé de plein fouet la Nouvelle-Écosse. Une fois que les vaccins ont été prêts, nous avons demandé à ce que les écoles servent de centres de vaccination afin que les élèves et les enseignants puissent être protégés contre la propagation de ce virus. Le ministère de la Promotion et de la Protection de la Santé a refusé notre demande et a également rejeté une offre des directeurs de programmes des conseils scolaires d'organiser des cliniques d'immunisation dans les écoles. Vu que les femmes enceintes étaient jugées particulièrement vulnérables, nous avons également demandé à ce que les enseignantes enceintes aient droit à un congé pour se faire vacciner et rester 10 à 14 jours chez elles afin que leur système immunitaire puisse acquérir davantage de résistance. Cette demande a été également refusée. J'ai écrit de nombreuses lettres au ministre de l'Éducation et au ministre de la Promotion et de la Protection de la Santé pour exprimer nos inquiétudes au sujet du fait que les enseignants et les membres du Collège communautaire, qui sont en première ligne, ne recevaient aucune protection contre ce virus. Le 16 novembre, le directeur exécutif du NSTU, Bill Redden, et moi-même, avons eu l'occasion de rencontrer le Dr. Robert Strang, administrateur en chef de la santé publique, et Duff Montgomerie, sous-ministre de la Promotion et de la Protection de la Santé. Nous leur avons expliqué que nous nous inquiétions du fait que nous n'ayons pas été consultés au sujet de la planification relative à cette pandémie et que nos membres ne soient pas protégés. Bien que la pandémie se soit maintenant ralentie, nous continuerons à la surveiller et à défendre les intérêts de nos membres et de leurs élèves.

En 27 octobre, j'ai assisté au Forum Whitworth 2009 présenté par l'Association canadienne d'éducation. Le thème de cette année était « *Plus aucun enfant ne pense : administration de tests, obligation de rendre compte et menace pour la démocratie du Canada* ». Le discours principal de la conférence était donné par Joel Westheimer (Ph.D.), chaire de recherche universitaire et professeur d'éducation à l'université d'Ottawa. Selon M. Westheimer, l'usage des tests standardisés avait eu un effet dramatique sur ce qui était enseigné dans les écoles au Canada. Il est convaincu que l'insistance croissante sur les tests et la préparation aux tests a gravement entravé la capacité des élèves à développer des capacités de réflexion critique. Il a indiqué que notre société et nos élèves étaient perdants car le système de tests axait tellement l'éducation sur la numératie et la littératie que les aptitudes à formuler une opinion différente, à réfléchir de manière critique, à être créatif ou même les aptitudes technologiques ne sem-

blaient plus avoir la même « valeur » que les tests. C'est une position que le NSTU et la Fédération canadienne des enseignantes et des enseignants défendent depuis longtemps : les tests à fort enjeu ont un impact négatif sur l'éducation dans son ensemble. Un meilleur moyen d'obtenir des informations pédagogiques et systémiques sur la performance des élèves est d'administrer des tests imprévus. Bien que Westheimer ne soit pas opposé aux tests sous toutes leurs formes, il s'oppose à une politique qui empêche les enseignants de faire leur travail et craint que le système de tests existant n'ait contribué à la déprofessionnalisation de l'enseignement.

Un autre événement intéressant auquel j'ai assisté cet automne a été le lancement du programme *Experiences*, qui a eu lieu à Province House le 21 octobre. *Experiences* est un programme national cherchant à donner une influence égale aux femmes. Son intention est d'encourager davantage de femmes à se lancer dans la politique à tous les niveaux. Pour de plus amples renseignements, consultez www.equalvoice.ca/experiences.

Si nous nous tournons vers l'année 2010, il n'y a aucun signe de ralentissement. Ce mois-ci, notre syndicat va entamer le processus de préparation d'un cahier de revendications pour la prochaine série de négociations en vue de la convention provinciale des enseignants. Ce cahier s'appuie sur les soumissions reçues des membres, du personnel des écoles, des sections locales, des CRR, des CRBE et sur les résolutions de l'AGA. La convention provinciale actuelle arrive à terme le 31 juillet 2010. Un sondage sera effectué auprès d'un échantillon aléatoire de membres des écoles publiques pour établir les priorités contractuelles afin d'aider le Comité provincial du bien-être économique (CPBE) à élaborer le cahier de revendications. Nous vous prions de prendre le temps de remplir ce questionnaire et de le renvoyer au bureau afin d'aider le CPBE à établir des priorités pour notre prochain cahier de revendications.

Je voudrais vous souhaiter à tous des congés de fin d'année agréables et reposants. À l'époque trépidante où nous vivons, il est important de prendre du temps pour vous-même, votre famille et vos amis afin d'améliorer votre santé et votre bien-être personnel et de retrouver votre vitalité.



The 2009 Whitworth Forum also featured a panel discussion moderated by Jane Purves, former Nova Scotia Minister of Education. She is pictured with panel members Dr. Westheimer, April Howe-Diplock, Chair of the Halifax Regional School Board's African Nova Scotian Advisory Committee, Mary-Lou Donnelly, President of the Canadian Teachers' Federation, Ann Vanstone, former co-chair of Ontario's Effective Schools Task Force and Thomas Henderson, Literacy Assessment Coordinator for the Nova Scotia Department of Education.



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Thursday, December 24, 2009 – 10:00 a.m. to 12:00 noon
Friday, December 25, 2009 – CLOSED
Monday, December 28, 2009 – CLOSED
Tuesday, December 29, 2009 – 10:00 a.m. to 5:00 p.m.
Wednesday, December 30, 2009 – 10:00 a.m. to 5:00 p.m.
Thursday, December 31, 2009 – 10:00 a.m. to 12:00 noon
Friday, January 1, 2010 – CLOSED
Monday, January 4, 2010 – 10:00 a.m. to 5:00 p.m.

Happy Holidays

from

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by Dr. Erin Kempt-Sutherland
CHAIR, INTERPROFESSIONAL RELATIONS COMMITTEE,
COUNCIL OF THE NOVA SCOTIA COLLEGE OF CHIROPRACTORS

As teachers, you have an overwhelming responsibility to your students and their future. You therefore owe it to yourself to take care of yourself and your future by living a lifestyle that supports a healthy mind, body and spirit. The first step to creating a healthier lifestyle should be to build a personalized “dream team” of health care professionals to guide you along the road to wellness. An integral part of the health and wellness team is the Doctor of Chiropractic (DC).

Chiropractors specialize in the examination, diagnosis and treatment of disorders of the nervous, muscular and skeletal systems and, more specifically, the interaction between these three systems of the body. There are

over 7,000 DCs in Canada and just over 100 in Nova Scotia, making chiropractic the third largest primary health care profession in the country. It takes at least seven years of post-secondary education (at least three years of an undergraduate degree followed by four years of chiropractic education at an accredited chiropractic college) to become a chiropractic doctor. While Doctors of Chiropractic are most often thought of as back or bone specialists, chiropractors take care of your entire body and are thoroughly trained in exercise therapy and nutritional counselling with the goal of supporting your overall health and wellness.

Teachers are prone to neuro-musculoskeletal disorders, specifically back and neck pain, due to the repetitive nature of the job. Long hours spent standing, followed by long hours at the computer or bent over a desk marking exams and tests, all place strain and stress on the spinal bones, muscles, ligaments and nerves. Holding your body in these postures for prolonged periods of time can lead to restricted movement or misalignments of the vertebrae which can irritate or pinch nerves as they exit the spinal canal. Because every tissue in the body is supplied by the nerves that originate at the spine, the effect of spinal misalignments can be far-reaching, causing less than optimal function of the muscles, skin and other organs supplied by branches of that particular nerve. The misalignment of the vertebrae and resultant nerve irritation is known as the Vertebral Subluxation Complex or, a subluxation for short.



Only a chiropractor has the education and tools to correct these spinal subluxations. Most often, chiropractors will use their hands to gently place a specifically-directed force through the effected vertebrae in the necessary direction required to correct the misalignment. This form of treatment is called Spinal Manipulative Therapy (SMT), but is commonly referred to as an adjustment.

