



Education partners call for continued investment in public education

Nova Scotia's education partners are calling for a continued investment in public education. The partners, including school boards, teachers, administrators and parents, are asking the public to urge their MLAs to put education first in this year's provincial budget. The partners' group outlined their position at a news conference on Thursday, January 15 at École Beaubassin.

The partners launched their lobby campaign—*Public Education: Our Best Investment!*—to remind both the government and the public that in these difficult financial times education is an investment that guarantees dividends for all Nova Scotians. "The overall trends in education in Nova Scotia are up," says Ron Marks, president of the Nova Scotia School Boards Association. "Student achievement is up and the dropout rate is down. We need an increase in funding of at least 4.5 per cent in this year's budget to maintain that trend."

Dr. Norman Dray, speaking as president of the Association of Nova Scotia Educational Administrators (ANSEA), which represents all senior management in the province's eight school boards, says, "We are in a strong position to comment on the impact of reduced funding on students."

"As superintendent of Annapolis Valley Regional School Board, last year's minimal increase meant an extremely difficult year. Another such year will mean crisis in every board. We recommend:



Janet Walsh, Alexis Allen, Dr. Norm Dray and Ron Marks at the Education Partners news conference on January 15 at École Beaubassin.

- all normal board annual operating cost increases be funded fully;
- specified annual funding to address deferred maintenance; and
- appropriate specialized staff to address needs of challenged students."

The partners indicate that if no new dollars are provided for public education this year the result will be serious reductions in services for students. These reductions would include massive staff cuts, affecting both teachers and support staff; changes to programs, including music, physical

education, the International Baccalaureate, French immersion, special education and alternate programs for students at risk; larger class sizes and modified bussing.

"We credit the current government for education funding increases under its mandate," says NSTU president Alexis Allen. "Three of the last five years saw positive improvements: class size reductions in early grades; funding for specialists, such as guidance counsellors; additional resources, particularly in literacy and mathematics.

"The 2007 budget put these measures on hold. In 2008 there was yet another standstill budget. Adults understand sometimes we must wait for better economic times—children do not."

The partners feel strongly that with minimal increases in education funding over the past two years, reductions in this year's budget would spell disaster for Nova Scotia's students. The most vulnerable students would be affected and that would mean a huge step backwards for public education.

Janet Walsh, president, Nova Scotia Federation of Home and School Associations Inc., says, "Students are vulnerable, powerless when advocating for educational needs. No increase in funding will influence three key areas: staff reductions—losses in art, drama, band, music, physical education, guidance and reading recovery; program cuts—to special needs students, arts, physical education, co-operative education, Options & Opportunities, student/teacher ratios; materials/resources—technology improvements, textbooks, computers, and teachers' professional development.

"Parents agree, the education of students should be priority number one."

Since the news conference, Premier Rodney MacDonald has suggested that a deficit budget may be a possibility. The education partners say that from a public education standpoint, that may be absolutely necessary. For further information visit www.investineducation.ca.

Streatch named Minister of Education



Judy Streatch, MLA for Chester-St. Margaret's, was named the provincial government's new Minister of Education on January 7. Streatch replaces Karen Casey, who is now the province's Minister of Health.

"I am looking forward to this new challenge," says Streatch. "I spent 15 years in the classroom as an educator and I am pleased to be back in the education field in this new role."

Streatch was a high school French Immersion teacher at Forest Heights Community School, and was also employed with the Halifax Regional School Board. She obtained an arts degree in French and English from Saint Mary's University, followed by a teaching certificate from the Nova Scotia Teachers' College in Truro. She then attended l'Université du Québec à Trois Rivières and earned a diploma in French.

NSTU president Alexis Allen, who taught with Streatch at Gaetz Brook Junior High says, "On behalf of the NSTU, I congratulate Minister Streatch on her appointment and look forward to working with her in her new portfolio."

In addition to her responsibilities as Minister of Education, Streatch will continue to serve as the Minister of Communications Nova Scotia, a portfolio she has held since late 2007. She most recently served the province as the Minister of Community Services. Her previous cabinet responsibilities have included Minister of Tourism, Culture and Heritage and Minister responsible for the Status of Women.

Streatch will meet with the NSTU's provincial executive during their February 26 and 27 meeting.

inside



NSTU NOW

NSTU first-vice president Shelley Morse, NSTU president Alexis Allen and Kings Local president Cathy Reimer are shown together on Family Literacy Day at Aldershot School in the Annapolis Valley. Morse is Aldershot's vice-principal, and also teaches a P/1 class and Reimer teaches Grade 3 at the school. Allen was invited to the school to read to Reimer's students in celebration of Family Literacy Day on January 27.

See story on page 3, and check out the book giveaways on the back cover.

The NSTU provides professional development for its members in many ways. Find out more in the Charting Your Course column on page 8.



ONLINE EDITION

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people

New occupational therapist joins the Early Intervention Program



The NSTU would like to welcome occupational therapist Denise Johnston who will be working for the NSTU's Early Intervention Program (EIP) in a part-time term position effective February 2, 2009.

Johnston has over 20 years experience as an occupational therapist in a diverse array of mental health and physical medicine settings in Canada, Africa, New Zealand, Britain and Australia. Through her international experience, she has had the opportunity to work in a variety of areas including acute, long-term, rehabilitation and community care, as well as the private sector in industry, insurance, and workplace settings.

She has a solid background in complex case management of long-term disability and developing return to work plans. She has worked with a number of large employers in delivering all aspects of disability case management. She was a founding partner of a successful private practice, Cornerstone Occupational Therapy Consultants, where she gained experience in the areas of ergonomics, health and wellness, coaching and goal-setting.

She will be working with EIP manager Jennifer Finlayson, full-time case coordinator Leticia Richer and part-time case coordinator Maya Fallows. She is very excited about joining the EIP team and looks forward to working with teachers to attain their goals in relation to health and wellness.

NSTU member receives Women of Excellence Award

On November 20, Heather Morse, principal of Somerset and District Elementary School, was honoured along with 14 other women at the 19th Annual Progress Women of Excellence awards. This signature fundraising event of the Canadian Progress Club, Halifax-Cornwallis raises money to support Phoenix Youth Programs, a long-term shelter for homeless and at-risk youth.

Women are nominated and honoured in six categories: arts and culture, communications and public affairs, management and the professions, education and research, entrepreneur/innovator, and health, sport and wellness. Morse, who taught physical education in King's County, and progressed to Curriculum Supervisor, Physical Education and Health, has sat on the Boards of King's County Family and Children Services and Feed My Lambs. She received the Canadian Association for Health, Physical Education, Recreation and Dance (CAPHERD) Award of Honor and served on its executive council; she also participated in the Oxford Round Table, serves on the External Review Accreditation Team for Nova Scotia Schools and facilitates with the Nova Scotia Educational Leadership Consortium. Morse was honoured under the education and research category for demonstrating a lasting contribution to her profession in a non-voluntary capacity.



Heather Morse is shown (third from left) with fellow award recipients in the education and research category, Sonia Menendez, (far left) manager of Immigrant Business Development Services for the Metropolitan Immigrant Settlement Association (MISA) and Dr. Marilyn MacKay Lyons, Professor at the School of Physiotherapy at Dalhousie University (far right). Janet Kennedy (second from left) of Michelin North America (Canada) Inc. (the sponsor of the education and research awards) presented the awards to recipients in this category.



ISSN 0382-408X

Managing Editor: Angela Murray
Advertising & Circulation: Sonia Matheson

Published ten times a year (September-June) by the
Nova Scotia Teachers Union

Return undeliverable Canadian addresses to: 3106 Joseph Howe Drive,
Halifax, NS B3L 4L7

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All materials for publication must be submitted 13 working days prior to printing date. Submission deadlines for 2008-2009:

ISSUE	DEADLINE
March	February 20
April	March 27
May	April 24
June	May 22

Mailed under Canada Post Publications Agreement Number 40063555.

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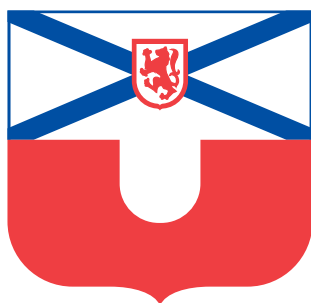
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Margo Tait named new AVRSB superintendent

Margo Tait has been named the new Superintendent of Schools for the Annapolis Valley Regional School Board (AVRSB), effective February 1, 2009. She succeeds Dr. Norm Dray who retired at the end of January. The appointment was made at a special board meeting held on December 17, 2008 in which the AVRSB unanimously approved her selection, culminating a process that included a national search.

Tait has worked in the region since her first teaching position with the Annapolis District School Board in 1987. Her experience in the classroom extends to special education and resource, and she has been an administrator at both the elementary and high school levels. Margo served in the regional office as consultant and then Coordinator of School Success Planning and Leadership Development, and, most recently, has been the Director of Programs and Services and thus a member of the regional leadership team of the AVRSB.

Jack Beaton named new SRSB superintendent

Jack Beaton has been named Superintendent of Schools for the Strait Regional School Board, effective February 1, 2009. Beaton replaces Phonse Gillis who retired from the position at the end of January. The appointment follows a national search coordinated by the Public Service Commission of Nova Scotia and the Strait Regional School Board as well as subsequent screening and interviewing carried out by the Regional Board's Selection Committee.

No stranger to Nova Scotia's education community, Beaton is a career educator with extensive experience in the public school system. Since 2000, he has served as the Director of Programs and Student Services with the Strait Regional School Board. He has dedicated 33 years of service to the public education system and has held various positions, including teacher, vice principal, principal, coordinator of community education, coordinator of human resources and director.

Beaton was also president of the Association of Nova Scotia Educational Administrators (ANSEA) for a one-year term and has served on numerous local and provincial committees.



Celebrating Family Literacy Day with French Kisses



NSTU President Alexis Allen (left) with NSNU President Janet Hazelton.

Reception Room. Surrounded by Grade 1 students from LeMarchant St. Thomas School, Inglis Street School, and École Beaubassin, award-winning children’s author Fitch, and the Honourable Chris d’Entremont, Minister of Community Services and Acadian Affairs, entertained the audience with a bilingual reading of the books.

Kisses Kisses Baby-O!, a book provided to *Read to Me!* from sponsorship by the NSTU and NSNU, is now available in French. *Bisous Bisous Bébé-Ô!* has the same bouncy rhythm and rhyme and engaging illustrations as the original, and will be given out to parents who receive the French *Read to Me!* Bag.

“We see the health, education and social benefits of early literacy and are thrilled to be continuing with this program by providing a French-language edition of the book,” says Alexis Allen, president of the Nova Scotia Teachers Union.

“Now that *Kisses Kisses Baby-O!* is offered in French, we can remind even more families that an early start on reading allows for a healthier, more successful future for our children,” says Janet Hazelton, president of the Nova Scotia Nurses’ Union.



Above is NSTU president Alexis Allen, who also participated in a Family Literacy Day event at Aldershot School. She read to Cathy Reimer’s Grade 3 students at the school as part of the day’s celebrations across Nova Scotia and Canada.