Sometimes the chiropractor will choose to use other adjunctive therapies, such as various electromodalities (ultrasound, laser, TENs machines), acupuncture and soft tissue therapy (various massage techniques) to aid the healing process. The overall effect is decreased pain, improved range of motion, decreased disability and most importantly, the optimization of your overall health as your nervous system is restored.

It is very important to take care of your spine. The vertebrae of your spine are designed to protect the spinal cord, a bundle of nervous tissue that acts as a super highway along which messages are sent from the brain to the rest of the body, allowing our organs and tissues to function properly. Remember, you only have one spine, and that spine cannot be replaced like teeth, knees or hips. It is very important to practice good spinal hygiene for your overall health and wellness and good spinal hygiene begins with chiropractic care.

For more information on chiropractic care, or to find a chiropractor near you, visit the website of the Nova Scotia College of Chiropractors at www.adjustyourview.com.



Dr. Kempt-Sutherland owns and operates Choice Chiropractic & Integrated Health Centre located in Dartmouth.

Take the ROOF off WINTER



Winter Walk Day

Sign up your school or youth group for Winter Walk Day and qualify for prizes and resources as an official supporter of Take the Roof Off Winter. Register at www.taketherooffwinter.ca



did you KNOW?

The Early Intervention Program (EIP) invites NSTU members to sign up for our Wellness email list at Be_Well@nstu.ca.

Please contact Erin at ekeefe@nstu.ca to provide her with your NSTU email address. The Be_Well@nstu.ca list will provide information about the EIP and other wellness topics.



Congratulations to our OCTOBER WINNERS of the FRESH & EQUITY giveaways!

FRESH: Michael Mombourquette of Cornwallis School in Sydney
EQUITY: Lorelei Oulton-Kerr of Dr. Arthur Hines School in Hants County

Our Country, Our Parliament – GIVE AWAY!

The Teacher has 25 English and 25 French copies of *Our Country, Our Parliament* (Notre pays, notre Parlement) to give away in groups of five. It is a new 51-page colour resource published by the Parliament of Canada.

Our Country, Our Parliament is intended for students of English and French at an intermediate level who may or may not know about democracy or Canada's parliamentary system of government. Teachers can easily adapt the concepts, topics and vocabulary for use in Grades 5 to 8 social studies units on the parliamentary process or for literary arts units.

Email theteacher@nstu.ca by January 8 to be eligible for the draw. Please note whether you would like an English or a French copy. To learn more about this resource, visit www2.parl.gc.ca/Sites/LOP/Education/ESL/index-e.asp.



On October 28, a lucky group of Nova Scotia students got a science lesson that was out of this world when they learned about space from astronauts floating 340 kilometres above the Earth in the International Space Station.



Photo: Michael Creagen, Communications Nova Scotia

Sixteen Grade 9, 10 and 11 students had a once-in-a-lifetime opportunity to ask questions in real time to Canadian Space Agency scientist and astronaut Robert Thirsk and the rest of the six-person crew on board the space station using a satellite downlink at Mount Saint Vincent University.

“This is a wonderful moment for our students, who will get a rare opportunity to experience first hand one of the world’s greatest, ongoing science projects,” said Education Minister Marilyn More. “It is important for our students to see science and technology being put to work in the real world, whether it’s here on Earth or in a floating space lab hundreds of kilometres above our heads in space.”

Students across the province were asked to come up with questions for the astronauts in early October. Students who came up with the most intriguing questions related to space or the space station's mission were selected to participate.

Questions ranged from the risk of catching diseases in space to sleeping in a weightless environment to whether astronauts can see the ozone-eroding effects of global warming on the planet from space.

In preparation for the downlink, teachers provided students with lessons on mission-related science and the almost 100 experiments astronaut Thirsk is doing onboard the space station.

April Butler is excited for her students. Astronomy is a passion of the West Kings Rural High School physics teacher. Six of her students participated in the extra-terrestrial chat.

“This is a great opportunity for my students to realize what happens when you dream big,” she said. “You know we talk about a lot of things in science, and a lot of it is old stuff—it’s 300 years old, like Newtonian mechanics; this is something that is changing as we speak, minute to minute, day to day. This is the latest and the greatest and it is something that Canada is a major player in and therefore it gives us all a sense of pride.”

Nova Scotia is developing a memorandum of understanding with the Canadian Space

Agency that will provide a framework for science and technology research, teaching and learning activities for Grades Primary to 12 and professional development for teachers.

The online playback of the downlink is found at www.ednet.ns.ca/stay_informed/.

Do you have an original and innovative idea to encourage healthy eating in your classroom?



Keep reading and you could find yourself being awarded \$100 to support your nutrition education initiative.

This award program is brought to you by the team of registered dietitians at Dairy

Farmers of Canada, in collaboration with Dieticians of Canada and the Heart and Stroke Foundation of Nova Scotia.

Research from Statistics Canada's Overview of Canadians' Eating Habits (2004) has revealed that Canadian children do not eat enough vegetables and fruit or milk products.

Teachers play an important role in helping to shape students' eating habits. Until February 14, 2010, submit a completed application form describing your nutrition activity. A total of five awards of \$100 each will be presented to select Primary to Grade 8 Nova Scotia teachers. Prizes will be awarded to the teachers with the most innovative approaches to teaching nutrition. The winning activities must have a teaching component that relates to the curriculum and encourage the consumption of the two most under consumed food groups: vegetables and fruit, and milk and alternatives.

The submitted activity must **not** be an ongoing breakfast, snack or lunch program, and must include student and/or parent participation. Only one teacher per school can be granted an award.

Whether you teach phys. ed, health, math, science or even languages, if you have an innovative and original way of teaching nutrition to your students, we want to hear from you.

Application deadline: February 14 (midnight). Award announcements: March 1st (just in time for Nutrition Month®)

For more information or to obtain an application form for the award, send an email to infornutrition@dfc-plc.ca.



Nova Scotia
RECYCLES
Contest

NSTU Professional Associations

2009 Provincial Professional Development Day Highlights

For this year's Provincial Professional Development Day, which took place on October 23, there was no on-site registration, so NSTU members had to register for conferences by October 9. Of the 23 professional associations, 16 offered online registration. A newly created professional association, the Learning Support Professional Association, which is for professional support staff of the Nova Scotia Community College, and the Association of Adult Educators were unable to hold conferences because of the potential strike of faculty and professional support members of the Community College Local.

ATYA

The Association of Teachers of Young Adolescents (ATYA) held its conference in Milford at Riverside Education Centre. The conference theme was *Balance: It's Not Just an Act* and the keynote speaker was Carol Lesbirel. An accomplished and versatile professional speaker, motivational trainer and facilitator, her lively and highly participatory style offers skills and techniques that allow participants to meet personal and professional goals. The packed crowd heard her ten tips in achieving harmony and balance.

"Harmony is a circle—life has to go around it. Balance implies things are equal on two sides. In the workplace that's hard to achieve. When you do have harmony in your life then you have a full sense of balance. Think of what's important to you and achieve it and prioritize, schedule it in—priority manage."



Darlene Walker, principal of Uniacke District School and Helen Anderson, Grade 7, 8, 9 teacher at Uniacke District School is shown with Carolyn Sexton, ATYA's secretary.

She encouraged the audience to make time a priority. "Keep a time log—a time budget," she says. "The bad news is that time flies, but the good news is you are the pilot." She told the audience to make lists, work from lists, update lists and schedule in everything.

Lesbirel also spoke about getting rid of the two Ps—procrastination and perfectionism. "Learn to make a decision, make it and move on—if you think you've made a bad decision— don't advertise it. Keep things moving forward."

She also reiterated the role that satisfaction plays in getting harmony in your

life. "It is about how happy you are—not what someone tells you." Lesbirel ended her address with a little help from Tina Turner. "Remember— you're simply the best!"

NSTU PD staff officers Gérard Cormier and Betty-Jean Aucoin provided workshops for the ATYA conference. Cormier presented his popular *Battling Homophobia in the Classroom* workshop to teachers from all levels. Classroom teachers, specialist teachers, vice-principals, principals, RCH liaison officers and some involved in school GSAs attended the workshop. They were seeking advice and counsel on a variety of sexual orientation issues in schools including language, students from other cultures, parents, and sexual minority students and colleagues. Aucoin presented her *Personality Compass* workshop, which helps participants better understand themselves, colleagues and their students and provides strategies for building staff teams and classroom teams.

NSLTA/AELNE



Lunda and Tony Orlando; middle row, Diane Walker, Guy Briand and Sonja Stuart; front row, Sarah Smith, Rima Majaess, Lisa DeAdder and Kenna MacLean.

Nova Scotia Language Teachers Association/ Association des enseignant(e)s de langues de la Nouvelle-Écosse (NSLTA/AELNE) held its well-attended conference for second language teachers at Ridgecliff Middle School in Beechville.

Shown in the photo are members of the association's organizing committee. Left to right are: back row,

John Barron, Mukuna

NSTALL



Over 340 teachers attended 25 sessions at the Nova Scotia Teachers Association for Literacy and Learning (NSTALL) conference whose theme was *Literacy Alive: The Write to Read*. In the Poetry as a Visual Art workshop, participants learned how to integrate technology into the poetry lesson through using photo story. This interactive, activity-based session used visualizing to promote comprehension and demonstrated how to encourage students to use visuals to express literary and symbolic meaning of poems. Workshop presenter Angela Shields (standing), a Grade 7, 10 & 12 language arts teacher at East Antigonish Education Centre-Academy in Monastery is shown with Terry Cameron, a high school English teacher at Dr. J.H. Gillis Regional High School, Amy Levesconte, a Grade 4 teacher at Inverness Education Centre and Donna Martin a Grade 7 language arts teacher at West Richmond Education Centre.

NSMEA



Shown in the photo (left to right) are members of the Nova Scotia Music Educators' Association (NSMEA) executive: Steve Hartlen, Treasurer; Marg Kristie, Membership Secretary; Belinda Fraser, Newsletter/Communication; Tammy Landry, Secretary/Webmaster; Donalda Westcott, Vice-

President/Professional Development; and Sean McLennon, President.

This year's NSMEA conference, *Implementing the Curriculum and Sharing the Passion* took place in Wolfville.

Recent merger creates largest history and citizenship organization in Canada

In recent years, young Canadians have taken a renewed interest in our history through unique initiatives that celebrate our rich diversity, storied military tradition and national accomplishments. Teachers play an invaluable role in instilling this passion in our young people. In addition, two organizations—The Historica Foundation and The Dominion Institute—have been at the forefront to ensure all Canadians know their history, understand the responsibilities of citizenship and remain active and engaged participants in our democracy.

On September 1, 2009, Historica and the Dominion Institute merged to become The Historica-Dominion Institute, the largest history and citizenship organization in Canada.



The Hon. Myra Freeman, former Lieutenant Governor of Nova Scotia and tireless supporter of education initiatives in the province serves as a Director on the Board of Historica-Dominion Institute.

The primary goal of the new Institute is to reach out to teachers and provide exciting and relevant programming that complements the existing history and social science curriculum and at the same time engages students to see these subjects in a different way.

A main focus of the Institute is its efforts to capture and communicate the stories of our veterans to the younger generation, helping to ensure that we as a country never forget the service and sacrifice of these brave men and women. To this end The Memory Project Speakers' Bureau (www.thememoryproject.com) includes more than 1,500 veterans of all conflicts since the Second World War who share their unique experiences with young people in classrooms. Teachers and community leaders can arrange for a local veteran to visit the school or youth group at no cost. After eight successful years, the program reached the impressive milestone this fall by reaching its one millionth student.

Building on the success of the Speakers' Bureau, this past summer the Institute launched an exciting and ambitious oral history project called The Memory Project – Stories of the Second War, through which every living veteran who served in that conflict will have a chance to have their stories recorded and artifacts digitized as part of the unique legacy project. Hundreds of veteran profiles, as well as education resources and interactive learning tools are already accessible online at www.thememoryproject.com for teachers, students and youth leaders. Any veterans, or family of veterans, interested in participating in this initiative is encouraged to contact the Institute.

Educators across the province interested in furthering their involvement with The Historica-Dominion Institute are encouraged to contact Jeremy Diamond, the Institute's Managing Director, to assist in establishing a provincial committee within Nova Scotia to further its goals.

"We have recently seen a renewed interest in honouring our veterans and currently serving men and women by a boost in attendance at Remembrance Day ceremonies, requests from teachers for veterans to visit their classrooms and an increase in the willingness of veterans to share their stories before it's too late," says Diamond. "As Canadians, let's embrace and celebrate this commitment to our history. It's a welcome change."

To find out more about how to get involved in initiatives from The Historica-Dominion Institute, visit www.historica-dominion.ca or call 1.866.701.1867. Jeremy Diamond can be reached at jdiamond@historica-dominion.ca.

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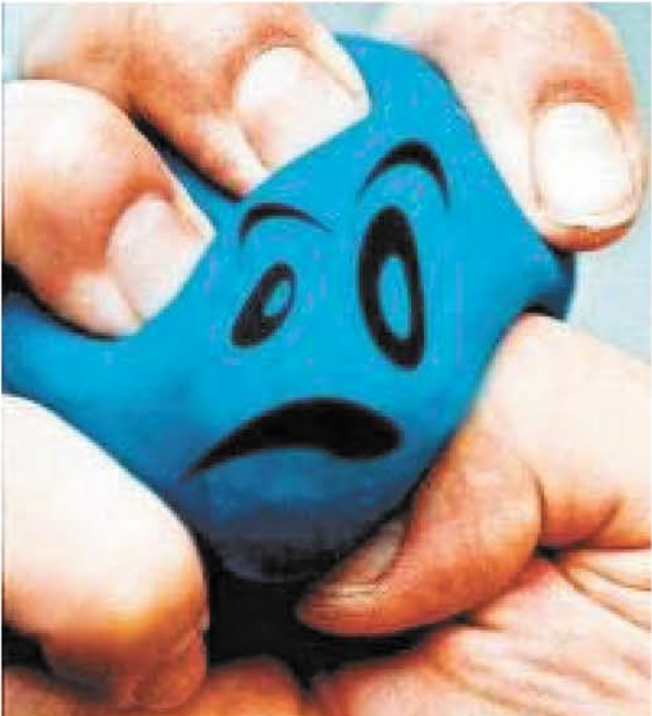
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NSTU Stress Survey



The NSTU is collaborating with researchers from Saint Mary's University to conduct a survey on the causes & consequences of NSTU members' workplace stress.

Participating in this survey will allow you to voice concerns you may have regarding stress in your profession.

We invite you to complete our electronic survey on workplace stress.

To complete the survey:

Teachers go to:

www.smu.ca/nstu-teacher

Teachers with administrative duties: If 1/3 or more of your work assignment is administration, please use the web link below

Administrators go to:

www.smu.ca/nstu-administrator

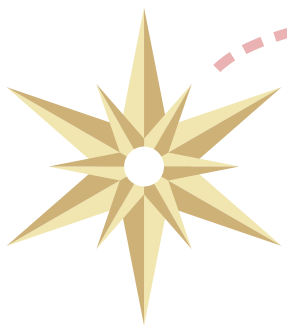
The survey links will be available from December 5, 2009 to January 8, 2010

These surveys are for public school teachers and administrators only. A survey for Community College members will begin in 2010. Watch "The Teacher" for details.

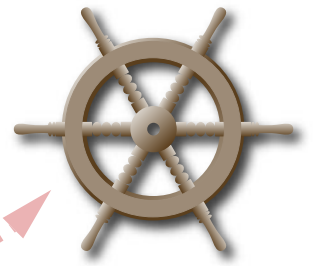
For more information on this study contact:

Natasha Scott @ 496-8759 or workstress@smu.ca





Charting Your Course FOR PROFESSIONAL DEVELOPMENT



BATTLING HOMOPHOBIA IN OUR SCHOOLS

By Gérard Cormier, Executive Staff Officer, Outreach Programs and Equity Services

Homophobia (the rejection of homosexuality and systematic hostility toward homosexuals) exists in our society and since our schools are a reflection of our society, we find homophobia in schools as well. Great efforts have been and continue to be made to battle our society's prejudice against homosexuals. These include the Human Rights Act, legalization of gay marriage and promotion of gay pride through parades, etc. Although these initiatives have not yet eradicated homophobia, there is a new openness toward sexual minorities in today's society that was absent 20 years ago. Does this same openness exist in our schools or does our school system lag behind society at large?