In celebration of Family Literacy Day on January 27, the *Read to Me!* Program, in partnership with the Nova Scotia Teachers Union and Nova Scotia Nurses’ Union (NSNU), hosted a special shared reading of the French edition of Sheree Fitch’s book, *Kisses Kisses Baby-O!—Bisous Bisous Bébé-Ô!*, at the IWK’s Parker



Above are special guests and dignitaries from the *Read to Me!* FLD celebrations on January 27 at the IWK. From left to right are: Carol McDougall, Director, *Read to Me!*; NSNU president Janet Hazelton; the Honourable Karen Casey, Minister of Health (former Minister of Education) who brought greetings on behalf of the province; Sheree Fitch; NSTU president Alexis Allen; and the Honourable Chris d’Entremont.

School under the direction of Beth Boudreau entertained the crowd while the *Read to Me!* program celebrated its seventh year.

Read to Me! is a provincial, hospital-based program developed to help families enrich their child’s early years with books and reading. It is a practical and effective response to the province’s high incidence of child poverty and low literacy levels. *Kisses Kisses Baby-O! Bisous Bisous Bébé-Ô!* is published by Nimbus Publishing. Nimbus also publishes Sheree Fitch’s *Sleeping Dragons all Around*, which was brought back into print to celebrate its 20th anniversary just in time for Family Literacy Week. Fitch also read this book to the students and other guests at the event. *The Teacher* is giving away copies of Fitch’s *Kisses Kisses Baby-O! Bisous Bisous Bébé-Ô!* and *Sleeping Dragons All Around*, check the back cover for details.



Cornwallis Junior High School students entertained the crowd at the Family Literacy Day Event.



Children’s author Sheree Fitch and the Honourable Chris d’Entremont read *Kisses Kisses Baby-O! Bisous Bisous Bébé-Ô!* on Family Literacy Day.

The *Read to Me!* Program gives a bag of books to every baby born in Nova Scotia to promote reading together from birth. After launching seven years ago, the program has delivered over 50,000 bags to families, containing over 114,000 high quality baby books.

“Putting all those books into the hands of families across Nova Scotia is like planting the seeds of literacy—and those seeds are now bearing fruit with students across the province starting school with a love of books and reading,” says Carol McDougall, director of the, *Read to Me!* Nova Scotia Family Literacy Program.

A string quintet from Cornwallis Junior High

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from the nstu president

Public Education: Our Best Investment!

By now, most of you are aware of the campaign launched by the Joint Education Partners to seek an increase in education funding in the next provincial budget. The group includes representatives from the Nova Scotia School Board Association, the Association of Nova Scotia Educational Administrators, the Nova Scotia Federation of Home and School and the NSTU. All have joined together as a collective voice to seek much-needed funding for public education. As educators, we know we cannot continue to do with less or make do any longer; it is time for our province to properly fund education.

Ron Marks, president of the Nova Scotia School Board Association, says that “We need an increase of at least 4.5 per cent in this year’s budget to maintain our services to students. Our discussions with board chairpersons and superintendents across the province indicate that anything less than that will spell disaster for our students.” Without this increase, school boards across the province could be looking at:

- Massive staff cuts to both teachers and support staff, with a potential for 400 positions at risk;
- Changes to programs, including: music, physical education, the International Baccalaureate (IB) program, French immersion, special education and alternate programs for students at risk;
- Larger class sizes;
- Modified busing.

How has it come to this? Check out these facts:

- According to Statistics Canada 2005-2006 report on per pupil spending, Nova Scotia has the second lowest per student funding rate in Canada.
- Eight out of 10 Nova Scotians say that reducing class size is important or critically important.
- In Nova Scotia, student achievement is up and the dropout rate down.
- Even with a decrease in enrollment across the country the cost of education continues to increase by 4 per cent each year.
- Without the infusion of at least the status quo (no cut backs) we are looking at a \$40 million shortfall and the loss of teaching jobs and programs.

Certainly, we are aware of the current global economic crisis. We are not oblivious to this phenomenon; however, children cannot wait for the economy to recover. In his state of the province address of December 4, 2008, Premier Rodney MacDonald said the province will invest in one of the largest infrastructure programs Nova Scotia has had in an effort to build jobs and confidence from one end of the province to the other. Certainly this is good news as it will act as a catalyst to stimulate our economy in these tough times—but where does this leave public education—our best long term investment?

In my travels across this province, as I speak to teachers and Community College members, I am always impressed at how much they continue to manage without the necessary resources. Too often I have been told by members that they buy materials they may require for a student out of their own pocket or that their class sizes exceed the cap and include many students on an IPP, others on adapted/modified programs, some with behavioural issues, while others require medical attention throughout the day. A properly funded public education system would adequately support individual students who require additional personnel to accommodate their individual needs. More positions in guidance, learning centres, resource and ESL are needed to support the individual teacher and student in the classroom. This will require additional funding and if we truly believe as a society that public education is our best investment, then we need to fund it properly. After all, teachers’ working conditions are students’ learning conditions.

We need your support, as do students in Nova Scotia, to ensure that education is not left out once again in the next budget. Find out more at the newly created website investineducation.ca. Contact your MLA to lobby for additional dollars for education in this upcoming budget and let them know how important public education is to the future success of our province.

The John Huntley Memorial Internship Program

The final deadline for applications for the John Huntley Memorial Internship Program for the 2008-2009 school year is
March 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

L’enseignement public. Notre meilleur investissement!

La plupart d’entre vous sont à présent au courant de la campagne lancée par les partenaires conjoints de l’éducation pour demander une augmentation du financement de l’éducation dans le prochain budget provincial. Ce groupe comprend des représentants de l’Association des conseils scolaires de la Nouvelle-Écosse, de l’Association des administrateurs scolaires de la Nouvelle-Écosse, de la Fédération néo-écossaise des associations foyer-école et du NSTU. Ces organisations se sont rassemblées pour associer leur voix afin de demander le financement adéquat dont a tant besoin l’enseignement public. Nous, les éducateurs, savons que nous ne pouvons pas continuer plus longtemps à travailler dans ces conditions difficiles, il est grand temps que notre province finance convenablement l’éducation.

Ron Marks, président de l’Association des conseils scolaires de la Nouvelle-Écosse, a déclaré : « Nous avons besoin d’une augmentation d’au moins 4,5 % au budget de cette année pour maintenir les services que nous offrons aux élèves. Nos conversations avec les présidents et les directeurs généraux des conseils scolaires de la province indiquent que, si nous obtenons moins que cela, ce sera une catastrophe pour nos élèves. » Sans cette augmentation, les conseils scolaires seront confrontés à:

- Des coupures massives de personnel, touchant à la fois le personnel enseignant et le personnel de soutien; 400 postes pourraient être menacés.
- Des restrictions de programmes, y compris la musique, l’éducation physique, le baccalauréat international, l’immersion en français, l’éducation spécialisée et les programmes alternatifs pour les élèves à risque.
- Une augmentation de la taille des classes
- Des modifications du ramassage scolaire.

Comment en sommes-nous arrivés à cela? Considérez ces faits :

- Selon le rapport 2005-2006 de Statistique Canada sur les dépenses par élève, la Nouvelle-Écosse est à l’avant-dernier rang des provinces canadiennes pour ce qui est du taux de financement par élève.
- Huit Néo-Écossais sur dix pensent que la réduction de la taille des classes est importante ou extrêmement importante.
- En Nouvelle-Écosse, les résultats des élèves sont en hausse et le taux de décrochage scolaire est en baisse.
- Malgré le déclin des effectifs scolaires partout au pays, le coût de l’éducation continue à augmenter de 4 % par an.
- Si le statu quo en matière de financement est maintenu, c’est-à-dire s’il n’y a pas de réduction du financement, nous sommes confrontés à une pénurie de 40 millions de \$ et à la perte d’emplois et de programmes d’enseignement.

Nous sommes bien entendu au courant de l’imminence d’une récession économique mondiale. Nous sommes conscients de ce phénomène; toutefois, les enfants ne peuvent pas attendre que l’économie se redresse. Dans son discours sur l’état de la province du 4 décembre 2008, le premier ministre Rodney MacDonald a annoncé que la province allait investir dans l’un des plus grands programmes d’infrastructure qu’avait jamais connu la Nouvelle-Écosse, dans le but de créer des emplois et de renforcer la confiance d’un bout à l’autre de la province. Il s’agit évidemment d’une bonne nouvelle car cela va servir de catalyseur et permettra de stimuler notre économie dans ces temps difficiles. Mais que restera-t-il pour l’enseignement public, notre meilleur investissement à long terme?

Lors de mes déplacements dans la province, lorsque je parle aux enseignants et aux membres du Collège communautaire, je suis toujours impressionnée par ce qu’ils parviennent à accomplir sans les ressources nécessaires. Trop souvent, des membres m’ont dit qu’ils payaient de leur propre poche du matériel dont avaient besoin leurs élèves. D’autres m’ont dit que la taille de leur classe dépassait le plafond fixé, bien que la classe comprenait de nombreux élèves suivant un PIP, des élèves suivant des programmes adaptés ou modifiés, des élèves présentant des problèmes de comportement et d’autres qui nécessitaient une attention médicale tout au long de la journée. Un système éducatif convenablement financé devrait soutenir de manière appropriée les élèves qui ont besoin de personnel spécialisé pour répondre à leurs besoins individuels. Nous avons besoin de davantage de personnel dans les domaines de l’orientation, des centres pédagogiques, de l’enseignement ressource et de l’ASL pour soutenir l’enseignant et les élèves dans la classe. Cela exigera un financement supplémentaire et, si notre société est vraiment convaincue que l’enseignement est notre meilleur investissement, nous devons par conséquent le financer convenablement. Car, en fin de compte, les conditions de travail des enseignants sont aussi les conditions d’apprentissage des élèves.

Nous avons besoin de votre soutien, tout comme les élèves néo-écossais, pour assurer que l’enseignement n’est pas une fois de plus laissé pour compte dans le prochain budget. Renseignez-vous sur le site Web récemment créé : investineducation.ca, et faites pression sur votre député provincial en vue d’obtenir des dollars supplémentaires pour l’éducation dans le prochain budget et de souligner l’importance que vous accordez à l’enseignement public.

TIP OF THE MONTH

Whether you're 25 or 55, it's never too early or too late to plan for the future. By saving now, you're helping to fulfil your dreams of tomorrow while enjoying immediate benefits.

Use your tax savings to pay down your mortgage, make next year's contribution, eliminate some debt, or just treat yourself. Whatever you choose, take control of your finances and talk to a Teachers Plus Credit Union financial advisor.

TEACHERS *PLUS* INFO CENTRE

- 1 Teachers *Plus* Credit Union is now offering Travel Insurance to our members. Please contact our branch for more details.
- 2 Please visit our website www.teachersplus.ca for information on the New Tax Free Savings accounts that are currently available to members.
- 3 We are open every Wednesday and Thursday evenings until 8:00 p.m. for all your RRSP needs.
- 4 Are you ready for Retirement??? Please visit the website www.teachersplus.ca and enter the Retirement Quiz for a chance to win an iPod Nano.
- 5 Please visit our website www.teachersplus.ca for details on our Post Secondary Educational Awards and our Teacher Training Awards.
- 6 Teachers *Plus* Credit Union's 2008 Annual General Meeting will be held on Saturday March 28th, 2009. The meeting will be held at the Quality Inn and Suites at 980 Parkland Drive in Halifax from 11:00 a.m. – 1:00 p.m. Please visit our website for Nomination for Directors information.
- 7 Teachers *Plus* Credit Union enjoyed attending the Early Job Fair presentations.
- 8 Teachers *Plus* Credit Union has more ABM's in Nova Scotia than any other Financial Institutions. Need to find an ABM? We now have an ABM locator available on our website.

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STRUGGLES & SUCCESSES FOR ADULTS LIVING WITH ADHD

by Jennifer Finlayson, O.T. Reg (N.S.)
MANAGER, NSTU EARLY INTERVENTION PROGRAM

Everyone has days when they feel distracted, hyperactive or impulsive. Some days you may even feel bored, have difficulty remembering appointments or just cannot adequately manage your time! Who among us has not procrastinated at some point or had difficulty getting along with certain individuals. You may not classify these characteristics as symptoms of a health condition, but when they overwhelm your life and daily function, making it difficult to perform tasks you need to do in the run of a day, a week, or longer, then a diagnosis of Attention Deficit/Hyperactivity Disorder (ADHD) may be considered. The symptoms must have persisted for at least six months for such a diagnosis, and other medical causes of the symptoms first need to be ruled out.

Most people have heard of ADHD and many associate it with school-aged children. Unfortunately, however, children diagnosed with ADHD do not magically recover from this disorder when they graduate from high school. Instead, they grow up and become adults with ADHD. With increased awareness about this condition, some children who were never diagnosed with ADHD in their youth are being identified in adulthood. Research indicates that ADHD is a genetically transmitted disorder affecting girls and boys, women and men. Symptoms usually become apparent after the age of seven when higher demands of self-organization and executive functions are expected. Some girls present with symptoms during hormonal changes in their twelfth and thirteenth year. Others with ADHD develop adequate compensatory

strategies so the diagnosis is less apparent when measured by function.

According to Edward M. Hallowell, M.D., “the treatment of ADHD begins with hope.” Most individuals who have a diagnosis of ADHD have struggled through life to meet the expectations set by those who do not understand and therefore do not accommodate for their condition. Those with ADHD therefore often experience embarrassment, humiliation, and a loss of confidence, leading to poor self-image. They may have difficulty recognizing their good qualities because of frequent failures to meet expectations and the longtime struggle just to keep their heads above water.

Dr. Hallowell breaks treatment of ADHD into five basic areas: diagnosis, education, structure support and coaching, various forms of psychotherapy, and medication. We should all be educated about what a diagnosis of ADHD means, for an adult or child. Those who do not live with this diagnosis need to acknowledge those who do, and be open to support their efforts to be successful in their work or play. Compensatory and coping strategies are imperative to being successful in spite of this diagnosis. A pamphlet titled *50 Tips on the Management of Adult Attention Deficit Disorder* (www.faslink.org) outlines a variety of practical suggestions for this purpose and focuses on the following categories:

- **Insight and education:** Be sure of the diagnosis and educate yourself. Find a coach, someone you work well with to support and encourage you through various tasks. Educate and involve others so they can better understand and help you. Listen to feedback from trusted others. Give yourself permission

to be yourself. Remember the condition is a neuropsychiatric condition and is not a weakness in character or a moral failing.

- **Performance management:** Establish external structure with lists, reminders, notes, rituals and files. Many people with ADHD are visually oriented so colour-coding and adding pizzazz to your environment is encouraged.

Embrace challenges but acknowledge and anticipate that all challenges will not end in success. Perfectionism is not realistic. Make deadlines and break down large tasks into smaller ones. Prioritize and avoid procrastination. Notice where and when you work best and let yourself work under those conditions when possible. Leave time between engagements to collect your thoughts as transitions may be difficult. Keep a notepad with you wherever you are and jot down good ideas when they hit you. Read with a pen in hand to focus your attention.

- **Mood management:** Include “blow-out” time in your routine to allow yourself to let go and be yourself. Recharge your batteries by giving yourself time to waste without feeling guilty about it. Choose good addictions such as exercise. Exercise vigorously and regularly as part of your treatment. Understand mood changes and ways to manage them. Plan ways to deal with inevitable ADHD blues. Use “time-outs” with yourself when you are upset or over-stimulated. Advocate for yourself. Find and join groups and spend time with friends where you are liked, appreciated, understood and enjoyed.

In her book, *ADD in the Workplace*, Dr. Kathleen G. Nadeau suggests that adults with ADHD do the following to optimize success in the workplace:

1. Minimize paperwork to maximize success.
2. De-stress to avoid distress.
3. Plan to be early to arrive on time.
4. Simplify your filing system.
5. Do it now or write it down.



6. Negotiate for tasks that call on your strengths.
7. Schedule interruptions or free time blocks.
8. Focus on ADHD solutions, not ADHD problems.
9. Get everything in writing; don't depend on your memory.
10. Focus on task completion with no loose strings!

Although sometimes it is difficult, especially when people with ADHD have struggled to succeed most of their lives, it is essential to recognize the strengths that are brought to the table in spite of the condition. Their particular way of seeing, hearing and sensing the environment around them is unique and may even be better than other ways of doing it. Hyper focusing can be viewed as a weakness in some situations, but think how productive a person with ADHD who is hyper focused can be when they are interested in their work or enjoying what they are doing. Individuals with ADHD are sensitive and emotionally open to understanding others, having been misunderstood most of their lives. Their creativity and passion for certain things and issues is highly motivating and inspiring. They are outgoing and intelligent, their brains working on problems in ways others would never consider. Because they seek stimulation to manage their hyperactivity, they can be excellent multitaskers, always ready for action, with a drive for excitement and stimulation. The key to success with people who have a diagnosis of ADHD is to allow them to work within their own means, and provide them with the accommodations and support they need to utilize their individual strengths. It is essential for us all to acknowledge that the “normal” or usual way of doing is not always what works best for everyone.

2009 ASSESSMENT SUMMIT

AUGUST 20 AND 21, 2009

HALIFAX, N. S.

Use the power of assessment to drive instruction and improve learning. Hear five of the most distinguished assessment experts in North America illustrate why the fundamental purpose of assessment is not to rate, rank, and sort students, but rather to provide meaningful feedback that leads to improved student learning.

Keynote Speakers

Anne Davies	Damian Cooper	Cassandra Erkens
Ken O'Connor		Rick Stiggins

Registration Fees Include:

- ◆ 2 full days of professional learning
- ◆ Sessions with every keynote speaker
- ◆ Breakfast and lunch every day
- ◆ Evening reception with fabulous door prizes including a chance to win dinner with the keynote speakers.

Registration Fees:

Early Bird price—\$499.00 + HST (Before March 31, 2009)

Regular Price—\$549.99 + HST (After March 31, 2009)

Special Group Pricing: for registration fees paid by boards, schools etc. (organization must pay for all registered in the group with one payment). For every 15 registered receive one free registration (buy 15 get the 16th free).

Registration Deadline May 1, 2009



Register on line at
www.nselc.ednet.ns.ca
(902)422-3270



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.



Beaver Bank Monarch Drive Holiday Dinner



On December 16, 2008, due to the hard work and dedication of the members from the school community, the students at Beaver Bank Monarch Drive School enjoyed a traditional Holiday Dinner. The planning began in early November when a group of parents met with members of the school's Healthy Lifestyle Committee to plan for this event. Arrangements were made and through the support of the Sackville Sobeys store and its manager Eric Pothier, the food was gathered, prepared and served. This event was held in the school gymnasium and, from the looks on the faces of those who participated, it was an overwhelming success. Members of the Halifax Regional Police Service, the Royal Canadian Mounted Police, and the former SAC President served dinner. "We would like to thank all those many parents, grandparents, staff and one of our bus drivers who made the centerpieces, peeled potatoes, helped with the preparation, cooking, serving and clean up," says Lynn Stewart, the school's vice-principal. "It was a wonderful time and our school certainly appreciates and thanks all those who worked with us to host this very successful event. We hope this event will continue in the future."

After Hours Telephone Intake, Crisis Counselling and Referral Service



4:30 PM AST to 8:30 AM AST
After Hours, 24 Hour Service During Weekends and Holidays

During these hours, call: 1-800-268-7708

Provided By: Health Canada's Employee Assistance Services
Crisis Referral Centre

NSTU SECONDMENT RESOURCE FILE

Secondment application forms are available on the NSTU
"Members-Only" website.

To obtain the secondment application form:

- Enter the NSTU members-only website
- Select "Union Affairs" from the menu
- Select "Secondments" from the drop-down menu



DO YOU KNOW A YOUTH VOLUNTEER WHO DESERVES RECOGNITION?

Recreation Nova Scotia is seeking nominations for the Provincial Volunteer Youth Award. The Volunteer Youth Award recognizes a youth aged 13-24 who has made a significant contribution as a volunteer in their school and community.

The recipient will be one of among approximately 70 community volunteer and specialty volunteer award recipients to be honoured at the 35th Annual Provincial Volunteer Awards Ceremony and Luncheon taking place Tuesday, April 14th at the Westin Hotel, Halifax. More than 300 municipal and provincial government representatives, volunteers and their guests are expected to attend.

Nomination Deadline is Friday, March 6, 2009. For more information and to download a nomination form, visit the RNS website at www.recreationns.ns.ca/volunteerawards or phone (902) 425-1128.

Hosted by:



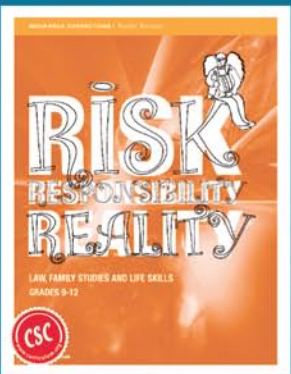
Coordinated by:



CURRICULUM CONNECTIONS | *Free Teachers' Resources*

BRING THE REAL WORLD INTO YOUR CLASSROOM

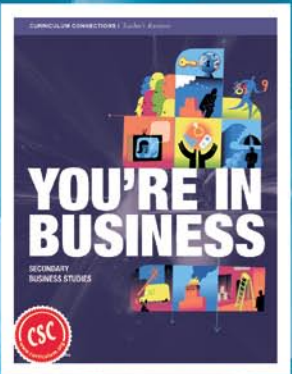
The Insurance Institute's Curriculum Connections Program is aimed at helping you and your students build a better understanding of home, auto and business insurance. Prepare your students for the world beyond high school by sharing the essential knowledge of Insurance principles using our classroom resources.



Risk Responsibility Reality

This classroom resource uses real-life events, relevant to high school students, to explore social responsibility, legal liability and ethical behaviour. Designed for grades 9 to 12 in subjects of Law, Life Skills and Family Studies.

DVD included.