I have worked in Nova Scotia's school

system since the late 1980s and I must acknowledge that positive changes have occurred in helping to combat homophobia, but we are not out of the woods yet. Too often, we still find that sexual minority youth face numerous problems such as harassment, isolation, as well as verbal and/or physical violence. Recent research shows that dropout and suicide rates among sexual minority youth far exceed those for young heterosexuals. Young people themselves say they feel unsafe at school and that teachers do not act often enough to stop the abuse. There is still a law of SILENCE that must be broken, silence that has continued for far too long. Here are a few approaches that can help break this silence.



Gérard Cormier is shown with Cape Breton University Bachelor of Education students. He provided a social justice workshop for the group of students on November 16. This workshop covers various social justice issues including homophobia.

The John Huntley Memorial Internship Program

The remaining deadlines for applications for the John Huntley Memorial Internship Program for the 2009-2010 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



The first round of John Huntley Memorial Internship Program participants for the 2009-10 school year spent two days at the Tom Parker Building—NSTU's Central Office on October 29 and 30. This fall started the expansion of the program to include four internships, with up to six NSTU members per session. The first six participants are shown with NSTU's Early Intervention Program (EIP) staff. From left to right are EIP case coordinator Leticia Richer, Nathan Orman (Shelburne Local) a visual arts 10 and keyboarding teacher at Barrington High School, Laura McCulley (Kings Local), a Grade 6, 7 and 8 teacher at Evangeline Middle School, Jaylene Chase (Lunenburg County Local) a Grade 4, 5, and 6 teacher at Riverport Elementary School, Angèle d'Entremont (CSANE) an English 8 and 9 teacher at École secondaire de Par-en-Bas, Janet Balinasay (Pictou Local) a program support teacher at Northumberland Regional High School, EIP manager Jennifer Finlayson and Carmel Rooney (Halifax City Local) a Grade 1 teacher at Joseph Howe School.

THERE MUST BE GREATER VISIBILITY

Classroom discussions, textbooks and day-to-day experiences in our schools must reflect the reality of our society. For example, history courses must talk about the gay rights movement that began in 1969. More emphasis must be placed on teaching about human rights. Our discussions about the family in elementary school must include examples of children with two mothers or two fathers. Posters in classrooms must promote this diversity.

PROFESSIONAL DEVELOPMENT IS NEEDED

Teachers often wonder "What do we say?" or "What do we do?" They want to know how to act but they have not received the necessary training to show them how to fight against homophobia. The NSTU conducts workshops that give participants tools to deal with these kinds of situations. We examine the myths that still persist today about homosexuality and teach participants how to discredit these myths. We discuss ways to create an "inclusive" classroom for all students. We review recent publications that teachers can use in class. We discuss the Canada-wide survey of students which found that sexual minority youth continue to be targets of harassment in schools. We BREAK

the silence by addressing and discussing these issues together.

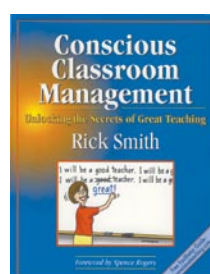
WE HAVE TO START SOMEWHERE

We sometimes get the impression there is too much work to do and we don't know where to start. In fact, everything starts with small moves, small steps, and gradually we notice the homophobic culture that has prevailed for far too long is starting to decline. We begin by reacting immediately when homophobic comments are made. We place posters in our classrooms and hallways to promote diversity. We take training in social justice. We help students form gay/straight alliances in schools. We participate in gay pride parades. We teach by example.

In 1969, we witnessed the decriminalization of homosexuality in Canada. In 1973, the American Psychiatric Association removed homosexuality from its official list of mental disorders. In 1991, Nova Scotia's Human Rights Act was amended by the addition of a protective clause based on sexual orientation. In 1996, the Canadian Charter of Rights and Freedoms was amended by the addition of a similar protective clause. In 2002, a court ruled against a Catholic school board in Ontario, allowing a graduating high school student to attend prom night with his partner. In 2005, Canada became the third country in the world to legalize marriage between persons of the same sex. There truly is a pot of gold at the end of the rainbow.

This article originally appeared in French in the Aviso Fall 2009 edition, p. 24-25.

The NSTU has a series of posters in English and French that help to address this issue. They have been sent to all schools. To obtain copies email Gérard Cormier at gcormier@nstu.ca.



CONGRATULATIONS TO...

The winner of the PD book giveaway *Conscious Classroom Management - Unlocking the Secrets of Great Teaching* by Rick Smith published by Conscious Teaching Publications in California is **Denise Lombard** of École Rose-des-Vents with the CSAP Board.

Brookhouse Elementary gets staffroom makeover



Teachers at Brookhouse Elementary School in Dartmouth are enjoying their staff room more than ever these days—thanks to a new makeover. In September, some teachers got together to create a more inviting and comfortable space for staff to gather, eat lunch, relax and recharge. They say much of the credit goes to principal Ken MacDonald who encouraged and supported the makeover.

Tell Us Where To Go!

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www.ambassatours.com

NOVA SCOTIA

Department of Education

OVERSEAS SCHOOLS TEACHING OPPORTUNITIES

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- A certified teacher in Nova Scotia
- A new teacher graduate seeking full-time experience
- A retiree still interested in teaching

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- Teaching Nova Scotia curriculum in overseas schools
- Seeing the world while working in a rewarding school environment

Teaching/administrative opportunities are available immediately in

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- United Arab Emirates (Primary – High School Program)
- Kuwait (Primary – High School Program)
- Egypt (Primary – High School Program)

Compensation includes

- Basic salary
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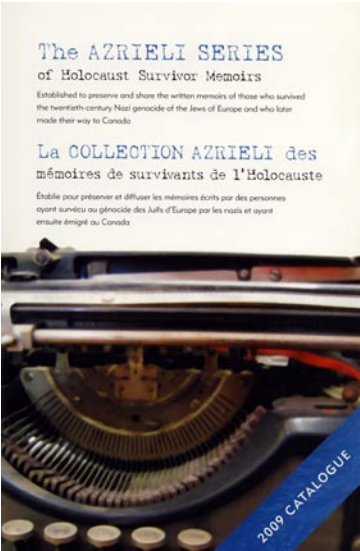
For further information contact coveyfp@gov.ns.ca

EQUITY COMMITTEE BOOK REVIEW

Email your name, home address, and school or campus with EQUITY in the subject line to theteacher@nstu.ca by January 29 to be eligible for the draw.

This month's EQUITY giveaway is *The AZRIELI SERIES of Holocaust Survivor Memoirs*. The Holocaust Survivor Memoirs Program was established in the summer of 2005 to collect, edit, archive, publish and distribute the memoirs and diaries of men and women who survived the 20th-century Nazi genocide of the Jews of Europe and later made their way to Canada. The inaugural series of memoirs - four in English and three in French, was officially launched in Montreal and Toronto in November, 2007. Survivor accounts play an invaluable role in our understanding of the Shoah—and of Jewish and global history more generally—and hold a particularly vital place in education about tolerance and diversity. The Azrieli Foundation is committed to preserving and distributing these important historical records through schools and libraries, as well as through Holocaust memorial and historical institutions in Canada and around the world. For more information, go to the website of the Azrieli Foundation's Holocaust Survivor Memoirs Program at www.azrielifoundation.org/memoirs.

The NSTU is proud to draw for 10 winners in this month's draw.



Nova Scotia Learning Disabilities Conference

Hosted by the Learning Disabilities Association of Nova Scotia

May 13 & 14

2010

World Trade and Convention Centre, Halifax

Featuring...

Sheree Fitch, multi-award winning author, speaker, educator

Dr. Steven Feifer, Neuropsychologist, nationally renowned speaker in the field of Learning Disabilities

Plus...

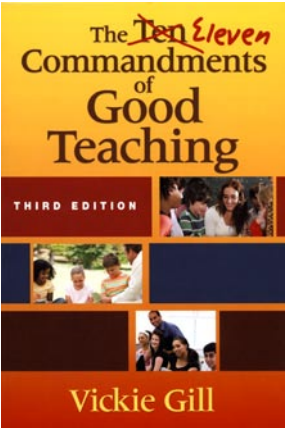
Sessions on:

- Math
- Writing strategies
- Reading strategies
- Non-Verbal LD
- Mental Health
- ADHD – Developing effective learning

Don't miss out on our early bird registration draw! Visit www.nslidconference.ca for more information

fresh

Putting new members in the KNOW!



- Maintain an open mind and a flexible attitude
- Focus on why you became a teacher in the first place

Rediscover your profound joy for the classroom, students, and what is undoubtedly the greatest of all professions.

Email your name, home address, and school or campus with FRESH in the subject line to theteacher@nstu.ca by January 29 to be eligible for the draw.

This month's FRESH giveaway is *The Eleven Commandments of Good Teaching* written by Vickie Gill and published by Corwin Press. This book gives teachers practical advice from someone who has faced the challenges of teaching. It will help teachers recapture the passion of teaching, helping them to make sure that students feel seen. It will help teachers create dynamic, successful classrooms. It contains the following suggestions:

- Ask for support from your principal or staff
- Reach difficult-to-reach students
- Choose your battles carefully

coming events

JANUARY 17 TO 23

National Non-Smoking Week

The 2010 theme for National Non-Smoking Week is *Quitting is contagious, pass it on*. Canada's National Non-Smoking Week (NNSW) has been observed for more than 30 years. Since 1977, activities for the week have been co-ordinated by the Canadian Council for Tobacco Control. The goals of National Non-Smoking Week are: to educate Canadians about the dangers of smoking; to prevent people who do not smoke from beginning to smoke and becoming addicted to tobacco; to help people quit smoking; to promote the right of individuals to breathe air unpolluted by tobacco smoke; to de-normalize the tobacco industry, tobacco industry marketing practices, tobacco products, and tobacco use; and to assist in the attainment of a smoke-free society in Canada. For more information, visit www.nnsw.ca.

JANUARY 20

Weedless Wednesday

Weedless Wednesday is a focal point of National Non-Smoking Week, focusing media and public attention on the benefits of cessation and the community resources available to help smokers quit. The idea behind Weedless Wednesday is to promote a "one day at a time" approach to quitting smoking, a concept appealing to many smokers who may be discouraged at the thought of an entire week—or lifetime—without cigarettes, but who may be able to cope with one smoke-free day. For more information, visit www.nnsw.ca.

JANUARY 27

Family Literacy Day

Family Literacy Day is held every year on January 27. Developed 12 years ago by ABC CANADA Literacy Foundation and Honda Canada, it is a day to celebrate parents and children reading and learning together. Last year, more than 280,000 Canadians participated in activities in homes, schools and classrooms. This year, the official theme is "Sing for Literacy" and Canadians are being encouraged to host or attend sing-alongs in their communities. Organizers say singing encourages learning patterns of words, rhymes and rhythms, and is strongly connected to language skills. Visit www.FamilyLiteracyDay.ca to learn more, or to pledge online to help raise funds for literacy.



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Featured programs:

Counselling Curriculum Studies

Leadership Inclusive Education

Courses are available face-to-face and online. Teachers are encouraged to apply for admission before February 1 (Counselling) and March 15 (other programs).

For more information:
MEd.openacadia.ca
1.800.565.6568

open ACADIA



NOVA SCOTIA EDUCATIONAL LEADERSHIP CONSORTIUM

The Board of Directors and the Program Committee of the Nova Scotia Educational Leadership Consortium would like to thank all our participants, partners and facilitators for making 2009 another successful year for NSEL. This calendar year 925 educators attended our regular professional learning activities and participated in the summer Assessment Summit. Below is a list of modules already booked for Winter/Spring, 2010. These modules are on our website and are open to anyone who would like to register from anywhere in the province.

- **Module 1 - Working with People**
March 9, 10 & April 22, 23, 2010 in TCRSB (Yarmouth Board offices)
- **Module 2 - Strategies for Teaching and Learning**
February 25 to 27, 2010 in AVRSB (Berwick Board offices)
- **Module 4 - The School Leader and the Law**
March 24 to 26, 2010 in SSRSB (Bridgewater Board Offices)
May 20 to 22, 2010 in AVRSB (Berwick Board offices)
- **Module 8 - Schooling and Social Justice**
February 24, 25 and March 25, 2010 in TCRSB (Yarmouth Board offices)
- **Module 12 - Mentoring and Coaching**
April 15 to 17, 2010 in AVRSB (Berwick Board offices)

Our website is updated as soon as new listings are booked. Check our website regularly for additional professional learning opportunities. Use our "Wait list" form if a desired module is not advertised and you will be contacted as soon as that module becomes available.

Season's Greetings from your NSEL staff:
Executive Co-Directors: Sandi Carmichael and Tony Stewart
Administrative Assistant: Karen Turner

We look forward to serving you in the New Year!

Register on-line at www.nselc.ednet.ns.ca
or call 422-3270 for more information.

35th ANNUAL NSTU BOWLING TOURNAMENT



Where: Bible Hill Bowlcade

When: April 24-25, 2010

Hosted By: Colchester-East Hants Retired Teachers

REGISTRATION DEADLINE: MARCH 3rd, 2010

Looking For Regular Teams & Former Teams to Register Early
New Teams Welcomed to a Total of 24 Teams

For Additional Information Contact:

Ken Williams	Walter Farmer
Tel: (902) 443-7168	Tel: (902) 883-7343
Kb.williams@ns.sympatico.ca	walterfarmer@ns.sympatico.ca

DELTA'S ... WINTER WARM-UPS



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\$86*

Now members of NSTU can make reservations online.

*NSTU id must be presented at check-in for special rate; discounted parking rate of \$9.95

Reservations: www.deltahotels.com/nstu

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www.deltabarrington.com www.deltahalifax.com
 For reservations/information call 1-800-268-1133 (toll free)

NOTICES

UPEI launches new PhD in Educational Studies program

The University of Prince Edward Island is introducing a new PhD program in the Faculty of Education. The degree of Doctor of Philosophy in Educational Studies is a new research degree requiring a dissertation on original and significant research within traditional and community-based educational contexts extending from early childhood through mature adulthood. It is the first doctoral program to be offered at UPEI outside the Faculty of Veterinary Medicine. Acceptance into the program will be highly competitive. UPEI will accept just four doctoral students a year. They will be required to complete a full-time residency of three semesters at UPEI. Students will typically complete their degrees within four years if they are enrolled full-time or within seven years on a part-time basis. **The deadline for applications for the September 2010 start-up is January 15, 2010.** More information is available from Dr. Miles Turnbull, Co-ordinator of Graduate Studies for the Faculty of Education, at mturnbull@upe.ca or 902.566.0341.

La Place de la Francophonie 2010

La Place de la Francophonie 2010 est à la recherche de plus de 400 bénévoles francophones et francophiles pour la durée de ses événements, qui auront lieu du 10 au 28 février 2010. Cette campagne de recrutement, qui se fait en collaboration avec la Fédération des francophones de la Colombie Britannique et de la Fondation canadienne pour le dialogue des cultures prendra fin **le 15 décembre 2009.**

Si vous souhaitez vous joindre à l'équipe de la Place de la Francophonie 2010 et prendre part aux festivités, veuillez vous rendre sur le site Web, www.placefranco2010.ca et remplir le formulaire d'inscription.

Les jeunes sur la route du relais olympique

Les jeunes sur la route du relais olympique est une initiative ciblée invitant les écoles, les enseignants et les organismes oeuvrant auprès de jeunes à documenter le passage de la flamme olympique dans leur communauté en soumettant des contenus inspirants produits par les jeunes eux-mêmes sur le site www.flammefranco.ca.

Cette initiative spéciale est une composante du projet de *La flamme de la francophonie* qui vise à présenter le visage d'une jeunesse francophone et francophile allumée, active, engagée et créative, à célébrer la francophonie, inspirer le monde entier et propager l'esprit olympique partout au Canada.

CRRF Award of Excellence nominations

The Canadian Race Relations Foundation (CRRF) is accepting nominations for its Award of Excellence from public, private and non-governmental organizations, agencies and individuals who have demonstrated excellence and innovation in combating racism and discrimination. This Award of Excellence has six categories: Aboriginal, Education, Community, Corporate, Government/Public Sector and Youth. **The deadline for submissions for all categories is December 15, 2009.**

The Award of Excellence program was created to recognize best practices in anti-racism by institutions and individuals and is presented every two years. Adjudicated by an independent group of well-respected anti-racism and human rights activists, the 2009 presentation will be made at the CRRF conference in Montreal, Quebec, May 17-19, 2010. Details on submissions and nominations, including application forms, are available at www.crrf-fcrr.ca.