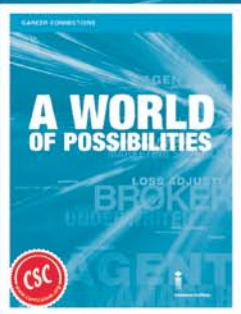
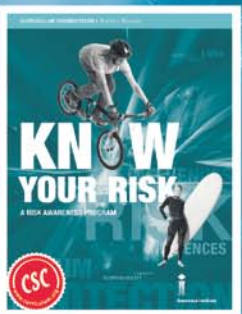
You're IN Business

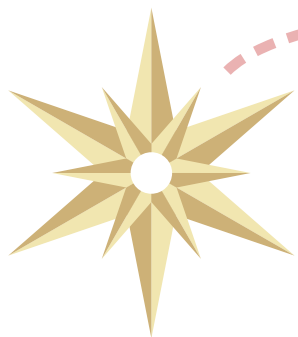
A classroom resource designed to bring the big business of insurance into your business studies class. Designed for grades 9 to 12 in subjects of Intro to Business, Management, Marketing and Entrepreneurship.

To order any of our FREE resources, visit us on-line at:
www.career-connections.info

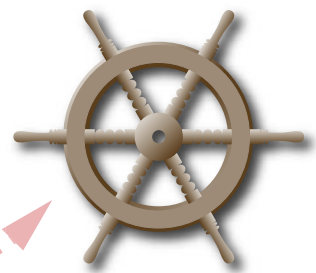


Insurance Institute





Charting Your Course FOR PROFESSIONAL DEVELOPMENT



PD, the NSTU and You

By Betty-Jean Aucoin, Ron Brunton and Danny Eddy
EXECUTIVE STAFF OFFICERS, PROFESSIONAL DEVELOPMENT

“As the unified voice for the advocacy and support of all its members, the NSTU promotes and advances the teaching profession and quality public education.”

—NSTU mission statement

For more than a century, the Nova Scotia Teachers Union has taken the lead in supporting the professional development of its members. The NSTU is dedicated to maintaining and promoting excellence in teaching, encouraging lifelong learning, influencing educational trends through research and evaluation, and disseminating information.

The Nova Scotia Teachers Union supports its 11,000 members, working in over 400 public schools and 13 community college campus sites, with professional development program offerings that assist individual members, school and campus staffs, locals and regions through workshops, conferences, committees, professional associations and other provincial structures.

This is done through the many professional development initiatives available through your NSTU Local. But it's not the NSTU's professional development.

It is PD for the asking and it's yours.

Conference Day is our flagship with over 2,000 workshop offerings attended by over 8,000 members annually. All of this is organized by NSTU members, on their own time and most frequently providing the expertise that guides colleagues forward in curriculum, pedagogy and leadership.

The NSTU annual August Leadership Development Conference provides a leadership curriculum designed to enable and enhance the ability of members to contribute to a strong, progressive and vital union. Over 200 members from every region and Local in the province participate. These members return to their Locals, regions, schools, campuses and colleagues to promote leadership and on-going professional learning.

One vehicle for encouraging professional development is the committee involvement of members. From the Appeals Committee to the Teachers With Administrative Responsibilities (TWAR), members explore the issues and concerns relevant to the growth of teacher and student learning. From these committees and from your provincial executive, topical conferences are suggested and developed. As an example, the provincial executive, through the Equity Committee, has organized the up-coming Equity Conference focusing on GBLTT issues. The NSTU has a long track record of hosting such conferences like this as we saw with the *Time To Learn, Time To Teach* forum that focused on the intrinsic

connection between teacher workload and student learning and the *Coming Together: Collaboration & Quality Public Education* conference that explored accountability in education.

Professional development doesn't stop there. The NSTU provides a broad spectrum of engaging, relevant, and purposeful workshops. They are available to all members through their schools, their campuses, their Locals, and their regions, and through special focus groups. They are provided at no charge as a benefit of NSTU membership.

Individual members benefit from the professional development focus of the NSTU not only through the liaison with the Department of Education and Nova Scotia Community College that comes through many of the standing committees, but also through access to funds that support their professional growth. These grants include support for study, travel and research. In all of our collective agreements we have recognized the significance of on-going professional learning of our members through Article 60 for P-12 members and the Professional Development Article for Community College members.

The NSTU is also committed to advancing professional learning by engaging our partners in education. The Faculty Learning College Portfolio is an innovative vehicle to encourage on-going professional growth for our Community College faculty members. New and innovative curriculum projects in the P-12 system are supported through the Program Development Assistance Fund (PDAF). Both of these are protected through inclusion in their respective collective agreements.

Other partnerships that enhance members' professional growth include CONTACT, which focuses on teaching strategies, and Developing Successful Schools (DSS) which focuses on effective leadership practice that enhances student learning; both are organized and hosted each year by the Atlantic provinces' teacher organizations. Both



NSTU members at the recent annual PD conference, one of the many PD offerings for NSTU members. From left to right: Lori Richard (Inverness Local), Darlene Bereta (Northside-Victoria Local), Joan MacIsaac (Antigonish Local), Joyce Lively (Cape-Breton Local) and Susan Robinson-Burnie (Annapolis Local). Standing is Susan Taylor-Foley (Lunenburg County Local) who was a workshop leader at the conference.

opportunities allow NSTU members to enhance their professional practice through networking with colleagues from each of the other three Atlantic provinces.

We have joined with the Department of Education, the regional school boards and the teacher education universities in the Nova Scotia Education Leadership Consortium (NSEL) to provide practical modules that develop and enhance leadership in the classroom, the school, and the system.

We also work as closely as possible with the teacher education universities in Nova Scotia to ensure our new members have a good understanding of the importance of professional learning and that their professional organization is one of the major resources

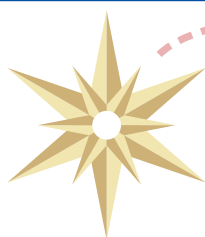
available to assist that learning as they enjoy a rewarding career in teaching.

The Sheonorail Foundation is unique. Organized by the NSTU in 1999, the arms-length foundation supports members developing anti-violence projects from one end of the province to the other. These projects are shining examples of teachers and faculty accepting extraordinary challenges to reduce violence in our society, in our schools, and on our campuses.

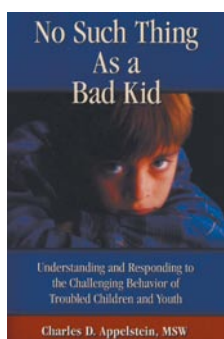
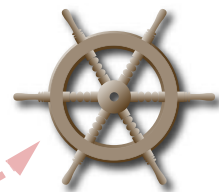
The NSTU is committed to the belief that effective and meaningful professional development is not done to members. Professional development is done by you, for you.

It's PD for the asking and it's yours.

**The winner of the January PD book giveaway
Reading and Literacy A-Z Teacher Plan Book #7
is Kristin Innes from
John Martin Junior High School in Dartmouth.**



Charting Your Course FOR PROFESSIONAL DEVELOPMENT



Email your name, home address, and school or campus name with PD in the subject line to theteacher@nstu.ca by February 27th to be eligible for the draw.

This month's giveaway is *No Such Thing as a Bad Kid: Understanding and Responding to the Challenging Behaviour of Troubled Children and Youth* by Charles D. Applestein, MSW and published by The Gifford School, Boston Mass (1998).

This book is a must read for any faculty, professional support staff, teacher or principal who is working with children/youth who demonstrate challenging behaviours. This book provides the reader with a deeper understanding of problem behaviour while providing concrete, tangible and realistic strategies for supporting students in developing greater self control.

Assessment for student success



Betty-Jean Aucoin facilitates a workshop for Cape Breton-Victoria Regional School Board substitute teachers.

Elementary substitute teachers in the Cape Breton-Victoria Regional School Board learned how to use assessment to make a difference in student learning and success at a PD workshop facilitated by NSTU PD staff officer Betty-Jean Aucoin on November 21.

Brenda MacIsaac, the Board’s new teacher mentor for P-6, invited Aucoin to teach the 20 pre-service and substitute teachers about assessment as part of on-going PD opportunities the Board provides to substitutes throughout the school year.

“I want you to talk about your own experience with assessment and identify common beliefs and values,” says Aucoin.

Participants reflected on their own experiences and developed belief statements based on common connections.

Some of the belief statements included: teachers should be understanding, passionate about what they do and show fairness in all activities and in assessment; we must believe that all children can learn and achieve; not every child learns the same way on the same day.

Aucoin explored the increasing awareness of the shift of evaluation from assessment of learning to assessment for learning. “The key to making a difference in student learning and success is how students and teachers use assessment information,” she says. “Assessment can and should be done by students, as well as by teachers. Assessment for learning provides constructive feedback to teachers and students guiding the teaching and learning process.”

Research shows assessment that engages students as active participants supports the largest gains for low achievers. She reminds teachers that the basic goal of education, and therefore assessment, is to provide the tools that enable citizens to take control of their own learning. “If they cannot assess themselves effectively, reflecting on their strengths and needs, they do not have the appropriate skills for life-long learning.”

So, what’s the difference between assessment of learning and assessment for learning? “In assessment of learning the teacher gives, grades and reports,” she explains, “Students show up with pen and pencil in hand and take the test. This assessment provides an evaluation statement of the students learning at this point in time. In assessment for learning, the teacher is a facilitator and guide and the student is an active participant showcasing their knowledge and understanding throughout a unit.” Feedback is immediate and constructive providing direction for both the teacher and student.

Assessment needs to help students believe that the outcome is within reach. “But to do that we must provide an understanding of the target,” she continues. Aucoin demonstrates this in a very creative way by getting one of her workshop participants to stand with their back to a garbage can and try and throw a ball into the can given no direction and provided no feedback. Inevitably the participant fails at this task. When the participant is given clear instruction as to how far back the can is, whether it’s to the left or right, and feedback on their attempts, the target is reached and the ball lands in the can.

“To improve, students must have the opportunity to understand the outcome or target, know what good work looks like, know how to work to close gaps, have conversations about their work and watch themselves grow.”

As a continuing partnership with the CBVRSB, MacIsaac booked NSTU staff officer Gérard Cormier to provide workshops on diversity and time management for elementary substitute teachers at the Board.



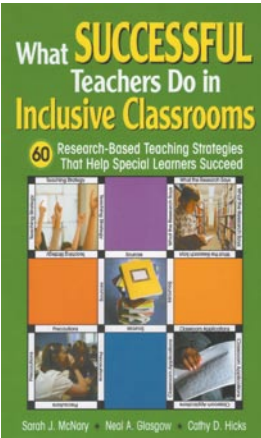
Email your name, home address, and school or campus with EQUITY in the subject line to theteacher@nstu.ca by March 27 to be eligible for the draw.

This month’s equity book giveaway is entitled *What Successful Teachers Do in Inclusive Classrooms*. It is written by Sarah J. McNary, Neal A. Glasgow, and Cathy D. Hicks and is published by Corwin Press.

‘An awesome collection of very current best practice suggestions!’
‘The greatest strengths of this book are its practicality and the fact that there is a tremendous need for it out there for teachers with no background in special education who are teaching students with special needs.’

- The teaching strategies cover the following:
- a straightforward one-line action statement that encapsulates the ‘Strategy’
 - an easy-to-read synthesis of relevant educational, psychological, and sociological studies
 - concrete and specific tactics for immediate application in the classroom
 - pointers on how to identify and avoid potential pitfalls
 - sources for further reading on the research/strategy outlined

This resource is a great addition to a teacher’s inclusive classroom library.



fresh

Putting new members in the KNOW!