Raise Your Voices! National Student Banner Contest

The National Capital Commission (NCC), in partnership with Classroom Connections, is running a cross-Canada contest and public art project. Students in Grades 5 through 8 are being asked to create and submit a one-of-a-kind banner design to the Raise Your Voices! National Student Banner Contest. The design should represent an issue or topic of importance to Canadian youth. The winning banners will be professionally produced by the NCC and flown in Major's Hill Park in Ottawa, from May to October 2010. For more information, visit www.canadascapital.gc.ca/bannercontest. **The deadline for entries is February 19, 2010.**

WHERE Challenge continues to March 1, 2010

The second annual WHERE Challenge was launched in September and **runs until March 1, 2010**, offering thousands of dollars in regional and national prizes. The WHERE Challenge, endorsed by the Canadian Earth Sciences community and sponsored by EnCana, asks 10 to 14-year-old students to discover the answers to these questions: What on Earth is in your stuff and WHERE on Earth does it come from? Students are encouraged to use their imaginations to create an educational story about non-renewable Earth resources found in an everyday item.

The first annual WHERE Challenge awarded more than \$16,000 in three national, 33 regional and five school prizes. Teachers say the Challenge offered them a unique way of presenting Earth sciences material to students.

Organizers hope the WHERE Challenge will raise awareness about the importance of non-renewable Earth resources and encourage young people to consider a career in the Earth sciences. For more information, visit www.earthsciencescanada.com/where.

CASLT ALS/ESL Teacher Perspectives Survey

The Canadian Association of Second Language Teachers (CASLT) is conducting an online survey to investigate the needs and current teaching situations faced by Anglais langue seconde (ALS)/ English as a second language (ESL) teachers in order to support their training and professional development for growth. CASLT is looking for your perceptions and opinions on teaching conditions, support from key stakeholders, ac-

Win one of five remaining iPod Nanos and be automatically entered for two grand prizes of a netbook computer!

Simply go to NSTU's new InfoCentre and update your personal data. You will be automatically entered in the remaining draw to be held December 20, 2009.

Visit www.nstu.ca and click on the InfoCentre button soon for more chances to win!



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Do you have foot discomfort from standing teaching all day or a disability due to arthritis, diabetes or a sport-related injury? Are you looking for that perfect fit?

You need to take a look at **SOLES IN MOTION!**

We have a full selection of running and walking footwear as well as orthopedic footwear. Our staff will ensure that your feet are properly fitted with the right footwear.

Rob Chisholm, our Canadian Certified Pedorthist, is trained to provide the proper assessment and the right treatment for every type of foot problem.

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cess to professional development opportunities and access to teaching resources. **The online survey is being conducted from January 11 to 16, 2010**, and is estimated to take between 30 and 40 minutes to complete. Access the survey at www.caslt.org.

ECO Canada Video Contest

ECO Canada (Environmental Careers Organization) is hosting its first ever video contest for Grade 9 to 12 students across Canada. Students are invited to create their own short video showcasing a current environmental issue in their community and profiling the professionals working to eliminate the problem. Participants will have the chance to win \$2,000 to make their schools more sustainable. To qualify, teams must have a staff team sponsor from a Canadian high school and register by **December 15, 2009**. All teams will then have until April 1, 2010 to create their masterpiece, only one team per school may enter the contest. For further information and to enter visit www.eco.ca/videocontest.



NSTU Mandatory Long Term Disability Program Frequently Asked Questions

The NSTU Group Insurance Trustees are aware of a number of questions raised by NSTU members since the introduction of the mandatory NSTU Long Term Disability (LTD) Program on August 1, 2009. The Trustees would like to respond to these questions through the following Frequently Asked Questions format.

1. What is the eligibility for the new Mandatory LTD Plan?

Effective August 1, 2009 the NSTU LTD Plan became mandatory for new and currently insured members of the LTD Plan without the ability to opt out unless the following conditions have been met:

- The LTD Plan member is at least 50 years of age and has a minimum of 30 years of pensionable service, or
- The LTD Plan member is in their last year of teaching with one year of accumulated sick leave.

Previously, new and currently insured members of the LTD Plan could opt out in writing at any time without satisfying any criteria.

2. Who is a "new member" of the NSTU LTD Plan?

A "new member" is defined as an NSTU member who has obtained his/her first contract in Nova Scotia or a member being rehired and has not previously opted out of the LTD Plan. The NSTU LTD Plan is cost shared with the employer at 50%.

3. Who are currently insured members of the LTD Plan?

Currently insured members of the LTD Plan are those NSTU members who have enrolled in the LTD Plan and are currently paying premium for this benefit.

4. Can NSTU members who have opted out in writing, who did not enroll through past open enrollments or were denied coverage, join the LTD Plan in the future?

Yes. However, those members would be required to submit satisfactory medical evidence of insurability to Manulife Financial to become a member of the NSTU LTD Plan. This process could be as simple as completing a few short medical questions. As well, Manulife Financial could request additional medical information from an applicant which could include additional tests that would incur a cost to the applicant. Coverage would commence the first of the month following approval by the insurance company.

We trust the above clarifies some of the more frequently asked questions surrounding the new Mandatory LTD Plan.

If you have any questions with respect to the Long Term Disability Plan, or with respect to your eligibility or current status, please do not hesitate to contact Johnson Inc. at 1-800-453-9543 (toll-free) or 453-9543 (local).

The Right Touch Massage Therapy & Acupuncture

Where the West meets the East. Massage therapy treatments will now come with a **guarantee** towards achieving your objective. In the event that, the treatment does not fulfill its goal, as determined prior to treatment, I will be more than happy to assess the problem

with you in detail and reschedule an appointment at no cost to you, with justifiable reason that the treatment did not fulfill its goal. I have 18 years experience in massage therapy along with five years experience in acupuncture & auricular therapy. Interactive reflexology, cupping therapy, healing stone massage. Treatment plans always focus on the original cause/source of their symptoms. The emphasis is on education and awareness. Massage therapy, and acupuncture are covered under the Blue Cross plan.

Douglas H. Benson, RMT/Dr. of Acupuncture. The Right Touch Massage Therapy & Acupuncture. Located at 1248 Bedford Highway, Bedford. Phone: 902-240-1627.

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Home and auto insurance is available through Johnson Inc., a licensed insurance agency. Policies are primarily underwritten by Unifund Assurance Company. Unifund and Johnson Inc. share common ownership. Certain conditions may apply. AIR MILES® reward miles awarded on regular home and auto insurance policies underwritten by Unifund Assurance Company. At the time premium is paid, one AIR MILES reward mile is awarded for each \$20 in premium. **Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Johnson Inc. (for Unifund Assurance Company). CAT.10.09

Check out the **Deals and Discounts** section for updates on the NSTU website at www.nstu.ca in the Members-Only section under Benefits.



RECREATION NOVA SCOTIA
presents

LUCKY DUCK LOTTO 2010



Now in its 31st year, Lucky Duck Lotto is an easy, trouble-free ticket sales fundraising program designed to help schools and non-profit groups raise funds for their programs and activities!

GREAT PRIZES:

1st Prize – \$3,000 cash

2nd Prize – \$500 cash

3rd Prize – Weekend Get-Away at The Westin Hotel, Halifax

Plus: Seven (7) draws for \$100 each. (Names of all groups selling 500 tickets or more are entered into a draw for a \$75 cash prize.)

Selling Dates: February 8th to April 16th.

There is no cost to the selling group. Tickets are \$1.00 each – 70¢ of every ticket sold remains with the ticket seller. Recreation Nova Scotia administers the program—providing prizes, tickets and seller's kit. If your school/group is interested in participating, please contact the RNS office at 902.425.1128 or visit our website: <http://www.recreationns.ns.ca/luckyduck>

resources

New DVD Loan Titles from Learning Resources and Technology Services

Learning Resources and Technology Services ships multimedia curriculum resources to schools anywhere in the province. Dubbing programs become a part of your school's collection; we charge only for the price of the blank media used. Read the Public Schools Branch newsletter *Branching Out* available online at <http://lrt.ednet.ns.ca/branching.shtml>.