Email your name, home address, and school or campus with FRESH in the subject line to theteacher@nstu.ca by March 27 to be eligible for the draw.

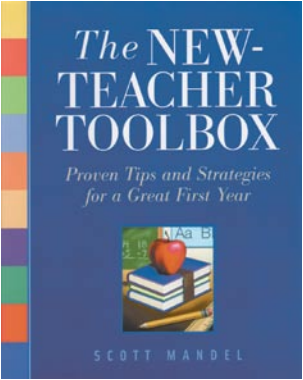
This month’s FRESH giveaway is entitled *The New-Teacher Toolbox: Proven Tips and Strategies for a Great First Year*. It is written by Scott Mandel and published by Zephyr Press.

‘The New-Teacher Toolbox is a tremendously valuable resource of realistic tips and current best practice ideas to support first-year classroom teachers.’

‘Dr. Mandel has written a very practical, informative manual for new teachers. His examples for classroom standards, incorporating a variety of activities for diverse students, and teaching test-taking skills are right on target. For answers to fundamental questions and stress relief, Mandel’s manual is a must.’

‘This is the book I wish I’d read before my first day in the classroom! How refreshing: an insightful simple-to-use, reality-based guide with tools to apply and adapt to my situation, and make it a success!’

The above three quotations are a testament to how valuable this resource is to new teachers. It will provide them with easy-to-use tools, techniques, and tips to make their first year of teaching rich and rewarding.



The deadline for the March issue of *The Teacher* is February 20. Please contact Sonia Matheson at theteacher@nstu.ca or 902-477-5621.


CAREER CONNECTIONS | Ambassador Program


BRING THE REAL WORLD TO YOUR CLASSROOM

The Insurance Institute’s Career Connections Ambassador program introduces youth to the multitude of careers available in the general insurance industry.

Insurance industry professionals can open your students’ eyes to an exciting world of possibilities within a little-known industry by speaking about their career and educational journeys. Bring this nationally successful program into Nova Scotia classrooms!

To invite an Ambassador into your classroom, please visit:
www.career-connections.info



HUMAN RESOURCES
Insurance Institute

NSTU CAMPAIGN GUIDELINES

The 2008 deadlines for candidates' information are **March 27** for the April 15 issue (1st opportunity) and **April 24** for the May 13 issue (2nd opportunity). This information should be given or sent directly to *The Teacher* office.

7. VICE-PRESIDENTIAL CAMPAIGN GUIDELINES

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

8. COMMITTEE CAMPAIGN GUIDELINES

- In respect of electoral campaigns for committees elected at Council, the following guidelines shall apply:
- (a) Active campaigning within the Council Chambers is prohibited. Passive campaign activity within the Council Chambers is permitted;
 - (b) Locals are prohibited from directly making any monetary or non-monetary contribution to any candidate's campaign. Such contributions do not include expenditure of funds designated for the Local (e.g. Local suite at Annual Council).
 - (c) Campaign spending by or on behalf of each candidate may not exceed \$100. Such expenses are the sole responsibility of the candidate.
 - (d) All candidates must submit an approved financial statement report form to the Council Nominating Committee within sixty (60) days from the conclusion of Annual Council. This statement is to include a list of all contributions with non-monetary items being assessed at dollar value, and an itemized list of expenditures;
 - (e) The Council Nominating Committee shall refer the financial statements of candidates to the Provincial Executive for review. These financial statements will be published in *The Teacher*.
 - (f) Publicity: Each candidate is permitted to insert in an issue of *The Teacher* prior to Council:
 - (a) One head and shoulder photograph of himself/herself;
 - (b) Biography of personal, educational and career achievements, of no more than 150 words;
 - (c) A personally prepared platform of objectives, no more than 300 words in length.
 - (g) Items must be sent to *The Teacher* fifteen (15) working days before publication and these will appear in alphabetical order.
 - (h) Paid advertisements in any medium (press, radio, TV, *The Teacher*) are prohibited.
 - (i) The number of campaign posters and/or banners on display in the hotel at Annual Council may not exceed a total of twenty-five (25) for each candidate. When Annual Council is held at a facility where Local delegates are divided between two facilities, the number of posters will be increased to thirty-five (35).
 - (j) Upon request, each candidate shall be given a list of the room numbers at the main facility used by NSTU delegates, alternates, official observers and guests once delegates have been accommodated. Distribution of campaign materials to rooms shall be limited to those rooms so identified. Such identification shall not allow the name of the occupant of the room to be determined.

9. GENERAL CAMPAIGN GUIDELINES - ACTIVE AND PASSIVE CAMPAIGNING

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

NOTICES

The 34th Annual Teachers Bowling Tournament

On April 18-19 the 34th Annual Teachers' Bowling Tournament will take place at Bayer's Road Bowlarama in Halifax. Registration is \$265 per team. There can be five to eight bowlers on a team. Bowlers must be members of the NSTU, either active, retired or reserve. Those interested in submitting a team can send their team roster, registration and cheque made payable to: Elizabeth Leedham, 43 Delta Drive Dartmouth, NS B2V1S2. If you have any questions contact Elizabeth Leedham at eleedham@eastlink.ca.

ATEC grants

The Association of Teachers of Exceptional Children (ATEC), a professional association of the NSTU, wants to remind teachers of the three grant/bursary options it offers. **The deadline for applications is April 15, 2009.** Inquiries/applications should be forwarded to Bonnie Lockhart, ATEC Corresponding Secretary, P.O. Box 416, Westville, NS B0K 2A0; Email ken.lockhart@ns.sympatico.ca. Information on the bursaries and grants can be found on the ATEC website at <http://local.nstu.ca/web/ATEC>.

CMOS Teachers' Day

The Canadian Meteorological and Oceanographic Society (CMOS) will be hosting a Teachers' Day during its annual congress in Halifax, June 3, 2009. Learn about exciting issues in meteorology, oceanography and climate from experts and hear more about educational programs offered by various groups in Canada; hands-on experiments, lots of material waiting for you. The registration is free for teachers! For more information contact: frederic.dupont@dal.ca or claudcote@ec.gc.ca.

Prime Minister's Awards for Teaching Excellence

A new competition is now underway for the prestigious Prime Minister's Awards for Teaching Excellence (PMA). The 2009 guidelines and nomination forms are available at www.pma.gc.ca. You can also obtain hard copies by calling 613-946-0651 or by sending an email to pmate-ppmee@gc.ca.

The PMAs honour outstanding and innovative elementary and secondary school teachers in all disciplines who instill in their students a love of learning and who use information and communications technology (ICT) to better equip them with the skills they need to meet the challenges of a 21st century society and economy.

Teachers are eligible for two awards: the Certificate of Excellence and the Certificate of Achievement. All recipients receive a certificate and pin, along with a letter from the Prime Minister. Financial awards of \$5,000 for the Certificates of Excellence are shared evenly between the recipient and the recipient's school or teaching institution to be spent under the recipient's direction. Financial awards

(continued on page 11)

(continued from page 10)

of \$1,000 for the Certificates of Achievement are sent directly to recipients. The school also receives a certificate recognizing their support of and contribution to the teacher's achievement.

New for this year, the program will include designated awards for Aboriginal teachers as well as an expanded focus with regard to information and communications technologies that include practices to support greater media awareness and safe Internet use by students.

If you know an exceptional teacher that you feel deserves national recognition, visit www.pma.gc.ca to find out more about the Prime Minister's Awards. You have until March 31, 2009 to submit your nomination.

Spirit of Mandela Poster Contest

Deadline February 20, 2009

The Nelson Mandela Children's Fund (Canada) is proud to present its first poster contest. This is an opportunity for students to put their creative

talents to work in developing a poster, which visualizes the Spirit of Mandela program.

The winner of the Spirit of Mandela Poster Contest will be announced at the official launch of the Spirit of Mandela Week. The poster will be the official poster for the Spirit of Mandela Week 2009 and will be distributed in thousands of schools across Canada. The winner will also receive a year's subscription to *Kayak: Canada's History Magazine for Kids* and a Kayak T-shirt, sponsored by Canada's National History Society, a T-Shirt of the Spirit of Mandela Program and a copy of the poster will also be sent to the Nelson Mandela Children's Fund office in South Africa.

Teachers of students wishing to send in an entry must be registered online to the Spirit of Mandela Program (www.spiritofmandela.ca). Send submissions by February 20, 2009: Spirit of Mandela Poster Contest, Nelson Mandela Children's Fund (Canada), 2 Berkeley Street, Suite 210, Toronto, Ontario M5A 4J5. For more information please visit our website at www.mandela-children.ca.

Governor General's Awards for Excellence in Teaching Canadian History

Canada's National History Society has announced its call for nominations for the 14th Governor General's Awards for Excellence in Teaching Canadian History. History and Social Studies educators are encouraged to submit their unique teaching approaches to the program. Six Recipients are awarded \$2,500, a medal and a trip for two to attend the awards festivities and official ceremony with Her Excellency, the Right Honourable Mich  lle Jean, Governor General of

Canada. Schools also share in the winnings. An additional \$1,000 is awarded to the recipients' schools. Elementary, middle, and senior teachers are welcome to share their approaches. Teachers can present their work individually, as a group, or be nominated by a student, parent or colleague. **Deadline for submissions: April 30, 2009.**

Here is how to apply: www.historysociety.ca/gga.asp?subsection=rul, the form is available at www.historysociety.ca/gga.asp?subsection=nom and for further information email prixggawards@historysociety.ca or call 1-800-861-1008.

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

Congratulations to our
DECEMBER WINNERS
of the Fresh & Equity giveaways!

FRESH: Darlene Oliver of St. Agnes Elementary School in New Waterford

EQUITY: Debbie Ferguson of Walter Duggan Elementary School in Westville



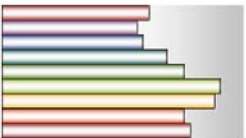
Nova Scotia Educational Leadership Consortium

As a team would your staff like to reflect and regroup? Would you like to know the strengths of the members on your PLC so it can be more effective? Do you have a large number of new staff members? Are you just setting up your accreditation team? If you answered yes to any of these questions we believe that **TeamScore™** may be able to help you out

TeamScore™ is a self-assessment tool for teams to use which can be completed in one minute. The resulting report is easy to interpret and shows the team's perceived capabilities across nine ELEMENTS common to highly effective teams. Teams can quickly zero in on their strengths and weaknesses and create an improvement plan.

The Nova Scotia Educational Leadership Consortium is offering the services of a facilitator who will work with you and your staff/team in the following process:

- **MEASURE** your staff/team's opinion about their current level of effectiveness.
- **ANALYZE** your staff/team's scores.
- **PLAN** development options to meet your staff/team's needs.
- **ACTION** your plan right away.



Later on, if needed or desired, the facilitator could come back and check the TeamScore™ Assessment again to see what has changed.