Order pre-made titles from our lists online: visit http://lrt.ednet.ns.ca/media_library/express/Video_Express.shtml.

EBSCO Periodical database (<http://search.epnet.com>) EBSCO provides a series of online bibliographic and full-text databases so that you and your students can find information, pictures and citations on curriculum related topics.

EBSCO offers access to a wide variety of professional databases like ERIC and to a highly specialized collection of over 450 full-text journals, designed for professional educators. EBSCO is available to all students and teachers in Nova Scotia through computers connected to Ednet, or at home with passwords that can be obtained from your school.

ImagesProject (<http://imagesproject.ednet.ns.ca>) Need a photo to use in a school project? Visit the ImagesProject, a web-based collection of images for Nova Scotia public school program use. Nova Scotia students and teachers who are on Ednet may freely download, use and modify images from the ImagesProject website for curriculum purposes.

The following is a selected list of new titles available from the Media Library's loan collection. We have three copies of each title that can be borrowed for up to two weeks.

***Simon With Two Left Feet* (call number 23624 - 10 min.) Active Young Readers; English Language Arts P-3**

This animated program based on the book by Angela K. Narth, and illustrated by Heidi Vincent features a clumsy young Canada goose whose courage earns him respect from his flock and finally learns to believe in himself. This program provides opportunities for discussion and follow up on self-esteem issues for young students.

***Redwall: The Adventure Begins* (call number 23625 - 132 min.) Active Young Readers; English Language Arts 4-6**

Redwall is a spectacular animated series based on the top-selling twelve-book series by British author Brian Jacques. It follows the odyssey of Matthias, an innocent and bumbling young mouse destined to be the unlikely hero and great defender of Redwall, the English cathedral which has been home to a community of peaceful mice for generations. This DVD, part one, includes the first six episodes in the series.

***Mercer Mayer: Frog Stories* (call number 23627 - 43 min.) Active Young Readers; English Language Arts P-3**

This non-verbal live action program is based on three books by Mercer Mayer. Titles include: *A boy, a dog and a frog* (9 mins.) features a small boy and his dog spending a day trying to capture a playful frog at a pond; *Frog on his own* (14 mins.) features a boy and dog in pursuit, a frog discovers the joys of motor boating, plays a trick on a magician and shows up as an uninvited picnic guest; and *Frog, where are you?* (20 mins) features frog who escapes from being sentenced to life in a jar and finds adventure in all sorts of unique situations, searching for a new home.

***James Marshall: Favourite Fairy Tales* (call number 23629 - 43 min.) Active Young Readers; English Language Arts P-3**

This animated program features three favourite fairy tales. Titles include: *Goldilocks and the Three Bears* (20 mins.) three bears come home from a bicycling trip to find a girl asleep in Baby Bear's bed; *Red Riding Hood* (8 mins.) Red riding hood is kind and considerate to a wolf with charming manners who has designs on her granny; and *The Three Little Pigs* (12 mins.) the classic story with a contemporary bent, of three little pigs threatened by a hungry wolf whose favourite food is pig. Also includes a brief documentary (5 mins.) on *Getting to Know James Marshall* - known for his wit, and drawing style.

***Stories About Growing Up* (call number 23630 - 24 min.) Active Young Readers; English Language Arts P-3**

This animated program features three stories about growing up. Titles include: *Leo the late bloomer* (6 mins.). Leo shows everyone how glorious it is to finally bloom; *A weekend with Wendell* (10 mins.). Three cheers for compromise as Sophie learns to assert herself with bossy Wendell; and *Joey runs away* (8 mins.). Joey looks for another home when he doesn't feel like cleaning up his room.

***The Elves and the Shoemaker* (call number 23634 - 10 min.) Active Young Readers; English Language Arts P-3**

This iconographic program is based on the classic fairy tale retold and illustrated by Jim LaMarche. In midnight visits clothed in mystery, a pair of elves restore a poor shoemaker and his wife to prosperity.

***Hansel and Gretel* (call number 23635 - 14 min.) Active Young Readers; English Language Arts P-3**

This animated program is based on the classic fairy tale retold by James Marshall. The classic story of a woodcutter's two lost children who find a house in the forest made of sweets and candy that belongs to a hungry witch.

MSVU Faculty of Education
Graduate Education in
Education of the Deaf & Hard of Hearing
Education of the Blind & Visually Impaired



New Cohort Beginning Spring/Summer 2010

To Apply, Go to <http://www.msvu.ca/admissions>

Application Deadline: March 1, 2010

For info contact: Faith Roach, Graduate Secretary, faith.roach@msvu.ca

Dr. Fred French, Program Coordinator, frederick.french@msvu.ca



StFX Graduate Studies in Education

Faculty of Education

St. Francis Xavier University, renowned for its commitment to quality educational experiences for students, is accepting applications for full-time and part-time study in the **Master of Education** program.

AREAS OF SPECIALIZATION

- Educational Leadership and Administration
- Curriculum and Instruction (with opportunities for specialized study in specific subject areas such as Mathematics and French Immersion Resource)

PROGRAM OPTIONS

- Part-time or full-time study
- Thesis, project or Course-based degree routes
- Cohort Learning in partnership with school boards, Mi'kmaw Kina'matnewey and/or the NS Department of Education
- On-line learning

PROGRAM GOALS

- Developing future leaders to improve education
- Preparing leaders for educational change
- Engaging in critical reflection
- Challenging assumptions and introducing new thinking
- Cultivating educational inquirers and researchers

Application deadline: March 1

To receive an information package contact:

877 867-3906 or (902) 867-3906

www.mystfx.ca/academic/continuinged/graduate.html

Email: med@stfx.ca



***Fit Kids: Classroom Workout* (call number 23588 - 50 min.) Health P-4**

Re-energize your students with these fun, contemporary dance routines featuring Judy Notte. This can be used in any school space, anytime, any day to invigorate and motivate your students to get excited about being physically active and provides an ideal break from routine. The tape includes four five-minute workouts and two 10 minute workouts, plus a brief message at the end of every exercise segment. Examples include: Hip and happening kardio funk; drum beating, foot stomping African; Shimmy, shaking and loving Latin; and heart pounding, arms pumping aerobic dance. Suitable for Grades P-6.

Education Media Library, Brunswick Place, 2nd floor, 2021 Brunswick Street, Halifax, NS B3K 2V5; 424-2440; 428-3176 (fax), email mediacir@ednet.ns.ca or visit <http://lrt.ednet.ns.ca>.

RESOURCES

The Homeless Hub

The Homeless Hub website (www.homelesshub.ca) has launched a new education section offering free educational materials for teachers and students. The materials incorporate homelessness issues and themes, including curriculum units, lesson plans and supplementary resources. They are geared not only to teachers for use in their classrooms, but also to students looking for information to inform school assignments, essays and projects. Curriculum units have been prepared for high school courses in civics, English, media studies, family studies and dramatic and visual arts. A law unit is currently developed and there is also a unit for elementary teachers. All of the units are free for teachers to download. One of the key goals of this project is to continue to engage teachers in the development and improvement of curriculum materials. The Hub also has social networking components, allowing teachers to share ideas directly with one another. For more information, visit www.homelesshub.ca/education.

Vancouver 2010 Olympic Projects

The Canadian Olympic School Program has produced a series of free educational resources to engage teachers and students in the Vancouver 2010 Olympics.

For younger students, the 2010 Olympic Torch Relay provides activities and lesson plans to host your own school-based relay. There are also stories about new Olympians, written at three different reading levels (Grades 2-3, 4-5, and 6-7), which include language arts learning activities for each level.

There are also project packs for middle and secondary school students. In the Standing Clean project, designed for language arts, drama and media courses, students are placed on the Canadian Olympic team's communication staff, and asked to respond to the world when a Canadian athlete loses gold to an athlete caught for doping. Destination Vancouver/Whistle, designed for middle school social studies classes, enables students to research and design a youth travel tour to the Vancouver 2010 Olympic Winter Games. The Road to Recovery project for secondary life sciences and physical education classes requires that students use their understanding of secondary biology to help injured athletes recover in time to go for the gold. To view all Olympic Project Packs, follow the links at www.olympicschool.ca.