For more information, contact the Nova Scotia Educational Leadership Consortium (NSEL) - call 422-3270. .

www.nselc.ednet.ns.ca

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

**ABU DHABI GRAMMAR SCHOOL (CANADA)
IN THE UNITED ARAB EMIRATES**

We are seeking expressions of interest from Teachers for the areas indicated below:
Pre-School (Kindergartens I and II)
Elementary Grades: (Grades: 01 – 06) all subjects.
Junior / Senior High – English Language, Mathematics, Science (including: Physics, Chemistry and Biology) and Computer Programming (C++).

We are:

- A very well reputable and growing co-educational school operating in a very competitive environment with over 500 students from 35 different countries.
- Accredited by the Nova Scotia Department of Education teaching Nova Scotia Public School Programs (PSP) plus more.
- Awarding successful students a Nova Scotia High School Graduation Diploma.

We offer:

- Tax-free earnings for non-resident Canadian Teachers with a monthly salary not less than Cnd\$3,000.00 .
- A Minimum of 2-year contract.
- A comfortable, furnished one-bedroom apartment (or a shared 2-bedroom apartment, subject to availability) including utilities.
- Annual return airfare to Abu Dhabi, returning end of June.
- An opportunity to teach in a Canadian school in a foreign environment in one of the most beautiful and modern cities in the Middle East.

We require:

- A University degree. (Degrees must be authenticated by the Department of Foreign Affairs and the Embassy of the United Arab Emirates in Ottawa if applicant is selected).
- A Valid Teacher's License – N.S. – TC5 and up (or equivalent).
- A Minimum of 3 years of actual continued teaching experience.
- A Current Canadian Passport.

Abu Dhabi, the capital city of the United Arab Emirates is highly developed with extensive facilities in terms of Schooling, medical support, shopping, etc. The U.A.E. remains one of the most understanding countries in the Middle East in terms of harmonizing western needs with the preservation of its own culture.

Interested persons are asked to email a C.V., a cover letter and copies of degrees and passports to agsadmin@agsgrmmr.sch.ae or fax the same to: The Principal, on 011 - 9712 - 645 - 4703.

Only selected candidates will be called for interviews.

PD—North of Smokey



On November 24, 2008, the Northside-Victoria Local of the NSTU held a PD session on classroom management for NSTU members North of Smokey. Close to 30 teachers from North Highlands Elementary, Cape Smokey Elementary and Cabot High gathered at Cabot High School in Neil’s Harbour for an after-school session with NSTU PD staff officer Gérard Cormier. It’s the first time Cormier has provided PD for teachers in the area. Northside-Victoria Local president Milton Bonnar and the Local’s vice-president of communications/social Darlene Bereta travelled from North Sydney to be in attendance. Mike Dunphy, the Local’s member-at-large who has also been filling in the role of VP Economic Welfare, welcomed Cormier to his school.

In the session Cormier provided participants with some practical tips and advice on classroom management. “Eighty per cent of classroom behaviour issues are small stuff, things you can deal with as a teacher,” he says. He encouraged teachers to pay attention to their classroom set up. “Personalize your classroom, use a seating plan, and provide adequate space between you and your students.” He says it’s important to post classroom expectations, rules and codes of conduct. “Don’t create too many classroom expectations, and allow students to have input.”

Cormier says the key to effective classroom management ultimately is the quality of the student/teacher relationship.

For more information on this workshop and the many others offered by the NSTU PD staff, consult the Charting Your Course Guide to PD available through your NSTU rep, visit the NSTU website or contact an NSTU PD staff officer at Central Office.

Purple Day to kick off in the US

Last year, Cassidy Megan, a student at Atlantic Memorial - Terence Bay Elementary School, who has epilepsy, had the dream of starting Purple Day in Canada on March 26 to raise public awareness about her condition. Why purple? Lavender is the colour associated with epilepsy around the globe.

“I wanted to tell everyone about epilepsy, especially that all seizures are not the same and that people with epilepsy are ordinary people just like everyone else,” she says.

She also wanted kids with epilepsy to know they were not alone. She began her dream for Purple Day in Canada in 2008—creating One Day—March 26, when kids with epilepsy, their friends, families and extended communities wore purple to show their support for the 50 million people worldwide who have the disorder. Megan even persuaded all the members of the Canadian Parliament to wear purple, along with hundreds of school children across Canada.

Now, just one year later, she is bringing Purple Day to the United States. The kickoff event will take place in New York City on March 10 from 1:00 to 2:00 p.m. at Dylan’s Candy Bar, (1011 Third Avenue), where she will join **Paul Shaffer of The David Letterman Show** to launch a grassroots effort to gain momentum and culminate on Purple Day, March 26 2009.

Megan is also partnering with The Anita Kaufmann Foundation (www.akfus.org). Anita Kaufmann, a New Yorker who had epilepsy, willed her entire estate to epilepsy awareness.

As part of its mission to educate the public, The Anita Kaufman Foundation sponsors a free fifth grade program about epilepsy that is taught throughout New York and other states.

In the US and Canada there is a growing swirl of activity around Cassidy’s Purple Day with events for Purple Day and epilepsy awareness scheduled in Chicago, Florida, Pennsylvania, New Jersey, New York, Toronto and Niagra Falls, and the list keeps growing.

To get your students and schools involved in Purple Day visit www.purpleday.org.

NOVA SCOTIA Department of Education

OVERSEAS SCHOOLS TEACHING OPPORTUNITIES

Are you

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

Why not consider

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

Teaching/administrative opportunities are available immediately in

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

Compensation includes

- Basic salary
- Return airfare
- Fully furnished apartment (including utilities)
- Meal allowance
- Medical Insurance Plan
- Work Visa

Information sessions available - (all sessions 7:00 – 8:00 p.m.)

- | | | |
|------------|--------------------------------|----------------------------|
| • Halifax | February 24, 2009 | Dartmouth Teacher’s Centre |
| • Yarmouth | March 3 (rescheduled) | Rodd Hotel, Yarmouth |

For further information contact coveyfp@gov.ns.ca

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*Offer applies to tickets purchased in sections P3 and P4.

coming events

February is...

African Heritage Month (www.gov.ns.ca/ansa), Heart Month (www.heartand-stroke.com)

FEBRUARY

African Heritage Month

This year marks the 25th anniversary of African Heritage Month in Nova Scotia. Held in February, African Heritage Month celebrates the history and contributions of people of African descent in Nova Scotia. Visit the NSTU website at www.nstu.ca for more info and links. Check out the following for information and events in exploring the history, culture and contributions African Nova Scotians have made to our province. African Heritage Month Activities are found on the African Nova Scotian Affairs website at www.gov.ns.ca/ansa/AHMEEvents09.asp and the Halifax Public Libraries' page (www.halifaxpubliclibraries.ca/ahmonth/), which includes activities, book lists, programs and links. The Black History Month Association page at (www.chebucto.ns.ca/Heritage/BHMA/) includes a calendar of events and a list of online African Nova Scotian resources and the Black Cultural Centre for Nova Scotia's website also has information (www.bccns.com).

FEBRUARY

Winter Walk Day

Winter is as good a time as any to walk. Schools, youth groups and others are invited to walk to school, have an intentional walk or go for a hike on Winter Walk Day (any day in February). Registered schools receive a kit complete with activity ideas, safety tips and curriculum links along with ten free toques. Register at Take the Roof Off Winter (www.taketherooftoffwinter.ca/). The event is a partnership of Active & Safe Routes to School of the Ecology Action Centre and Take the Roof Off Winter, which is coordinated by Recreation Nova Scotia and The Nova Scotia Department of Health Promotion and Protection.

FEBRUARY 8 TO 14

Teacher Staff Appreciation Week

Home and School Associations/School Councils across Canada are celebrating National Teacher/Staff Appreciation Week February 8 to 14, 2009. This year's theme is *Kids Say it Best*. Parents organize community events in recognition of the personal and professional contributions of teachers and school staff such as school secretaries, school nurses, teacher assistants, custodians and bus drivers. This week gives parents and others concerned with children and their education the opportunity to join in nation-wide demonstrations of support for Canada's schools and their teachers/staff. For further information, visit www.schoolcouncils.com or email info@nsfhhsa.org.

FEBRUARY 14 TO 15

Children's Yoga Teacher Certification

Due to the large response from teachers the course on February 21-22 at the Yoga Loft is now full. We are adding a second one on February 14-15.

Please register early. There is a lot of interest in this course. Cost is \$210 (tax included). Call 902-429-3330 to register.

Join Tiffany McLintock, founder and director of Teeny Yogini™ from Philadelphia, for this two-day certification course.

The course will equip you to teach yoga to children from 18 months to 18 years old, provide you with a curriculum that can be adapted to school, yoga studio or home setting, and show you how to teach a family yoga class. You'll also receive a teacher's manual and lesson plans to get you started.

This certification course is open to yoga teachers and non-yoga teachers, and will be of special interest to school teachers wanting to bring yoga into their classroom or school.

To find out more about Tiffany visit: www.teenyyogini.com. You can reach The Yoga Loft at the following: Suite 301 - 5663 Cornwallis Street, Halifax, NS B3K 1B6; info@theyogaloft.ca; 902-429-3330; www.theyogaloft.ca.

FEBRUARY 15

National Flag Day of Canada

Every year on February 15 Canadians celebrate shared values, common citizenship and sense of belonging to our great country through National Flag Day. The Canadian flag is the most visible and cherished symbol that reminds us each day that we are all part of the Canadian family. A special Canadian Heritage website at www.pch.gc.ca/special/flag-drapeau/index_e.cfm provides a variety of adaptable materials that can be used in many different ways to focus attention on the Canadian flag in interesting and fun ways.

FEBRUARY 16

National Heritage Day

Established in 1973 by the Heritage Canada Foundation and celebrated the 3rd Monday of February, Heritage Day encourages the preservation and promotion of Canada's heritage with an opportunity to celebrate the architectural heritage and historic places of Canada. This year, the Heritage Canada Foundation is celebrating *Heritage and the Environment: Saving Places Built to Last*. Resources are available to assist communities to develop a program around this theme—whether it is to celebrate the inherently green credentials of historic buildings, highlight how they have been

upgraded to more environmentally friendly standards, or to offer information on how to "green" a heritage building.

For more information or to obtain copies of the poster and teachers' kits please contact the Heritage Education Coordinator at heritageday@heritagecanada.org or visit www.heritagecanada.org.

FEBRUARY 28 DEADLINE

Canada Day Poster Challenge

Each year, students ages 5 to 18 are invited to take part in the Canada Day Poster Challenge by designing a theme-based poster that illustrates their pride in Canada and in being Canadian. This year's theme is *With Glowing Hearts!* And this year's Grand Prize is special. The national winner will get an all-inclusive trip of a lifetime to the Vancouver 2010 Olympic Winter Games. The 13 provincial and territorial finalists will win a trip to Ottawa to celebrate Canada Day on Parliament Hill. In addition, the winning entry will become the official poster for Celebrate Canada, a series of activities happening across the country including:

- * National Aboriginal Day, June 21
- * Saint-Jean-Baptiste Day, June 24
- * Canadian Multiculturalism Day, June 27
- * Canada Day, July 1

For more info visit www.pch.gc.ca/special/canada/affiche-poster. This year's theme is *A Portrait of Canada: Celebrating 140 Years*. **The deadline for applications is February 28, 2007.**

FEBRUARY 22 TO 28

Freedom to Read Week

Freedom to Read Week is an annual event that encourages Canadians to think about and reaffirm their commitment to intellectual freedom, which is guaranteed to them under the Charter of Rights and Freedoms. This year celebrates the 25th anniversary of the week. A Freedom to Read Kit, featuring articles on current censorship activities in Canada, clip art, annual poster, and suggested ways to get involved is also available. For further information visit the Freedom to Read Week website at www.freedomtoread.ca.