The MISadventures of Bully-Boy & Gossip-Girl

The MISadventures of Bully-Boy & Gossip-Girl is an anti-bullying comic book and teaching kit for elementary schools. The latest edition provides tips for starting up a student-led campaign against traditional bullying and cyber-bullying. This resource (along with its accompanying teachers' guide and posters) has been endorsed by the Canadian Teachers' Federation as appropriate anti-bullying curriculum for students in Grades 4 to 8. For more information, visit www.bullyboy.ca.

ViewFinders & NSTU March Break Video Camp

Deadline for student applications is Friday, February 12 at 12 p.m.

ViewFinders: International Film Festival for Youth and the Nova Scotia Teachers Union are presenting a student video camp during March Break 2010. Participants will be mentored by top Nova Scotia industry professionals while they team up to create three professional 30-second public service announcements.

The public service announcements will address the value of teachers to students and the community as a whole. Since a teacher's influence stays with us throughout our lives, they will answer the question "How do teachers make a difference?" The impetus behind the PSAs is to help raise the profile of teachers in a positive way and get people to think about the formative affect great teachers have had on them.

Students will have the opportunity to learn the fundamentals of video production, sound design, and marketing communications.

This camp is open to Nova Scotian high school students attending public school and will also include NSTU members interested in professional development connecting to Film 12 program outcomes.

Application forms are available from the ViewFinders website at www.atlanticfilm.com/view. **The deadline for application is Friday, February 12 at 12 p.m.** For more info contact Courtenay Kyle at 902.420.4398 / Courtenayk@atlanticfilm.com.



NSTU REP PINS

The Nova Scotia Teachers Union has the NSTU Rep pin available for **purchase by NSTU Locals**, for their NSTU Reps. At only \$2.50 each these brushed pewter pins are sure to be recognized at your school or campus.

To order, contact:

NSTU Public Relations Department

[Phone] 477-5621 or [Toll-Free] 1-800-565-6788 or [Email] pr@nstu.ca



NSTU - Community College Committees

Are you a Community College member, and would you like to serve the NSTU?

The NSTU needs input from the widest-possible cross section of its Community College members. We are constantly in search of skilled and interested persons to make our committee structure operate successfully.

The Committees listed below, which flow from the new Community College Collective Agreements will be appointed at the Provincial Executive Meeting scheduled for January 28, 2010.

- **College - Union Committee**
- **Learning Leave Fund Committee**
- **Joint Steering Committee on Occupational Health and Safety**
- **Classification Advisory and Appeals Committee Professional Support**
- **Faculty Duties Committee**
- **College Advisory Committee - Community College Education Diploma Program, CAC-CCEDP**
- **Salary Placement Advisory and Appeals Committee (SPAAC)**
- **Learning College Portfolio Committee**

Applications must be received by NSTU Central Office by January 8, 2010.

For descriptions of the above Community College Committees and application form, please go to the members-only side of the NSTU website at www.nstu.ca, click the *Union Affairs* drop down menu and click on *Committees* and choose *Community College Committees* in the left hand column.

classifieds

Classified rates are \$2.00 for the first 15 words; 25¢ per additional word upon presentation of a professional number. Non-teachers pay \$6.00 for the first 15 words and 25¢ per additional word. To book, call Sonia Matheson at 1-800-565-6788 or email theteacher@nstu.ca.

PRE-PRIMARY EDUCATION - Pleasant Little School is a small independent school (located in Bedford) specializing in pre-primary education. The school promotes emergent literacy, math, science, social studies, music and art skills through a developmentally appropriate play-based approach to learning. The school accepts children who are 4 years of age by December 31st, 2009. The school is owned and operated by myself, Eileen Millett (B Ch Study, Sp Ed, MEd, RMA). I have 28 years experience as a classroom teacher, which includes 18 years teaching in the 4+ program, primary and grade 1. A maximum class of 6 children ensures much individual attention. The day begins at 9:00 a.m. and ends at 2:00 p.m. Tuesday, Wednesday and Thursday. The cost is \$25.00 per day. Official tax receipts will be available to claim your child care. For more information please email emillett@ns.sympatico.ca or see website www.pleasantlittleschool.ca.

HOUSE CLEANING - Step into a home cleaned to your complete satisfaction. Cross a major chore off your to-do list and let me take care of the house cleaning. 902-422-2153.

FLORIDA VACATION HOME RENTALS - Kissimmee. 2-5 bedroom vacation homes with private pool. Five miles to Disney. Family holidays or conferences. Two-bedroom SPECIAL rate until December 15, \$79US/nt. Please call 902-861-4814 or visit www.herderholidayhomes.com or email rherder@eastlink.ca.

PET SITTER - Veterinary Technician (not currently working in a veterinary clinic) available for petsitting in the HRM. Bilingual service, security clearance, reasonable rates, excellent references! Please email marcellederoche@gmail.com for details.

HISTORIC HALIFAX ACCOMMODATIONS - HINS Halifax Heritage House. Enjoy holiday shopping downtown Halifax; waterfront trail, and live theatre. Private, family, or dormitory rooms. Kitchen use available. Wireless available. Please phone 902-422-3863 to book today. 10% discount when you mention this advertisement.

WENTWORTH COUNTRY HOSTEL - Experience nature, snowshoeing and nearby Wentworth skiing, star gazing, and open space. Private, family, or dormitory rooms. Kitchen use available. Wireless available. Please phone 902-548-2379 or email wentworthhostel@ns.sympatico.ca to book today. 10% discount when you mention this advertisement.

REGISTERED MASSAGE THERAPY AT ALLURE - \$5.00 donation to Canadian Cancer Society for every therapeutic massage covered by Blue Cross. Located up the street from Alderney Landing at 115 Portland St., Dartmouth. Teachers are entitled to 20 massages per year per family member with Blue Cross, no referral required. **Now, with every 5th**

massage, the co-pay is free. Excellent for relieving stress, anxiety, muscle tension, and improving sleep. **Chris Bagnell RMT** - 10 years experience. To contact Chris at Allure, call 902-464-0606 to book an appointment. "Making a difference feels great." Gift certificates are available.

AVAILABLE - French teachers needed to work from home computer. 17\$/hr. Online French leveled reading program. No preparation and training provided. Visit www.teachercertifiedtutoring.com or call 1-877-313-READ.

TEACHER EXCHANGE - French Immersion teacher in Bridgewater looking to do an exchange in the Halifax area. Would prefer Grades 4-6 but will consider all possibilities. Call Louise 902-832-4475 or email lgraham@staff.ednet.ns.ca.

TEACHER EXCHANGE - Experienced teacher in AVRSB seeking exchange with teacher in HRSB for 2010-2011. Current school: Hants County. Current load: Middle School Social Studies and Resource. Willing to consider exchanges in any suitable subject area and grade level. Please contact me at avrsb2010@gmail.com if you are interested. Looking to make move permanent.

JOB EXCHANGE - Tri-County Regional School Board teacher looking for a job exchange with an Elementary teacher from the Halifax Regional School Board for the 2010-2011 school year. If interested, please email bevanthony@eastlink.ca or call 902-405-0597.

JOB EXCHANGE - Permanent teacher in CBVRSB looking to exchange position in the HRSB for September 2010. I am fluent in French and seeking a position outside the city toward Timberlea teaching Grades 4 to 9. Please contact amjb48@hotmail.com.

JOB EXCHANGE - Permanent teacher in HRSB looking to exchange positions with a teacher in the CBVRSB for September 2010. Please contact adelekelly1@hotmail.com.

JOB EXCHANGE - CBVRSB Tech Ed teacher seeks a permanent, similar job exchange in the New Glasgow area. Please reply to techedman@hotmail.com.

JOB EXCHANGE - Elementary French Immersion teacher with the Halifax Regional School Board looking to exchange jobs with someone from the Strait Regional School Board. Looking to make this exchange permanent if possible. Call 902-631-5532 (cell) or email gjsampson@staff.ednet.ns.ca.

IN-PROVINCE TEACHER EXCHANGE - Experienced Chignecto Central Regional School Board teacher (near Halifax) seeking job exchange with elementary teacher in the Annapolis Royal area for the school year 2010-2011. Please call 902-719-3282 or email fayenvp@gmail.com.