MARCH AND APRIL

Forum for Young Canadians

Established in 1975 as a bilingual, non-partisan educational experience for Canadian high school and Cégep (Quebec) students, Forum is the Foundation for the Study of Processes of Government in Canada's best-known program, with approximately 450 students from across the country selected to participate each year. The "Forum experience" brings students to Ottawa for an intensive academic adventure that immerses them in the exciting world of national politics and public affairs.

Forum 2009 dates are as follows:

Session 01: March 7-14, 2009

Session 02: March 21-28, 2009

Session 03: March 28-April 4, 2009

Session 04: April 18-25, 2009

For further information visit www.forum.ca/programs/forumfor.

MARCH 2 TO 8

International Women's Day/Week

This year, Canadians will celebrate International Women's Week (IWW) starting on Sunday, March 2 and culminating in International Women's Day celebrations on Saturday, March 8. Status of Women Canada (SWC) has developed materials including a poster, fact sheet and buttons, and an Organizer's Tool Kit that provides background information about International Women's Day/Week and suggestions to help you plan activities for this special day/week. The text of the Organizer's Tool Kit and order forms for other products can be found on the SWC's website, at www.swc-cfc.gc.ca/dates/iwd-jif/index-eng.html.

MARCH 26

Wear Purple Day for Epilepsy

Founded in 2008, by nine-year-old Cassidy Megan, a student at Atlantic Memorial - Terence Bay Elementary School, Purple Day is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide. On March 26, people from around the globe are asked to wear purple and spread the word about epilepsy.

Why? Epilepsy affects over 50 million people worldwide. That's more than multiple sclerosis, cerebral palsy, muscular dystrophy and Parkinson's disease combined.

Why purple? Lavender is the international colour for epilepsy.


Getting involved is easy. Wear purple or lavender and encourage others to do the same. Host a Purple Day party or fundraising event at your home, school or business. And most importantly, get real facts about epilepsy by browsing www.purpleday.org or other sites including www.epilepsyns.com/ or www.epilepsymatters.com. You can also join Cassidy's Facebook group at www.facebook.com/group.php?gid=10329539404.

Across Nova Scotia, teachers and students celebrate

African


Heritage

Month



Join us in exploring the history, culture and contributions African Nova Scotians have made to our province. For links to African Heritage Month resources, visit:

www.nstu.ca



Nova Scotia Teachers Union

THANK YOU

to the Educators of Nova Scotia for
once again displaying your kind and
generous spirit through your support of the
2008 Terry Fox National School Run Day

You continue to make a difference!





NSTU Group Insurance Plans Term Teachers and Insurance

If you are a teacher starting a new term contract, the NSTU Group Insurance Trustees want to inform you of the benefits that are available and remind you to enroll.

*** IMPORTANT ***

Remember, the earlier you enroll, the earlier your coverage is effective.

TOTAL CARE/MEDICAL – This benefit is not automatic. You may apply for this benefit at any time. Coverage will take effect the first of the month following receipt of your application.

Single: NO COST (100 % paid by employer)
Family: NO COST (100 % paid by employer)

TOTAL CARE/DENTAL – This benefit is not automatic. For term teachers, you must apply within 31 days of your term commencement date. If you elect to participate, coverage will take effect the first of the month following receipt of the application form and will remain in effect for the duration of your term contract.

Single – Public School teachers: \$16.48 (Difference paid by Teachers' Provincial Agreement or APSEA Agreement)

NS Community College: \$17.34 (Difference paid by Community College Agreement)

Family – Public School teachers: \$34.86 (Difference paid by Teachers' Provincial Agreement or APSEA Agreement)

NS Community College: \$36.66 (Difference paid by Community College Agreement)

Please note: Rates above are subject to change.

PROVINCIAL MASTER LIFE AND ACCIDENTAL DEATH AND DISMEMBERMENT – You are automatically insured for this benefit. To designate a beneficiary, you must complete a beneficiary designation form.

For Public School teachers/Community College members and APSEA members, **\$50,000** Life Insurance and **\$50,000** Accidental Death & Dismemberment Insurance. NO COST (100 % paid by employer).

LONG TERM DISABILITY (cost-sharing with the employer) - Effective August 1, 2008, coverage will be effective the date you commence employment as a term, probationary or permanent contract teacher in the Province of Nova Scotia. You will be automatically enrolled in the NSTU Long Term Disability Program with the provision to opt out and premiums will be deducted automatically unless:

1. You were previously automatically enrolled as a "New Teacher" and opted out of the Program; and/or
2. You previously applied for enrollment in the Long Term Disability Program and were denied coverage; and/or
3. You failed to enroll through past open enrollments.

If not automatically enrolled, coverage will commence on the first of the month following the date the insurance company receives your application and approves any evidence of insurability as required by the policy.

OTHER COVERAGES - The other plans available are Optional Life Insurance, Spousal Life Insurance, Voluntary Accidental Death & Dismemberment, MEDOC® Travel Plan, and Home and Automobile Insurance. The Optional Life Insurance Program was revised in 2006 to include more competitive age banded rates. In November of 2008 a Trip Cancellation / Trip Interruption Plan was added as an option to the MEDOC® Travel Plan. Please take some time to review this exciting new benefit.

Further details of the above plans and information on enrollment are outlined in your Group Insurance Profile.

IF YOU HAVE NOT RECEIVED A NEW TEACHER LETTER, APPLICATION FORM OR INSURANCE PROFILE, PLEASE CONTACT JOHNSON INC. AT 453-9543 (LOCAL) OR 1-800-453-9543 (TOLL FREE).

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RESOURCES

African Heritage Month Resources

Join us in exploring the history, culture and contributions African Nova Scotians have made to our province. Go to the NSTU website at www.nstu.ca, click on the African Heritage Month portal and check out the links, which provide you with a wealth of resources to help your students mark African Heritage Month. Some of these resources are commercial sites, others are provided by universities and government. The NSTU is not responsible for the content of linked sites.

A People's Odyssey: Exploring Black History

Check out this frequently visited section of the Shunpiking Online at www.shunpiking.com/bhs/bhsindex05.htm during African Heritage Month. Shunpiking Online is the Internet edition of Shunpiking, Nova Scotia's Discovery Magazine.

L'Arche Educational Materials

L'Arche is about caring for people with intellectual disabilities and also about inspiring young people with its transformative message of hope and inclusion. Responding to requests from high school educators, in recent years L'Arche Canada has collaborated to produce a body of highly regarded secondary school curriculum materials for leadership, civics, social studies, religion and philosophy. Teachers are enthusiastic about them and students are drawn to L'Arche values, and to Jean Vanier who invites them to have a dream for their lives and to help build a world where everyone belongs.

L'Arche materials (video and audio) deal with themes of bullying, creating an inclusive school environment, healthy and unhealthy belonging, and welcoming interfaith diversity.

You can see clips of L'Arche's educational materials and access purchasing information at: www.larche.ca/en/education or contact: education@larche.ca.

(continued on page 15)

resources

Social Studies Resources 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.

These programs are available in VHS and DVD, except where noted. Unless otherwise specified, DVD format will be sent.

Hannah's Story (29 min.) Social Studies 7-9

When she was just 5, Hannah Taylor spotted her first homeless person in the back alleys of Winnipeg. This experience not only troubled her but it drove her to do nothing less than change the world, leading to the establishment of the impressive Ladybug Foundation. Under Hannah's leadership, that charity has raised over a million dollars, literally making change for those lacking life's basic needs. Whether it's organizing Big Boss lunches, speaking to students or to a prime minister, Hannah's capacity to help others is huge, unflagging, and, ultimately, humbling.

Little Black School House (60 min.) African Canadian Studies 11; Teacher Professional Development

Produced, written and directed by Sylvia D. Hamilton, this film reveals the complicated truth of Canada's segregated schools and demonstrates the resourcefulness, intelligence and determination of their students and teachers. It tells the little known story of the women, men and children who studied and taught at Canada's racially segregated Black schools and is a poignant and unfailingly honest evocation of the struggle of African Canadians to achieve dignity and equality through education. This film also provides an historical perspective on recent calls to create "Black-focused" schools, after ongoing claims from within the Black community that their students are being ill served by the education system.

Seven Steps to Social Involvement (64 min.) Social Studies 7-9; Global Geography 12

This program has the power to change the world. Based on the best-selling Take Action! book series, Craig and Marc Kielburger empower students to get involved and make a positive difference at a local, national and international level. Participants are introduced to the Seven Steps of Social Involvement and equipped with the knowledge, skills, and motivation to become creative, compassionate, and committed young leaders. The video is ideal for students from Grades 7 to 12 offering participants a unique opportunity to transform their lives through reaching out to others.

Coffee Comes Alive (24 min.) Global History 12; Global Geography 12

This film takes you on an engaging adventure into the mountains of southern Mexico to hear from the people who produce coffee. Learn about where coffee comes from, how it is produced and how your coffee choices make a difference. This lively and entertaining documentary gives voice and spirit to coffee - contrasting the values, social conditions and environmental practices of conventional versus fair trade coffee production. It explores the success of one Mexican Fair Trade Coffee Co-op and the potential of others, illustrating how fair trade purchasing can empower and improve the lives of third world producers living in poverty.

Meeting of Nations (30 min.) Social Studies 7-9; Mi'kmaq Studies 10; Canadian History 11

The purpose of this treaty video project is to promote understanding of the Treaty Relationship to student as well as the general public. It shares the history; the ever-evolving nature and spirit of the Peace and Friendship Treaties between the Mi'kmaq, Maliseet and Passamaquoddy and the Crown.

Two Winters (24 min.) Social Studies 5; English Language Arts 7-9; Mi'kmaq Studies 10

Inspired by the stories of Yukon elders, this program tells the Southern Tutchone story of how a First Nations family in the early 1800s survives when a volcanic eruption in Indonesia throws Canada's north into an extended winter. Through flash animation and dream sequences, we are reminded of a time when relationships between the earth, animals and people were part of everyday life, and we see how the ingenuity of animals eventually brings "Winter and Summer Worlds" back together again [available in DVD format only].

Wake of Calum MacLeod (6 min.) Gaelic Second Language 10-12; Gaelic Studies 11; Film and Video Production 12

Canada's first Gaelic-language short film (with subtitles) was shot in the highlands of Cape Breton, features Gaelic storyteller Angus MacLeod, and is an historic venture into one of Canada's most vibrant storytelling cultures [available in DVD format only].

(Resources continued from page 14)

The City Financial Life Skills Resource

The City is a teaching resource developed by Financial Consumer Agency of Canada (FCAC) in partnership with the British Columbia Securities Commission (BCSC) to teach Canadian high school students financial skills that they can carry with them throughout their lives.

Over the coming months, Curriculum Services Canada (CSC) will host a series of Free Web Conferences to introduce teachers to The City. Teachers can now register online to take part in one of the web conferences in their region. The conferences will be held during February and March.

Teachers who register will receive a free Financial Life Skills Teacher Resource Binder containing everything they need to teach the material, including step-by-step lesson plans with curriculum correlations, overheads with teaching notes, student handouts and more. The English registration page is at www.curriculum.org/csc/conf_city.adp, the French registration page is at www.curriculum.org/csc/conf_city.fdp.

Additional information about The City can be found on FCAC's financial youth web portal called themoneybelt.gc.ca, which links to The City.

History of Québec City Box Set from NFB

As an audiovisual legacy of the 400th anniversary of Québec City, the National Film Board of Canada (NFB) is offering a remarkable three-DVD box set containing nine NFB films on the history of this unique city to be distributed for free in over 26,000 schools and public libraries across Canada. Canadians everywhere will also be able to continue this exciting historical journey by visiting the content-rich website nfb.ca/tribute-quebec.

This three-DVD box set highlights the history of Québec City in nine short and feature-length films selected from the NFB's rich collection from the 1950s to 2008. The first DVD includes *Carnaval de Québec/Carnival in Quebec* (1956) by Jean Palardy and *Le cocher/The Calèche Driver* (1953) by Raymond Garceau, the animated short *En quête d'un pays/Dreams of a Land* (1989 and 1987) by Robert Doucet, *Mon parc, mes Plaines/My Park, My Plains* (2008) by Carole Laganière and *Infiniment Québec/Forever Quebec* (2008) by Jean-Claude Labrecque, while the second DVD contains *Le sort de l'Amérique/The Fate of America* (1996) by Jacques Godbout and *Québec 1603 – Samuel de Champlain/Samuel de Champlain – Québec 1603* (1964) by Denys Arcand, and the third DVD features *Folle de Dieu/Madwoman of God* (2008) by Jean-Daniel Lafond along with *Mémoire en fête/Walls of Memory* (1964) by Léonard Forest.

The box set also includes a teacher's guide for classroom use with elementary and high school students.

Elementary and high school teachers and students will be able to appreciate the beauty of the films while benefiting from the bilingual teacher's guide that suggests activities and learning objectives for the different school levels and curricula across Canada. Not only does the guide take Canadian cultural, geographic and linguistic differences into account, but it also includes additional resources and helpful links.

To keep alive the memory of the 400th anniversary of Québec City, the National Film Board of Canada (NFB) is offering a precious audiovisual legacy to all Canadians and the educational system across Canada: a remarkable box set of films on the history of Québec City.

Sierra Club Canada Environmental Education Programs

The Sierra Club Canada – Atlantic Canada Chapter has a number of interactive, curriculum-linked, Green Street approved, environmental education programs which focus on Coastal and Acadian Forest Ecosystems. Each program involves two 70 to 90-minute visits which include in-class teaching, educational games and outdoor activities for a total cost of \$30. Programs are delivered by trained naturalists and have received wonderful reviews!

Curriculum aligned programs are available for Grades Primary to 6. More information can be found on the Green Street website, at www.sierraclub.ca/atlantic/programs/education/elementary.htm or by contacting Marie Claire Brisbois, Education Program Coordinator, at 444-3113 or mcbisbois@sierraclub.ca.

TEACHERS NEED A BREAK TOO

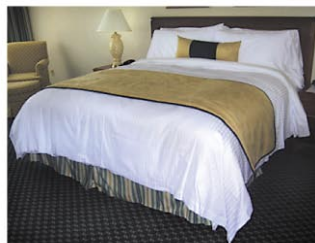


Now members of NSTU can make reservations online.

\$84*

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

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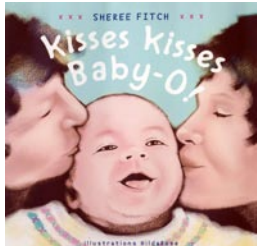
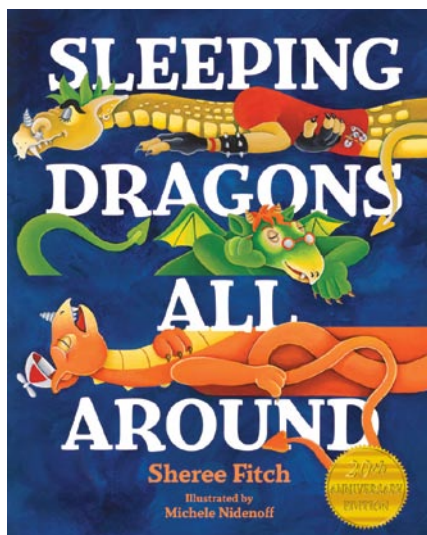
Understanding and Using Maps and Globes (42 min.) Social Studies 4-6

This two-part program is designed to present students with explanations of how maps and globes are used to represent key concepts about our planet. Part one (19 min.) explores maps and part two (23 min.) presents information about globes. Vocabulary includes terms such as scale, compass rose, cardinal directions, symbols, latitude, longitude, equator, hemisphere, oceans and continents. The segment covering globes also includes material about using charts, graphs, and tables [available in VHS format only].

Education Media Library 424-2440; 428-5828 (fax); Brunswick Place, 2nd floor, 2021 Brunswick Street, Halifax, NS B3K 2V5; Email us at mediacir@ednet.ns.ca. Visit our website at <http://lrt.ednet.ns.ca>.

BOOK GIVEAWAYS

In celebration of the 20th Anniversary of Sheree Fitch's *Sleeping Dragons All Around* and thanks to the folks at Nimbus Publishing, *The Teacher* has four copies of the book for giveaway. Please email your name, home address, and school or campus name with "Dragons" in the subject line to theteacher@nstu.ca by February 27, to be eligible for the draw.



The Teacher also has six copies each of Sheree Fitch's *Kisses Baby-O!* and the French edition *Bisous Bébé-Ô!*

Please email your name, home address, and school or campus name with "Kisses" or "Bisous" in the subject line to theteacher@nstu.ca by February 27, to be eligible for the draw.



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.

AVAILABLE - Genny Locke Magical Entertainer presents "THE NO BULLY ZONE PRESENTATION" ideal for school assemblies. Telephone 902-567-0825.

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. 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. Please phone 902-548-2379 or email wentworthhostel@ns.sympatico.ca to book today. 10% discount when you mention this advertisement.

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 2009-2010 school year. Six months free rent in gorgeous oceanfront penthouse suite included in exchange. If interested, please email bevanthony@eastlink.ns.ca or call 902-405-0597.

JOB EXCHANGE - Halifax Regional School Board Senior High Teacher looking for job exchange with a teacher from the CBVRSB for the 2009-2010 school year. Looking to make this change permanent if possible. If interested contact jaharris@staff.ednet.ns.ca or phone 902-489-9080 or 902-733-8080.

JOB-SHARE - Elementary teacher seeking job share with contract teacher for 2009/2010 school year in HRSB. Flexible on days, percent and grade. If looking for a teacher to job share with, please email karenkempplus2@hotmail.com or call Karen at 902-830-0346.

JOB-SHARE - Experienced guidance counsellor (retired, references) interested in job share (20-35%) in HRM. Carol 902-453-2452; carolpage1@gmail.com.

JOB-SHARE - Looking for a French Immersion job share partner for the Junior High Level in HRM. Current position is FLA, SH, DPS for Grade 9. Me 60%, you 40%. Please contact Nancy at ndibblee@staff.ednet.ns.ca.

JOB-SHARE - Elementary teacher looking to job share in the HRSB for fall 2009 (40% - 60%) in any position. Kerry 902-455-0966; kwoodley@staff.ednet.ns.ca.

FOR RENT - Mahone Bay carriage house for rent - flexible terms and durations available. Ideal for person needing a place to stay during the week (Monday to Friday) to cut down on winter travel. Two-bedroom/1/2 bath, fully furnished house with upper deck in center of Mahone Bay. Contact Mark at 902-423-9479.

HOUSE FOR RENT - Summer 2009. By Lake Banook in Dartmouth. Walking distance to ferry and Mic Mac Mall. \$800/week. Non-smokers and no pets. Call 902-466-4104.

SUMMER RENTAL - For July & August 2009 - 2-3 bedroom furnished home in a quiet downtown Dartmouth area. Also available for rent is a one-bedroom ground floor apartment at the same location. Call 902-463-5547 or email mcphersons@accesswave.ca for details.

FOR SALE - White bathroom sink with cupboard underneath, assembled from Piercy's. 24" w by 18" d by 31" h. \$75.00, picture available. ndelor1@staff.ednet.ns.ca.

FOR SALE - 100-year+ home, view, near beach & surfing, kitchen/livingroom/den/4-piece bath, summer kitchen, 3 bedrooms, 45 minutes from Dartmouth, 2228 West Jeddore Road, \$158,000. Call 902-469-1016.

executive highlights

January 15 & 16, 2009

- Received table officers' report, that included:
 - Selection of the John Huntley interns;
 - Appointing Donnie MacIntyre as the independent chair for Council 2009;
- Received the personnel committee report approving the agreement reached with the NSTU intermediate staff;
- Approved the report *Strategies to Increase Electronic Voting Participation during an NSTU Presidential Election by Universal Suffrage*;
- Reaffirmed 17 policies, to be forwarded to Council 2009 and amended nine;
- Approved amendments to the Insurance Trust Deed;
- Approved a Council 2009 resolution regarding Long Term Disability Plan and mandatory enrollment;
- Approved a Council 2009 resolution on Quality Education to update current Policy #40;
- Approved a Council 2009 resolution regarding the name change for Cape Breton region to Cape Breton-Victoria region.
- Ratified the Professional Association constitutions for NSLTA and ATENS;

Education Week 2009: April 19 to 25

Look for the new Education Week 2009 poster coming to your school through your NSTU rep. A guide with a list of suggested activities will also accompany the poster this year to help get schools in the spirit of celebrating the week and this year's theme: *Bringing Arts to Life! / Les Arts Vivants!*

Education Week 2009 recognizes outstanding Nova Scotia educators and partners who involve students as creators and performers in the arts. The arts encompass music, dance, drama and visual arts; media that students use to express their understanding in all subject areas. Learning in, through and about the arts enriches the lives of Nova Scotians and creates well-rounded individuals with aesthetic and critical thinking skills.

Lors de la Semaine de l'éducation de 2009, la Nouvelle-Écosse exprimera sa reconnaissance aux éducateurs et aux partenaires du système éducatif qui encouragent les élèves à se consacrer aux arts en tant que créateurs et interprètes. Le domaine des arts englobe la musique, la danse, le théâtre et les arts visuels; il s'agit de supports dont les élèves se servent pour exprimer leur savoir dans toutes les matières du programme d'études. L'apprentissage dans le domaine artistique, l'apprentissage à travers les arts et l'étude des arts permettent d'enrichir la vie des Néo-Écossais et des Néo-Écossaises et permettent de former des individus équilibrés qui ont des compétences à la fois sur le plan esthétique et en réflexion critique.

Outstanding educators and education partner representatives will be honoured in a ceremony to be held on Monday, April 20 at the Waterfront Campus of the Nova Scotia Community College.

